



## Stocksbridge Junior School Physical Education Concepts

*Physical literacy is a fundamental and valuable human capability that can be described as a deposition acquired by human individuals encompassing the motivation, confidence, physical competence, knowledge and understanding that establishes purposeful physical pursuits as an integral part of their lifestyle.*

Almond, L; Whitehead, M (2012)

### SJS Physical Education Concepts

<b>Concept 1:</b>	<p><b>Physical Skills (PS):</b> How to perform physical skills for specific sports e.g., rounders – catching. Health related and skill related components e.g., orienteering – cardiovascular fitness, gymnastics – balance etc.</p>
<b>Concept 2:</b>	<p><b>Thinking Skills (TS):</b> Gaining knowledge of how physical skills are performed (Key Points). Learn vocabulary e.g., muscle names, key words. Rules and regulations of different sports and games. Tactical knowledge e.g., which pass to select, attacking/defensive play, full court press.</p>
<b>Concept 3:</b>	<p><b>Social Skills (SS):</b> Social factors that affect performance include sportsmanship, motivation, communication, and cooperation. Leadership opportunities/referee or umpire games.</p>
<b>Concept 4:</b>	<p><b>Health and Wellbeing (HW):</b> Fostering a foundation for lifelong healthy habits through physical activity and education. Introduce children to various physical activities that promote fitness, coordination, and overall health. Activities are designed to be engaging and fun, encouraging children to enjoy exercise and develop a positive attitude towards physical activity. Lessons on healthy eating, the importance of regular exercise, and the benefits of maintaining an active lifestyle. By integrating these elements, PE aims to help children build the skills and knowledge necessary for a healthy, active life.</p>