

## Physical Education

The purpose of Physical Education as a separate area within the primary curriculum is to provide the opportunity for specific attention to be given to the physical development, health and well being of children.

Through a broad and balanced Physical Education programme, children should develop their knowledge, understanding and skills, enabling them to participate and perform competently and confidently in a range of physical activities. All children should experience a sense of fun, enjoyment and achievement through a variety of progressively challenging and innovative activities. Physical education provides rich opportunities for children to think in different ways, to be creative and imaginative, allowing them to express their feelings and interpretations through a variety of movement contexts. They should have opportunities to explore, plan, practise, improve, perform, evaluate and appreciate the performances of themselves and others.

Through regular and frequent participation in Physical Education, children should understand the benefits of physical activity and the relationship between physical activity and good health.

The school's extra - curricular programme should provide opportunities for all children and develop skills and interests acquired during the Physical Education Programme. Children should be aware of the opportunities to participate in physical activities in the local and wider community.

Through regular and frequent participation in Physical Education children can develop:

- fundamental movement skills that will improve body management, coordination, locomotion and manipulation (gross and fine motor skills),
- knowledge, skills and understanding in a range of physical activities and challenges,
- self confidence and self esteem as individuals and as a member of a team or group,
- positive attitudes and values towards physical activity,
- personal qualities such as taking responsibility, fairness, working with others and leadership,
- creative and critical thinking skills through a range of movement contexts,
- an understanding of the relationship between physical activity and good health,
- an awareness of safety in relation to space, equipment and others,
- the ability to make informed choices and decisions,
- an awareness and understanding of the immense value of the importance of being healthy in future life and employment contexts.