



## ***Theale C of E Primary School***

### **Physical Education**

At Theale CE Primary School the children come first. They are central to every decision made in school. We will ensure that our children are happy and successful. They will grow to be ambitious and resilient and their talents will be nurtured so they become highly skilled. Our children will be courageous and always behave with integrity.

“And you shall love the LORD your God with all your heart, with all your soul, with all your mind, and with all your strength.’ This *is* the first commandment. And the second, like *it*, *is* this: ‘You shall love your neighbour as yourself.’ There is no other commandment greater than these.”

*Mark 12: v 30-31*

“I have come that they may have life and that they may have it more abundantly.”

*John 10:10*

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“P.E. is about pupils learning about themselves, their capabilities, their potential and their limitations. It is the foundation of all sports participation. But it goes beyond the individual and understanding themselves – it’s learning how to work with and respect others.”

*Lucy Pearson, England cricketer and teacher.*

“Our youth should also be educated with music and physical education” *Aristotle*

“But as for you, be strong and don’t give up as your work will be rewarded” *2 Chronicles 15:7*

## **The Rationale for PE teaching**

Physical activity not only improves health, reduces stress and improves concentration, but also promotes correct physical growth and development. Exercise has a positive influence on academic achievement, emotional stability and interaction with others. Physical education provides opportunities for pupils to be creative, competitive and to face up to different challenges as individuals and in groups and teams. PE develops the children’s knowledge, skill and understanding, so that they can perform with increasing competence and confidence in a range of physical activities. We provide the broad and challenging programme of physical education we believe every child should have; with activities that are designed to be enjoyable, competitive, purposeful and regular. Each child learns how to plan, perform and evaluate actions, ideas and performances to improve their quality and effectiveness.

Through this process pupils discover their aptitudes, abilities and preferences, and make choices about how to get involved lifelong in physical activity.

## **Curriculum Intent**

At Theale Church of England Primary School, we will ensure that our high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically demanding activities. We 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, which will lead to a lifelong belief that physical exercise and expertise have a positive effect on one’s wellbeing.

## **Curriculum Impact**

### **Children will:**

- develop skilful use of the body, the ability to remember, repeat and refine actions and to perform them with increasing control, co-ordination and fluency (acquiring and developing),
- develop an increasing ability to select, link and apply skills, tactics and compositional ideas (selecting and applying),
- improve observation skills and the ability to describe and make simple judgements on their own and others work, and to use their observations and judgements to improve performance (improving and evaluating),
- develop an understanding of the effects of exercise on the body, and an appreciation of the value of safe exercising (knowledge and understanding of fitness and health),
- develop the ability to work independently, and communicate with and respond positively towards others (working alone and with others),
- promote an understanding of safe practice and develop a sense of responsibility towards their own and others’ safety and well-being (applying safety principles).

## **Curriculum Implementation**

This will be achieved through high quality specialist teaching and using planned experiences that integrate all aspects of physical skill and knowledge required by the National Curriculum and beyond.

### **At Theale Church of England Primary School children cover six areas of learning:**

- Games
- Gymnastics
- Dance
- Swimming
- Athletics
- Outdoor & adventurous activities

### **The children will be taught**

#### **EYFS:**

- develop their co-ordination, control, and movement of their whole body,
- understand the importance of physical activity for good health,
- make healthy choices in relation to food and talk about ways to keep healthy and safe,
- show good control and co-ordination in large and small movements; move confidently in a range of ways, safely negotiating space,
- handle equipment and tools effectively using fine and gross motor skills.

#### **Key Stage 1**

Children 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 are able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

#### **Children are 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**

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

#### **Children are taught to:**

- use running, jumping, throwing and catching in isolation and in combination,
- play competitive games, modified where appropriate (for example, cricket, tag rugby, football, hockey, netball, rounders and tennis), and apply basic principles suitable for attacking and defending,

- develop flexibility, strength, technique, control and balance (for example, through athletics and gymnastics),
- 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 and demonstrate improvement to achieve their personal best.

## **Swimming**

Each child will take part in a swimming programme in Year 4 and Year 6, support sessions are provided in Year 6 for any child who has not achieved the end of Key stage statements.

## **Equal Opportunities, Gifted and Talented and those with Special Needs**

Every pupil will be given equal opportunity to follow the National Curriculum or Foundation Stage Curriculum irrespective of their ethnic or linguistic background, gender, disability or religious beliefs. Children with Special Educational Needs will have full access to the PE curriculum which will be modified to best meet their needs. We will ensure equity in every learning opportunity. Those identified as Gifted and Talented will be given opportunities to develop their skills further through inter school and country level competitions. Collaboration and the value of the individual is integral to the teaching of PE.

## **Resources**

PE equipment is stored in PE Cupboards. Appropriate resources to support activity will be readily available and accessible to both teachers and pupils. Care of resources should be emphasised to both pupils and staff. The Subject Leader should be informed of the need to repair or replace equipment. Regular checks are to ensure safety standards are upheld. The freestanding playground equipment and playground markings will be used at every appropriate moment to maximise each child's level of activity.

## **Recording & Assessment**

The monitoring of PE will take the form of classroom observations by specialist staff, monitoring of planning, interviews with children, learning walks, monitoring of displays and evaluations of performances given. The subject leader, working with the head teacher is responsible for the monitoring of PE-records will be kept as appropriate. The head teacher will report to governors. Appropriate achievement of pupils will be recorded yearly as part of the teacher's report for the pupils' annual report to parents.

As well as recording annual reports completed by staff, pupils will be encouraged to record their own achievements and experiences, using media such as iPads and video. Pupils will also be encouraged to demonstrate their achievement to fellow pupils and other staff. All pupils return to areas of activity during their school career in order to generalise, reinforce and extend earlier learning.

In the EYFS PE is reported as part of their Physical Development.

## **The Structure of Music Provision – Implementation**

### **EYFS and Year 1**

2 hours of PE every two weeks, which is split into 3 sessions and 3 different areas of learning.

For example, balancing and running; sending and receiving and gymnastics. 40 minutes of Dance weekly.

### **Year 2 and 3**

2 hours of PE every two weeks, which is split into 3 sessions and 3 different areas of learning.

For example, tag rugby; hockey and gymnastics.

40 minutes of Dance weekly.

### **Year 4 and 5**

2 hours of PE every two weeks, which is split into 3 sessions and 3 different areas of learning.

For example, tag rugby, cross country and gymnastics.

40 minutes of Dance weekly.

### **Year 6**

2 hours of PE every two weeks, which is split into 2 sessions and 2 different areas of learning.

For example, football and gymnastics.

40 minutes of Dance weekly.

### **Swimming in KS2**

This is a statutory requirement with the target for each pupil to be able to swim 25metres. The children will all be given the opportunity to learn to swim in year 4 and then to develop further their skills in year 6.

### **Wider Opportunities**

- Gifted and Talented Gymnastic squad for Year 3-6.
- Gifted and Talented Football squad for Year 3-6.
- A range of after school clubs including cricket, athletics, netball, rounders.
- Inter and Intra school competitions across many areas of PE and sport.
- County competitions.
- Outdoor Education opportunities during the Year 6 residential trip.

### **Kit**

All children are expected to have suitable P.E. kit, this includes swimming kits, both indoors and outdoors, in school from Monday to Friday (as stated at the beginning of each term in team letters). If a child does not have their kit within school they will still be expected to participate within the lesson using either 'spare kit' or a suitable alternative from another class or lost property. Flat school shoes may be worn for outside P.E. if trainers are not available. Children should work barefoot in the school hall during dance and gymnastics lessons. This improves pupils' manoeuvrability and helps to develop aesthetic awareness. Parents may choose to cover their child's veruccas with plasters or they may wear dance/gym shoes. As there is no evidence that veruccas can be spread by indirect contact with a dry hall floor these measures are not essential. Trainers or pumps cannot be worn for Gymnastics. Note: in alignment with BAALPE guidelines all jewellery, for example watches, bracelets, rings, earrings and badges with pins, should be removed or made safe.

If children request assistance changing in an out of P.E. kits, staff may assist within safeguarding children procedures and appropriate physical intervention boundaries.