

What makes a good Sportsperson at Oxhey?

To be able to show a positive attitude and develop a love of physical activity, that takes place in clubs inside and outside of school.

INTENT

To broaden opportunities to inspire all children to enjoy a range of experiences and lead a healthy, physically active lifestyle. It is our vision for every pupil to achieve personal successes, and to develop the appropriate skills and confidence to participate in physical activities.

To be able to take part in a range of activities as individuals, groups and teams, applying skills, communicating well and choosing tactics effectively.

To be able to take part in regular physical activity for at least 60 minutes per day (inside and outside of school).



To be able to swim confidently and competently at least 25 metres by the end of KS2, and have the knowledge to be safe around water.

To be able to show an understanding of how to lead a healthy and happy lifestyle through a correct diet and physical activity

To be 'good to go' with the correct clothing and footwear for PE. To be able to safely take part in physical activity.

To be able to use the correct vocabulary within PE and to review and improve the performance of myself and others.