

PHYSICAL EDUCATION, SPORT AND HEALTH
2009-2010

Course Description:

The main aim of the Physical Education, Sport & Health curriculum is to foster interest in the development of healthy bodies and nurture sporting talent through exposure to a variety of sports and other games.

They should also understand the importance of appropriate dress for Physical Education for reasons of both safety and hygiene. It is essential that all children are taught, and understand, the potential danger of Physical Education. Standards of safety, both in personal exercise and use of equipment, will be reinforced continuously right through the school and in each lesson.

This year the course will be broken up into 2 parts: Physical Education, which deals with fitness, movement and spatial awareness, and Sports which deals with specific sports.

Objectives:

- i) to encourage healthy habits and instil the fact that keeping fit and physically active is **FUN**
- ii) to enhance the physical development, coordination and organisation of children through the planned curriculum;
- iii) to promote good practice and understanding of the rules of a variety of sports
- iv) to understand the importance of warming up, stretching and cooling down in the prevention of injury
- v) to encourage children to work cooperatively with others to complete set tasks
- vi) to develop positive attitudes to physical endeavour including perseverance, fair play and sporting behaviour, and the ability to cope with success and failure.

Content:

A variety of games that deal with; fitness, playground games, small ball skills, largeball skills, striking, catching, throwing, spatial awareness, movement, co-ordination, balance, timing, prediction, reaction, individual skills, partner work and team work. We also cover more conventional sports such as; football, mini tennis, cricket, tee-ball, rounders, **swimming(grades 2-3)**, athletics, cross country running, hockey, mini basketball, rugby, team games and dance style activities

Assessment:

Knowledge is acquired from our forms of assessment of our children's needs, their rate of progress and standard of attainment. Valuable information is gained from watching the children and working and talking with them about what they are doing. Formal assessment tasks are set during the year(grades2-6). Grade 1 is assessed on a daily basis due to the style of lessons taught.

Certificates will be given out to promote good practice.

Trimester Report Cards