



# SLIMBRIDGE

primary school

Policy Title	PE Policy	Version	5.0
Reviewed by	Governing Body	Review Date	23/24
Approved by	FGB		2 year cycle

## **Physical Education Policy**

A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness and be inclusive. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect. Our curriculum inspires all pupils to succeed and excel in competitive sport and other physically demanding activities.

### **Aims**

Our curriculum helps children:

- develop a positive outlook and enjoyment towards physical activities
- encourages them to lead a healthy and active lifestyle
- build positive attitudes to physical challenges
- develop perseverance, fair play and the ability to cope with success and failure
- enables children to engage in a broad range of different physical activities
- learn a variety of new skills and develops their confidence and competence
- participate in competitive sports

### **Teaching and Learning**

Physical Education is taught by both specialist sports coaches and class teachers. All pupils are entitled to receive a minimum of 2 hours high quality PE per week. This includes fitness sessions daily.

**EYFS** – Physical development is one of the 7 areas of learning in the EYFS and is a major focus. This is taught in a variety of ways and enables children to access all other areas of the curriculum with growing skill and confidence.

## **Curriculum coverage**

Children in KS1 and KS2 develop their skills through different termly sporting activities. To ensure that our children get the opportunity to experience new sports and develop diverse skills, we follow a two yearly rolling programme which ensures full coverage of the curriculum.

### **In KS1, children are taught to:**

- master basic movements including running, jumping, throwing and catching
- develop balance, agility and co-ordination
- participate in team games, developing simple tactics for attacking and defending
- perform dances using simple movement patterns

### **In KS2, children are taught to:**

- use running, jumping, throwing and catching
- play competitive games and develop skills in attacking and defending
- develop flexibility, strength, technique, control and balance
- perform dances using a range of movement patterns
- take part in outdoor and adventurous activity challenges
- compare and evaluate their performances
- be the best they can be

Swimming instruction is provided for children in Years 3 and 4. They are taught to swim using a variety of strokes with competence, proficiency and confidence over a distance of 25 metres. For those children in KS2 who still require support and practice to swim 25m, an extra catch-up programme is offered.

## **Resources**

Having a good selection of equipment is essential for the teaching of PE and the school has a range of equipment to support the learning and development of skills across all sport disciplines. Resources are carefully monitored, reviewed on an annual basis and updated when necessary.

## **Assessment**

Children are assessed through a skills based assessment programme. Children are actively encouraged to evaluate their own learning and performance.

## **Extra Curricular Activities**

We actively encourage children to become involved in sports outside of the school day and a variety of clubs are run throughout the year by teachers and/or parent volunteers.

Competitive sports activities for children in KS2 are organised on a regular basis with cluster schools. Activities range from team games to swimming.

Sports successes out side of school are always celebrated in weekly assemblies.