

Physical Education **CONCEPTS**

Concepts are **broad ideas** that are **factual** & used to **define & explain**. They are universal & timeless. **These are the concepts that we teach through our PE**

Curriculum:

Subject	Concept	Explanation
Physical Education	competence	The relationship between skill, the selection and application of skills, tactics and compositional ideas and the readiness of body and mind to cope with physical activity.
	performance	Using physical competence and knowledge and understanding of physical activity to produce effective outcomes when participating in physical activity.
	creativity	Exploring and experimenting with techniques, tactics and compositional ideas to produce efficient and effective outcomes.
	healthy active lifestyles	Understanding the positive contribution that regular, fit for purpose physical activity makes to the physical and mental health of the individual.