



Physical Education Policy

INTENT

Norden Community Primary School has a high-quality Physical Education Curriculum that inspires all children to succeed and excel in competitive sport and other physically-demanding activities. It provides opportunities for children to become physically confident in a way which supports their health and fitness. There are opportunities for children to compete in competitive sport and other activities to build character and help to embed values such as fairness and respect.

Our PE Curriculum aims to ensure that all children:

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- lead healthy, active lives.

Our EYFS curriculum recognises that physical activity is vital in children's all round development. Gross and fine motor experiences develop incrementally throughout early childhood starting with sensory explorations and the development of a child's strength, co-ordination and positional awareness.

Children at Key Stage 1 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 engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

As they move into Key Stage 2, children continue to apply and develop a broader range of skills, learning how to use them in different ways and 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.

IMPLEMENTATION

1. We use the National Curriculum for Physical Education to underpin our teaching and learning of PE.
2. Our children make progress from Early Years to Year 6 as our Physical Education Curriculum has been mapped out showing clear progression following the PE Passport Scheme of work.
3. We 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 provide opportunities for children to participate in team games and competitive games which will be modified where appropriate (for example, cricket, football, hockey, netball, rounders, dodgeball and tennis), and apply basic principles suitable for attacking and defending.
5. We provide opportunities for children to enjoy modern educational dance and to perform dances using simple movement patterns.
6. Children are taught to apply and develop a broad range of substantive and disciplinary knowledge, learning how to use it in different ways and to link it to make actions and sequences of movement using the 'Link It, Learn It, Check It, Show It and Know It' process.
7. Appropriate physical activities are used to develop flexibility, strength, technique, control and balance through athletics and gymnastics.
8. Children take part in appropriate outdoor and adventurous activity challenges both individually and within a team.
9. Children are encouraged to compare their performances with previous ones and demonstrate

improvement to achieve their personal best.

10. Before they leave school, children are taught to swim competently, confidently and proficiently over a distance of at least 25 meters using a range of strokes.
11. Children are taught to perform safe self-rescue in different water-based situations.
12. Teachers receive opportunities for CPD in-house and with qualified coaches.
13. Teachers provide opportunities for children to access active 'brain breaks' and active learning sessions throughout the school day.
14. Takes into account all children including those with SEND and has high expectations for all.
15. Teachers use the non-core subject assessment sheet and class book at the end of each sequence of learning for assessment purposes and establishing the next steps in learning.
16. Children have opportunities to compete and take part in a broad range of sport and activities through the IPLCN and extra-curricular after school clubs.

IMPACT

Through our Physical Education Curriculum, children will gain the substantive and disciplinary knowledge required to develop and improve their understanding of physical education in different physical activities and sports and learn how to evaluate and recognise their own success. They enjoy communicating, collaborating and competing with each other as they exercise their bodies and build their skills. PE is used to promote excellence and is also fun. It has a strong presence in the ethos of our school. Our main aim is to enable our children to meet the expectations of each year group and prepare them for KS3 Physical Education by the time they leave our school.

Written by V Whelan December 2022.

Approved by Governors December 2022.