



Stocksbridge Junior School Physical Education

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

1

Physical Skills (PS):

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.

2

Mental Skills (MS):

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.

3

Social Skills (SS):

Social factors that affect performance include sportsmanship, motivation, communication, and cooperation.
Leadership opportunities/referee or umpire games.

4

Evaluation and Feedback (EF):

Evaluation is checking the process, impact and outcome evaluation.
Feedback tells performers how well they performed or are performing.

End Points in Learning in the Physical Education Curriculum

Year 3 End Points	Year 4 End Points
<ul style="list-style-type: none"> • (PS) Can do a basic throw and catch to a partner from a short distance (basketball). • (PS) Can perform some basic rolls e.g., log roll, dish roll, barrel roll (gymnastics). • (MS) Can identify a few key points of a skill e.g., dribbling: use inside and outside of foot, head up, keep close control (football). • (MS) Understands a few basic rules e.g., side-line pass to the other team if the ball goes out. • (SS) Can work in a team. • (EF) Recognises improvement points for peers e.g., running with the ball (netball). 	<ul style="list-style-type: none"> • (PS) Can throw and catch to a partner from different distances (basketball). • (PS) Can perform basic rolls with control e.g., log roll, dish roll, barrel roll (gymnastics). • (MS) Can identify most key points of a skill e.g., dribbling: use inside and outside of foot, head up, keep close control (football). • (MS) Understands most basic rules e.g., side-line pass to the other team if the ball goes out. • (SS) Can work in a team and cooperate with others. • (EF) Recognises improvement points for peers and can give basic feedback e.g., telling their team mate not to run with the ball in a game (netball).
Year 5 End Points	Year 6 End Points
<ul style="list-style-type: none"> • (PS) Can perform different passes e.g., bounce pass (basketball). • (PS) Can use linking movements between rolls e.g., log roll – hopping - dish roll - skipping (gymnastics). • (MS) Can identify key points of a skill and give a basic explanation why it is done that way e.g., dribbling with your head up so you can see where you are going (football). • (MS) Understands a few complex rules e.g., double dribble, fouls (basketball). • (SS) Can work in a team and show some leadership skills e.g., fair play, supporting team mates. • (EF) Recognises improvement points for peers and can give useful feedback e.g., coaching their partner on how to pass correctly. 	<ul style="list-style-type: none"> • (PS) Can perform different passes with quality (basketball). • (PS) Can do more complex rolls and use linking movements between rolls e.g., forward roll – hopping – teddy bear roll - skipping (gymnastics). • (MS) Can identify key points of a skill and give an explanation why it is done that way e.g., dribbling with your head up so you can avoid defenders (football). • (MS) Understands more complex rules and tactics e.g., attacking and defending, marking players, full-court press (basketball). • (SS) Can work in a team and show leadership skills e.g., contribute to idea development, helping others. • (EF) Recognises own improvement points and improvement points for peers and can give informative feedback e.g., identifying what they need to do to improve in a particular skill.

At Stocksbridge Junior School, every child is physically literate!