

*****Shepherdswell CoE Primary School*******POLICY ON PHYSICAL EDUCATION (PE)****Statement of Intent**

We believe that a high-quality PE curriculum inspires children to succeed and excel in physically demanding activities and competitive sports, which in turn, will help them to build important life skills such as resilience, tenacity and determination.

We wish to support our pupils' health and fitness and provide them with opportunities to become physically confident. It is our aim to inspire our pupils to be involved in competitive sport and other activities to help build character and embed values such as good sportsmanship and respect. Furthermore, we encourage children to be mindful of physical and emotional wellbeing, courageous adventurous and lifelong learners.

Aims

The national curriculum for physical education aims to ensure all pupils:

- Develop competence to excel in various physical activities.
- Are physically active for sustained periods of time.
- Engage in healthy, competitive sports and activities.
- Lead healthy, active lifestyles.

Attainment targets

By the end of each key stage, pupils are expected to know, understand, and apply the matters, skills, and processes specified in the appropriate programme of study.

Subject Content - Foundation

pupils should demonstrate good control and coordination in small and large movements. Children should be developing fundamental skills with confidence, safely negotiating space and trying new activities in the process.

Pupils should be taught to:

- Master basic movements including:
 - running ➤ jumping
 - hopping ➤ crawling ➤ throwing and catching.
- Develop balance and agility, negotiate space, adjust speed, change direction.
- Work as part of a group or class, and understand and follow the rules.

- Move confidently and in time to music.

Subject Content - key stage 1

Pupils should develop fundamental movement skills, become progressively capable and confident, and access various opportunities to extend their agility, balance and coordination, individually and with their peers. Engaging in competitive and co-operative physical activities in a range of increasingly challenging situations is vital to their development.

Pupils should be taught to:

- Master basic movements and apply these in a range of activities including:
 - running
 - jumping
 - throwing
 - catching
 - developing balance, agility, and coordination.
- Participate in team games and develop simple tactics for attacking and defending.
- Perform dances using simple movement patterns.

Subject Content - key stage 2

Pupils should continue to apply and develop various skills, learning how to use them differently, and make actions and sequences out of movement.

Pupils should enjoy communicating, collaborating and competing with others, and develop an understanding of how to recognise, evaluate, and improve their techniques.

Pupils should be taught to:

- Run, jump, throw and catch in isolation and together.
- Play competitive games, modified where appropriate, and apply basic principles to attack and defend.
- Develop flexibility, strength, technique, control and balance.
- Perform dances using various movements.
- Take part in outdoor and adventurous activities, both individually and as a team.

- Compare their individual performances with previous ones to demonstrate improvement so they can achieve to the best of their ability.

Swimming and water safety

Our school provides the minimal requirement for swimming instruction in key stage 2.

In particular, we aim to teach all pupils to:

- Swim competently, confidently and proficiently over a distance of at least 25 metres.
- Use a range of strokes effectively.
- Perform safe self-rescue in different water-based situations.

Health and Safety

All adults involved in the teaching and supervising of PE must adhere to the school's health and safety policy and guidelines. We encourage the children to consider their own safety and the safety of others at all times. We expect them to change for PE into the agreed clothing for each activity. No jewellery is to be worn for any physical activity.

NB: We subscribe to PE Planning Limited to support our Physical Education development. This ensures our policies and national curriculum provision is up to date and effective for all our pupils.