

Aims and objectives

Physical education develops the whole child; their knowledge, skills and understanding, so that they can perform with increasing competence and confidence in a range of physical activities. These include dance, games, gymnastics, striking and fielding activities, swimming and water safety, athletics and outdoor adventure activities. Physical education promotes an understanding in children of their bodies in action and an appreciation of good movement. It involves thinking, selecting and applying skills and promotes positive attitudes towards a healthy lifestyle. In evaluating and improving their performance, we hope to produce pupils who know how to become good performers. Thus we enable them to make informed choices about physical activity throughout their lives and to take part in and enjoy an extensive range of sports and activities. These aims link with our school aims, which encourage all children to excel in, and enjoy their school sport and P.E.

The aims of PE at The March are:

- to enable children to develop and explore physical skills with increasing control and co-ordination;
- to encourage children to work and play with others in a range of group situations;
- to develop the way children perform skills and apply rules and conventions for different activities;
- to increase children's ability to use what they have learnt to improve the quality and control of their performance;
- to teach children to recognise and describe how their bodies feel during exercise;
- to develop the children's enjoyment of physical activity through creativity and imagination;
- to develop an understanding in children of how to succeed in a range of physical activities and how to evaluate their own success.
- to enable children to be safe in and around water, to recognise the importance of water safety in their lives, and to be able to take part in and enjoy a whole range of water based sports and activities.
- to enable children to know how to become good performers.

Swimming and water safety

All schools must provide swimming instruction either in key stage 1 or key stage 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 [for example, front crawl, backstroke and breaststroke]
- perform safe self-rescue in different water-based situations.

Our swimming lessons are supplemented by Sports Premium money to enable the children to all be taught by fully qualified swimming coaches in small groups. This means lessons are differentiated to the children's ability.