

What Greater Depth in PE looks like in Jarrow Cross.

Characteristics of Greater Depth PE:

- Children who can persevere with a task to improve their performance through regular practice.
- Children who have the confidence to lead a warmup/ task or group showing signs of a good sports leader.
- Children who show an understanding of health and fitness side of PE. For example, why the body has to warm up/cool down. Why blood pumps and heart beats faster and having the knowledge of which muscles are used when performing certain exercises.
- Children who show the ability and confidence when performing skills in a competitive format.
- Children who show a great understanding of the rules and tactics in various games and are able to change a tactic when necessary.
- Children who are able to work effectively as a team, showing great sportsmanship and encouragement to others.
- Children who are able to effectively transfer skills in PE lessons from one sport to another sport.
- Children are able to review, analyse and evaluate their own and others' strengths and weaknesses.
- Children who set personal challenges and are able to achieve these challenges.