



PE Policy

Key Document Details

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Aims and Objectives

At Moredon Primary and Nursery School, we strive to create a community of physically active and confident pupils. We aim to instil a passion for sport and exercise in each child, in turn developing a lifelong positive attitude towards wellbeing and fitness.

We believe that PE develops pupils' ability to perform well in a range of activities, increasing their life skills and opening a wealth of future opportunities. PE not only promotes physical development, but also allows pupils to be creative, competitive and embrace individual and team challenges. Pupils learn how to plan, perform, evaluate and improve actions, ideas and performances. This allows pupils to discover their aptitudes, abilities and preferences and make choices about how to be involved in lifelong physical activity.

Pupils receive one hour of curricular PE per week. Alongside this, physical activity and exercise is promoted through visiting workshops and sporting festivals (internal and external). All classes take part in a regular 'Moredon Mile'. Physical activity is encouraged at playtimes by Sports Leaders who are trained to lead games and physical challenges. Pupils in Years 4 – 6 receive swimming lessons.

Early Years Foundation Stage

Pupils must be supported to develop core strength, stability, balance, spatial awareness, co-ordination and agility. Fundamental movement skills will be refined, including rolling, crawling, walking, jumping, running, hopping, skipping and climbing. Pupils will progress towards a more fluent and controlled style of moving. Indoors and outdoors apparatus will be used to develop overall body strength.

Key Stage One

Through a range of competitive and co-operative sports, pupils will develop fundamental movement skills, and extend their agility, balance and coordination. This includes:

- Mastering basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and beginning to apply these in a range of activities.
- Participating in team games, developing simple tactics for attacking and defending.
- Performing dances using simple movement patterns.

Key Stage Two

Pupils will build on prior learning to develop a broader range of skills, and learn how to use them in different ways. They should enjoy communicating, collaborating and competing with each other. This includes:

- Using running, jumping, throwing and catching in isolation and in combination.
- Playing competitive games and applying basic principles suitable for attacking and defending.
- Developing flexibility, strength, technique, control and balance.
- Performing dances using a range of movement patterns.
- Taking part in outdoor and adventurous activity challenges both individually and within a team.
- Comparing their performances with previous ones and demonstrating improvement to achieve their personal best.

Inclusion

High quality first teaching, differentiated for individual pupils, is the first step in responding to pupils who have, or may have, SEND. Differentiation occurs in the support and intervention provided to different pupils through questioning, scaffolding and resources for individual pupils. This is an inclusive approach to individual learners' needs, ensuring language, questioning, concepts and ultimately learning is accessible to all.