

## **Physical Education Big Ideas (Key Concepts)**

There are a number of key concepts which underpin the study of design and technology. Pupils need to understand these concepts in order to deepen and broaden their knowledge and understanding.

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.

<b>KC1</b>	<b>Range of activities</b>	Children will develop fundamental movement skills in a range of activities
<b>KC2</b>	<b>Physically active</b>	Children will be able to be active for sustained periods of time
<b>KC3</b>	<b>Competition</b>	Children will take part in competition (both against self and against others) and co-operative
<b>KC4</b>	<b>Healthy lifestyles</b>	Children will develop their understanding of how being active contributes to a healthy lifestyle