

GREENFIELD PRIMARY SCHOOL

Physical Education Policy

Statement of Intent

Greenfield Primary School will provide a high-quality physical education curriculum which will inspire all pupils to succeed and excel in competitive sport and other physically demanding activities. Teaching will provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Children will be provided with regular opportunities to compete in sport and other activities which will build character and help to embed values such as fairness and respect.

Implementation

Objectives:

1. To develop children's competence to excel in a broad range of physical activities.
2. To provide opportunities to ensure children are physically active for sustained periods of time.
3. To ensure that children engage in competitive sports and activities.
4. To develop children's understanding of how to lead healthy, happy lives.

Strategies:

1. Pupils will develop fundamental movement skills extending their competence and confidence in their agility, balance and coordination.
2. Pupils will be taught to engage in competitive and co-operative physical activities against themselves and others, developed in a range of increasingly challenging situations.
3. Pupils will participate in team games, developing basic movement-skills as well as developing tactics for attacking and defending.
4. Pupils will learn how to use simple movement patterns in order to perform dances.
5. Pupils will develop a broader range of skills and learn how to use them in various ways to make actions and sequences of movement.
6. Pupils will develop their understanding of how to improve in various physical activities through evaluation and reflection, identifying and recognising their own success.

Curriculum- Areas of Activity:

Early Years pupils should be taught:

Games:

- Spatial awareness
- Basic motor skills
- Co-ordination and control
- Aiming, predicting and estimating
- Dance
- Using their imagination in art, design, music, dance, imaginative role-play and stories
- Gymnastics
- Travel around, under, over and through balancing and climbing apparatus

Games (KS1 and KS2) pupils should be taught:

- Simple competitive games
- A variety of ways to send, receive, strike and travel with/without a ball
- Games which include running, chasing, dodging, avoiding and awareness of space and other players
- To develop core skills in attacking, defending, invasion, striking and fielding
- To play small-sided and simplified versions of net/wall and target games

Gymnastics (KS1 and KS2) pupils should be taught:

- To use technical vocabulary
- To perform basic actions of travelling (turning, rolling, jumping, balancing, climbing)
- To link movements on the floor and apparatus
- To repeat movements / develop sequences
- To develop complex movements

Dance (KS1 and KS2) pupils should be taught:

- To compose and control movements by varying shape, size, direction, level, speed, tension and continuity
- Investigate different genres of dance
- To express feelings moods and ideas
- To respond to various stimuli including music

Athletics (KS1 and KS2) pupils should be taught:

- To develop and refine basic running, jumping and throwing techniques using a variety of equipment
- To measure, compare and improve their own performance

Swimming (KS2) pupils should be taught:

- To swim unaided, competently and safely for at least 25m
- To develop confidence in water and
- To develop floating skills and support positions
- To develop an effective and efficient swimming strokes on the front and back
- To understand and follow basic water safety and survival skills

Outdoor Activities (KS2) pupils should be taught:

- To perform outdoor and adventurous activities in a variety of environments
- To face physical and problem solving challenges individually and collaboratively

Impact

By the end of each Key Stage, pupils are expected to know, apply and understand the matters, skills and processes specified in the relevant programme of study. Pupils will use basic movements as well as a broad range of skills to participate in a variety of physical activities, working both individually and co-operatively as part of a team. Pupils will be able to compare and evaluate their own performance and success.