

Physical Education at North

Monday 28th June 2021

Why Do We Do PE?

Look at the next few slides.

Chat in your classes and come up with words and thoughts to describe:

what the children are doing;

what the children are learning and,

how they are feeling about what they are doing.













Did you use these words?

Enjoyment

Fitness

Effort

Health

Energy

Teamwork

Determination

Mastering skills

Achievement

I am sure you did and probably lots of other really good words too.

Let's look at this in more depth...

So Why Do We Do PE?

- ✓ To be healthier
- ✓ To get fitter
- ✓ To understand how exercise makes us fitter
- ✓ To learn new skills
- ✓ To learn the rules of games
- ✓ To improve our agility and rhythm
- ✓ To improve our understanding of how to work in a team
- ✓ To recognise the skills and abilities of others

What is a Healthy Lifestyle?

- ✓ Eating sensibly;
- ✓ Taking regular physical activity;
- ✓ Getting regular rest and sleep.

Fitness is the ability of the body to carry out day to day tasks with little fatigue and enough energy left for emergencies.

Some More Photos

There are so many opportunities at North to develop your love of sport, dance and exercise and to grow your competitive spirit –

During the school day

Before and after the school day

Outside of school



ICC CRICKET
WORLD CUP
TROPHY
TOUR

South
Africa



#CWC
TROPHY
TOUR

TROPHY
TOUR

TROPHY
TOUR

#CWC
TROPHY
TOUR



22/5/2018



No Barriers



No Barriers

We all know the story of Danny Crates, the patron of **Free For All**.

His promising rugby career was cut short when he lost his right arm in a car accident.

He got over this awful injury and became an athlete, winning gold medals in the Paralympics. [And he carried on playing rugby too!]

His attitude and message is inspirational-

Make the Most of Every Opportunity



No Barriers



No Barriers

This is Michael Phelps.
He was diagnosed with
ADHD in primary school.
He took up swimming and
has since become the most
successful and decorated
swimmer of all time with a
total of 28 medals.





School Games Values

These were developed by young people to recognise how the experience of sport should be epitomised and embodied within schools and to reflect the “spirit” of the school games.



Determination

Never give up on trying to achieve your goals.
Putting in 100% even at difficult times and
being the very best you can be.



Passion

Giving it 100%, putting your heart and soul into the game and never giving up.

Passion makes you enter the race and
passion makes you finish the race.



Respect

For the referee, the opposition, for your team mates, for yourself and for the game.

Accepting victory and defeat with grace, treating others politely and with understanding.



Honesty

With others and with yourself.

Have the courage to do the right thing and what you know is right. Let the best person win, not the best person cheat.



Self-belief

You have got to achieve to believe.
Have the self-belief and confidence to succeed
and
reach your personal best (PB).



Teamwork

Treating everyone equally, supporting each other and working together to have fun and achieve.
Celebrate each other's successes and be a positive team player.

Learning to Win & Learning to Lose

Look at the next slide.

This week is Wimbledon. When the tennis players walk out on to the centre court, they can look up and read the words from a poem called IF by Rudyard Kipling.

It reminds the players to play the game, win or lose, in the right spirit.



IF YOU CAN MEET WITH TRIUMPH AND DISASTER
AND TREAT THOSE TWO IMPOSTORS JUST THE SAME

If you can meet with Triumph and
Disaster

And treat those two impostors just
the same

Hopefully you will agree that getting fit, being healthy and learning to play games are really important and very enjoyable.

You never know, you might even get to be so good that you can call it your job...

Meet Albie Armin



Albie was a pupil at North.
He played in the school
football team (and other
teams too).

He has just signed for
Ipswich Town FC.

Albie is now a
professional footballer.

Thank you for listening to my assembly.

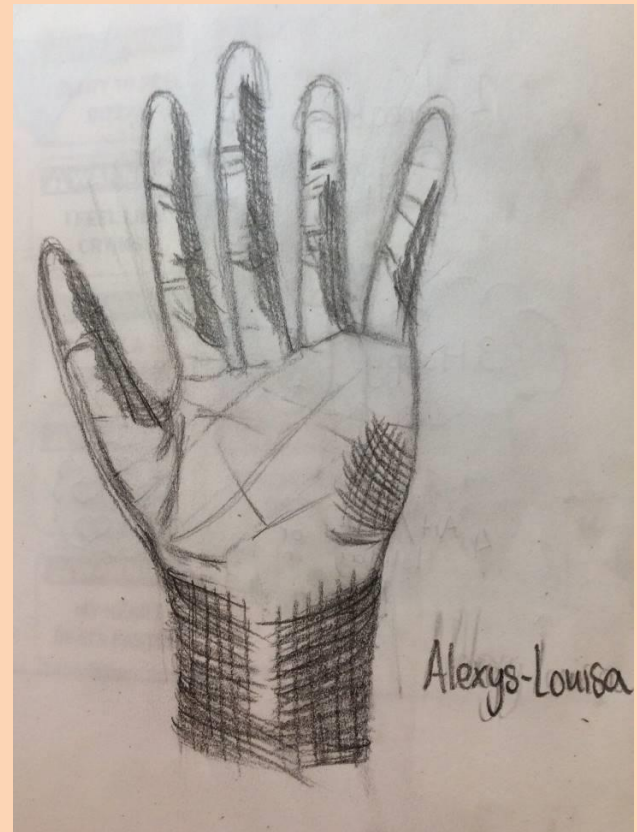
Goodbye

Work Hard.

Play nicely.

Be kind one to another.

Have a good week.



Final Note to Parents#1

National Curriculum for KS1 and KS2 PE: what it says

The Purpose of study

A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and **help to embed values such as fairness and respect.**

Aims

- ✓ Develop competence to excel in a broad range of physical activities
- ✓ Are physically active for sustained periods of time
- ✓ Engage in competitive sports and activities
- ✓ Lead healthy, active lives.

Final Note to Parents#2

Statutory framework for the early years foundation
stage:
what it says

Physical Development involves providing opportunities for young children to be active and interactive; and to develop their co-ordination, control, and movement. Children must also be helped to understand the importance of physical activity, and to make healthy choices in relation to food.