

POLICY FOR THE TEACHING OF PHYSICAL EDUCATION

Introduction

- This document is a statement of rationale, aims and attainment targets for of Physical Education (PE) at The Pochin School.
- It was revised during the Summer Term 2014, in accordance with the new National Curriculum framework.
- It was approved by the Governing Body on 16 September 2014.
- Every child in the school has an entitlement and equal right of access to PE regardless of ability, gender or race.
- It is the responsibility of all members of staff to implement this policy.

What is PE?

PE is the aspect of the curriculum concerned with the development of physical skills, knowledge and understanding in games, gymnastics, dance, athletics, outdoor activities and swimming. It can inspire pupils to succeed and excel in competitive sport and other physically demanding activities.

Rationale

PE is important because:

- physical activities can be pleasurable and can provide challenge, fulfilment and a healthy lifestyle
- It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness.
- Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.

Aims

Our aims in teaching PE will ensure that all pupils, to the best of their ability;

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time.
- engage in competitive sports and activities
- lead healthy, active lives
- develop positive attitudes to physical activity including perseverance, fair play and sporting behaviour, and the ability to cope with success and failure

Attainment targets

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

Subject Content

Key Stage 1

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

Pupils should 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

Key Stage 2

Pupils should 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 should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Pupils should be taught to:

- use running, jumping, throwing and catching individually in athletics performance or in combination with others, as a team
- play competitive games, modified where appropriate e.g badminton, cricket, football, netball, rounders, rugby and apply basic principles, rules and techniques of attacking and defending
- introduce new indoor games to provide a wider curriculum, for pupils e.g. curling, volleyball, and outdoors, tennis and hockey
- develop flexibility, strength, technique, control and balance – through athletics, swimming and gymnastics.
- perform dances using a range of movement patterns
- take part in outdoor and adventurous activity challenges both individually and within a team e.g. Beaumanor Hall – whole school, Plas Gwynent, Wales – residential

Swimming and water safety

To provide swimming instruction on a weekly basis for Class 3 (Key Stage 2)

Pupils should be taught to:

- swim competently, confidently and proficiently over a distance of at least 25 metres
- use a range of strokes effectively e.g. front crawl, backstroke and breaststroke
- water safety

Health and Safety in PE

Issues include;

- the safe use of equipment, apparatus and techniques;
- appropriate storage of equipment and apparatus;
- teaching the pupils to understand the need for safe practice in PE and how to achieve this;
- water safety;
- jewellery must not be worn for PE.
- a change of clothing is important, it is not satisfactory for a child to do PE in an item of clothing and then wear the same clothes afterwards. This includes small items such as socks, tights and vests;
- clothing should conform to the school's uniform policy as outlined in the school's prospectus.

Scheme of Work for PE

KS1

Autumn Term - Thursday p.m

Afternoon split between Classes 1 & 2, Games, then gym/dance. Each class has an indoor and outdoor activity.

KS1 – Beaumanor Hall - outdoor challenge

Activities- orienteering, The Gruffalo

Spring Term - Thursday p.m

Afternoon split between Classes 1 & 2, games then gym/dance. Each class has an indoor and outdoor activity.

Summer Term Thursday p.m.

Gymnastics, athletics, games

Classes 1&2 – both

have an indoor and outdoor activity.

In addition, sports day practice on the field.

KS2

Autumn Term Monday p.m

Classes 4 & 5 - football/netball and indoor games activity e.g curling, volley ball

(Pupils split into 3 groups)

Class 5 - badminton

Class 3 - dance or PE once a week

- swimming on Wednesday am

KS2 - Beaumanor Hall - outdoor challenge

activities – canoeing, climbing, aerial trek, building shelters, raft building

Spring Term – Monday pm

Classes 4 & 5 – football/netball/ and tag rugby

Indoor games e.g golf, curling volley ball, hockey

Class 3 – dance, games, or gymnastics

swimming on Wednesday am

Summer Term – Monday pm

Classes 4 & 5 rounders, cricket, tag rugby

athletics – both classes use the field – weather permitting

Class 3 – playground – games skills/athletics,

Swimming on Wednesday morning cont.

Sports day practice on field

KS2 – mobile climbing tower annually.