



# What makes an Eynesbury athlete?



## Physical Education values

An Eynesbury athlete knows and can apply the following skills through sports opportunities and physical education lessons

- Self Belief – Commitment – Respect – Integrity – Passion – Teamwork
- At Eynesbury, skills are taught progressively through a range sports and activities which foster a love of sport and continuous opportunities for pupils to challenge themselves

## Gymnastics and dance

An Eynesbury linguist can:

- Perform discrete and sequences of movement, demonstrating a combination of skills including: strength, flexibility, balance and control of their body
- work independently and collaboratively to perform a variety of movements and patterns in time to music, displaying appropriate rhythm

## Athletics and swimming

An Eynesbury athlete can:

- use running, jumping, throwing and catching both in isolation and in combination
- swim both competently and confidently, using a range of strokes by the end of KS2
- understand the importance of water safety and apply these in relevant situations if required

## Team games

An Eynesbury athlete can:

- control a variety of different balls, using effective hand- eye coordination
- dribble and move maintain control
- strike and shoot with increasing power and accuracy
- work as part of a team displaying Eynesbury values



## Skills of Eynesbury athletes

An Eynesbury athlete can:

- engage with all opportunities, regardless of their ability and always tries their best
- respects everyone and their uniqueness
- set challenging but realistic goals for themselves
- supports their peers to be the best they can be

## Healthy lifestyles

An Eynesbury athlete can:

- Understand the importance of physical activity as part of a healthy lifestyle
- Make links between physical activity and healthy eating learning through the personal development curriculum