



**Keskowethyans**  
*Multi Academy Trust*

Date Reviewed by the Committee	14.04.15
Date Adopted by The Board	27.04.15
To be reviewed next	
Signed by Chair	

**Incorporating Coverack, Grade-Ruan C of E, Manaccan,  
St. Keverne and St. Martin-in-Meneage Primary Schools.**

# Physical Education Policy

March 2015

Date policy sent to	Date
Secretaries	
Lead Teachers	
Chairs of LGBs	
GS for Website	
Relevant other ie Safeguarding Director/Subject Co-ordinator	

## **Aims**

We will:

- Deliver a minimum of 2 hours of high quality curriculum PE each week.
- Provide pupils with access to the correct equipment, facilities or locations to aid learning.
- Provide a broad and balanced range of curriculum content including: swimming, dance, invasion games, striking and fielding, athletics, racket games and outdoor education in sailing, problem solving and orienteering.
- Deliver each PE activity in 6-8 week blocks (half terms) to offer sequential progression.
- Differentiate learning outcomes by task and outcome for mixed age and ability classes.
- Ensure each child understands what their success should look like in each lesson.
- Develop fundamental components of fitness in: agility, balance, coordination, speed, power, endurance, reaction time, strength, flexibility and knowledge of healthy active lifestyles.
- Provide co-operative and competitive learning situations.
- Enable pupils to use self-reflection, peer and staff feedback to compare performances.
- Monitor and support progress and recognise success.
- Review our curriculum, competition, sports club, leadership and healthy active lifestyle outcomes annually against national data.

## **Objectives**

Children should:

- Develop an enjoyment and positive attitudes towards sustained periods of physically activity across a broad range of sports and activities.
- Develop confidence, competence, resilience and respect in competition and training.
- Develop their fine and gross motor skills and confidence to transfer these fundamental movement skills between sports in increasingly challenging circumstances.
- Recognise the value of physical activity to support physical, mental, social and spiritual wellbeing.
- Recognise their personal bests and show determination to improve. Evaluate their own and others technical skill and tactical understanding to adapt to individual and team roles.
- Explore how their body responds to exercise and how exercises can be matched to the needs of different sports to train. Identify properties of food groups and recognise proportions of each to maintain good health and physical readiness.
- Adopt the values of the schools and sport to develop respect for themselves and others. Develop confidence in social groups, individual and unfamiliar situations.
- Experience feelings of self-achievement by making positive decisions and actions that affect others in a positive way.
- Engage in and apply cross curricula learning and real world understanding with PE.

**In addition to the PE curriculum we will:**

- Offer extra curricula sports clubs for years 1-6.
- Provide a programme of interschool competitions.
- Offer focused break and lunch play activities for pupils to develop their physical skills as well as their self-management, participation and team work skills.
- Run a sports leadership pathway for the pupils.
- Run enrichment days for all year groups.
- Run a school camp.
- Offer bikeability to years 5 & 6.
- Work with the community to access areas of local heritage, specialist facilities and wider county and national competitions.
- Provide staff with the opportunity to team teach with a PE specialist during blocks of PE they feel they need to upskill in and run half termly PE professional development for all staff members.