



What we do in PE at St Just Primary



Physical Education

Physical Literacy - learning to move
Fundamental movement skills (FUNS)
Agility - Balance - Coordination
Broad spectrum of experiences

Movement for lifelong activity and health

Movement capacity for healthy competition

Move with ABCs

Movement for challenge & enjoyment

Physical Activity

Broad terms that describe any physical movement
Indoor and outdoor play
Routine, habitual activity, e.g. climbing stair



School Sport

Extra curricular fixtures and festivals
Pathway to community sports clubs

