

PE @ EAST DENE PRIMARY SCHOOL



At East Dene Primary School, we endeavour to provide our children with memorable, interesting and enjoyable PE experiences. Each lesson, aims to incorporate the following key concepts:

Competence

The selection and application of skills, tactics and compositional ideas. The readiness of body and mind to cope with physical activity.



Performance/Skill

Using physical competence and knowledge to gain a better understanding of physical activity



Creativity

Exploring and experimenting with techniques, tactics and compositional ideas to produce efficient and effective outcomes.



Healthy/Active Lifestyles

Understanding the positive contribution that regular, fit for purpose physical activity makes to the physical and mental health of the individual in preparation for their future lives.



Evaluation/Analysis

Comparing performance with previous ones and those of others to demonstrate improvement to achieve their personal best.

