

Policy for

Physical Education



Date of policy: Autumn 2017

Next review: Summer 2018

Committee:

Curriculum and standards

In line with the new National Curriculum for physical education, we aim to ensure that all pupils:

- 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.

To achieve these points, each child will take part in **two hours** of PE per week. To ensure wide coverage across year groups, teachers and coaches will stick to the corresponding long term plan (see separate document).

The PE leader will be in charge of the **schemes of work** that teachers will need to deliver the range of sports required. Teachers must obtain the scheme from the PE leader before beginning a unit. Schemes of work are in the form of booklets, differentiated by year group and sport type.

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 co-ordination, 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** such as running, jumping, throwing, 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 succeed** in different activities and sports and learn how to **evaluate** and recognise their **own success**.

Pupils should be taught to:

- **Use** running, jumping, catching and throwing in **isolation and in combination**.
- **Play competitive games**, modified where appropriate, such as football, netball, rounders, cricket, hockey, basketball, badminton and tennis, and apply basic principles suitable for **attacking and defending**.
- Develop flexibility, strength, technique, control and balance, for example through **gymnastics and athletics**.
- 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 to achieve their **personal best**.

Swimming and water safety

Before pupils leave St Modwen's, they will be taught to:

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