

ST BEDE'S RC PRIMARY SCHOOL **PE POLICY**



*As one
we learn together,
play together,
pray together,
as one*

Introduction

The policy for Physical Education has been updated in line with the requirements of the new National Curriculum 2014 and the PE and Sport Premium Funding for 2017-2018.

At St Bede's R.C Primary School, we recognise that the personal development of pupils, spiritually, morally, socially and culturally, plays a significant part in their ability to learn and achieve. We therefore aim to provide an education that provides all pupils with opportunities to explore and develop their own values and beliefs, spiritual awareness, high standards of personal behaviour, a positive, caring attitude towards other people, an understanding of their social and cultural traditions and an appreciation of the diversity and richness of the cultures.

Aims

- To develop the child's physical, mental, social, moral and cultural skills through a broad and balanced curriculum.
- To provide opportunity for all children to participate in physical education.
- To provide the opportunity for all children to experience a wide variety of sports and physical activities.
- To provide all children with the opportunity to experience competition through both in school and out of hours learning.
- To increase children's physical activity by providing high quality P.E lessons and out of hours learning.
- To promote a healthy, active lifestyle.

Objectives

- To ensure that all children are given the opportunity to participate in all areas of the physical education programme, as outlined in the National Curriculum and Early Learning Goals for children in the Foundation Stage.
- To ensure, through in-service training, staff feedback, surveys etc that all staff feel confident about and are competent in delivering all of the above.

- To ensure that all children, irrespective of physical or learning ability have the opportunity to participate in all physical education activities, through differentiation and support.
- That all who deliver P.E., are capable of delivering this subject to all pupils through sufficient training of teachers, teaching assistants and the purchasing of equipment that enables this delivery.
- That all children can take part in and experience coaching from outside agencies to involve them in new sports and activities.
- To resource P.E. appropriately and to review these resources annually.

National Curriculum

St Bede's R.C Primary School will provide a progressive curriculum, enhancing the six main areas of activities outlined in the National Curriculum:

- Games
- Gymnastics
- Dance
- Swimming
- Outdoor and adventurous activities
- Athletics

As required in Key Stage 1, we teach dance, games and gymnastics.

In Key Stage 2, we teach dance, games and gymnastics. In addition to this, the children will be taught athletics, swimming and outdoor and adventurous activities.

Both Key Stage 1 and 2 are allocated 2 hours per week for Physical Education. We also offer a varied menu of after school sports clubs.

Aims for Foundation Stage

Physical development within the EYFS framework is one of three prime areas for learning.

The two related early learning goals are:

Expected

- Moving and handling – Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space.
- Health and self-care – children know the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe.

Exceeding

- Moving and handling – Children can confidently hop and skip in time to music.
- Health and self-care – Children know about and can make healthy choices in relation to healthy eating and exercise. They can dress and undress independently, successfully managing fastening buttons or laces.

Children access a range of daily activities to develop their fine and gross motor skills and have access to a dedicated outside area. In addition to this, they also have two weekly PE lessons.

Aims for Key Stage 1

Our pupils will develop fundamental movement skills, becoming increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They will be engaged in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Pupils will be taught to:

- Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
- Participate in team games, developing simple tactics for attacking and defending
- Perform dances using simple movement patterns.

Aims for Key Stage 2

Pupils will continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They will be encouraged and motivated to enjoy communicating, collaborating and competing with each other. They will develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Pupils will be taught to:

- Use running, jumping, throwing and catching in isolation and in combination
- Play competitive games, modified where appropriate [for example, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
- Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- Perform dances using a range of movement patterns
- Take part in outdoor and adventurous activity challenges both individually and within a team
- Compare their performances with previous ones and demonstrate improvement to achieve a personal best.

Outdoor and adventurous activities

As well as being timetabled as part of the curriculum, opportunities will be provided to develop and enrich learning of Outdoor and Adventurous Activities for KS2 through residential and outdoor educational day visits. In Year 5, the children have the opportunity to take part in a three day residential at Dukeshouse Wood. In Year 6, the children spend the day at the Newburn Activity Centre.

Swimming and water safety

All children will be taught to swim in Year 5. They will begin lessons in the Summer term of Year 5. Then the children will continue with swimming lessons in the Autumn and Spring terms of Year 6.

Pupils will be taught to:

- Swim competently, confidently and proficiently over a distance of at least 25 metres
- Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]
- Perform safe self-rescue in different water-based situations.

This Policy was ratified on

Signed:.....(Chair of Governors)

Review Date:.....

Signed: (Head Teacher)