

*I am a...*

# Sports Star



## Vision and Values

*I have happy memories of PE.*

*I enjoy using all the sports equipment during PE lessons on the playground and field.*

*I feel safe when participating in sports.*

*I feel valued in PE.*

*I demonstrate British Values in PE.*



## Head

*I know how to use PE equipment safely.*

*I know how to show respect in sports.*

*I understand key vocabulary about different sports.*

*I am a reflective athlete.*

*I am resilient when trying new skills and sports.*

*I can give feedback on others' performances in a constructive way.*



## Hand

*I can run, jump and throw in a variety of sports.*

*I can compete in competitive game situations.*

*I can perform dances using a range of movement patterns.*

*I have developed my flexibility, strength, technique and balance across PE.*

*I have taken part in outdoor and adventurous activities.*

*I can swim 25m to help keep me safe around Perton.*

## Heart

*I am proud to be a competitive sports star.*

*I appreciate others when playing sports.*

*I care about helping others enjoy sports and physical activity.*

*I enjoy working as a team and encouraging team players.*

