



ST.BEDE'S R.C.V.A

PRIMARY SCHOOL

St Bede's is a community
Of faith, love and respect
Inspiring us to achieve

PE

Policy

Policy Dated- January 2018

Adopted by St Bede's Governing Body

Date next reviewed- January 2020

Headteacher Signed- T Worrall

Chair of Governors Signed- S.Legge

Statement of Intent

St. Bede's RCVA Primary School believes that a high-quality physical education curriculum inspires our pupils to excel and succeed in physically demanding activities and competitive sports.

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.

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.

1. 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.

2. Subject content

2.1. Key stage 1

Pupils are to 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 movement 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.

2.2. 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.

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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

All schools must provide swimming instruction in key stage 1 or 2.

In particular, pupils should be taught 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.