

Key Concepts 2022-23

PE

Focus key concepts for this year and where they appear in the Cheadle Catholic Infant School scheme of work.

Key Concept	What it means	Where it appears in our curriculum
Healthy Lifestyle	Keeping ourselves healthy. This involves talking about the amount of exercise that we do. The effect that exercise has on our bodies. This links to mental health and wellbeing. Healthy food choices is also talked about within PE sessions.	All years to do the daily mile to promote the importance of daily exercise for health and wellbeing. Also staff to speak to the children about how their bodies feel after exercising. EYFS- Autumn: Yoga teaching the children ways to keep calm and relaxed.
Safety	How to keep ourselves safe. How to look after the equipment that we are using. How to manage risk independently.	EYFS: Autumn: Ensuring children know how to find a space and to know why this is important. Running with spatial awareness. During continuous provision children given opportunities to manage risk when playing actively e.g. on the bikes, on the climbing frame, when using large building materials. KS1- Spring: Gymnastics Apparatus is a focus for gymnastics this year. Teaching will address how the children keep themselves safe on the apparatus e.g. taking turns. How to be safe getting on and off the apparatus e.g. how to land safely when jumping off and also how to move and store the apparatus safely e.g. how many children should carry each piece of equipment.

<p>Fairness and Respect</p>	<p>Working as a team. Listening to others points of view and taking these on board. Celebrating each others strengths. Understanding that not everyone sees things in the same way.</p>	<p>EYFS- Spring: Dodgeball to ensure the children can follow rules and instructions of a game. Talking about respect for others bodies when enforcing rules of where the ball can be aimed.</p> <p>Y1- Spring: Creating own Games Children will have to consider these values when creating their own rules for games. They will have to take on the ideas of others.</p> <p>Y2- Summer: Cross country Children will compete against other schools so will need to show these values in a wider community. We will use the SHAPES competition values of Excel, Inspire and Bee proud. These enforce the importance of celebrating those that win, those that are determined to finish regardless of place in the competition etc.</p>
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