

## **PHYSICAL EDUCATION POLICY**

### **OVERVIEW**

All pupils will benefit from a physical education curriculum which motivates them to succeed and participate in sport, games, exercise and other physically-demanding activities. It will offer good and appropriate opportunities for pupils to develop a wide range of physical skills, knowledge and understanding to promote their health and fitness. Through physical education they will have opportunities to compete in sports, games and other activities which build their character and help to embed values and qualities such as determination, endurance, perseverance, fairness and respect.

### **INTENT**

1. To help children become physically active and to help them understand the importance of physical activity in promoting a healthy active life, through an annual Sport's and Diversity Week.
2. To teach all children to swim and teach them about safety when they are near water, participating in both swimming lessons and adventurous outdoor activities.
3. To help children develop appropriate skills as they participate in a broad range of physical activities
4. To give children the opportunities to enjoy and engage in competitive sports, games and other co-operative physical activities, in a range of increasingly challenging situations.
5. To help children develop fundamental movement skills (a key part of the EYFS and KS1 development), become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others.

### **IMPLEMENTATION**

1. We will use the national curriculum for physical education to underpin our teaching and learning.
2. PE will be planned, taught and assessed by a specialist Level 4 Sports Development Officer.
3. We will teach children how 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.
4. We will provide opportunities for children to participate in team games and competitive games within lessons which will be modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis] while also giving children the opportunity to take part in a number of competitions and tournaments within the cluster of schools in Rochdale.
5. Appropriate physical activities will be used to develop flexibility, strength, technique, control and balance through athletics and gymnastics and we will provide opportunities for children to enjoy modern educational dance and to perform dances using simple movement patterns.
6. Pupils will be taught to apply and develop a broad range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement.
7. Children from Reception to Year 6 will take part in appropriate outdoor and adventurous activity challenges both individually and within a team.
8. Pupils will be encouraged to compare their performances with previous ones and demonstrate improvement to achieve their personal best.
9. Before they leave school they will be taught to swim competently, confidently and proficiently over a distance of at least 25 metres.
10. Pupils will be taught to perform safe self-rescue in different water-based situations, particularly during adventurous open water activities.
11. Children's learning in PE will be assessed through formative and summative judgements by; asking questions, observing learners during lessons, and listening to pupils' discussions.
12. The PE leader will support the teaching and learning of PE by; providing strategic leadership and direction, monitoring progress and standards across the school, reviewing and revising the PE policy, monitoring and supporting the Sports Development Officer in the teaching of PE, monitoring the effective and appropriate use of resources and obtaining new resources.
13. A portfolio of work from EYFS to Y6 will build up to show examples of the range of work done and evidence of progression as well as capturing pupils voice.

### **IMPACT**

Through our physical education curriculum, pupils will develop and improve their knowledge, skills and understanding of physical education in different activities and sports and learn how to evaluate and recognise their own success. Throughout their journey through the year groups, they will be exposed to a wide range of sports and recognize the importance of having a healthy lifestyle. They will enjoy communicating, collaborating and competing with each other as they exercise their bodies and build up their skills.

Revised and adopted by the Governing Body .....Date.....Review Date.....