

# Marsh Green Primary School



**P.E. Policy**

**March 2017**

**Review: June 2019**

Our school believes that physical education, experienced in a safe and supportive environment, is a unique and vital contributor to a pupil's physical development and well-being. We aim to promote and foster an enjoyment and appreciation of the benefits of a healthy lifestyle as well as supporting the children in their development of team building skills.

## **1. Attainment targets**

By the end of each key stage, pupils are expected to know, understand, and apply the matters, skills, and processes specified in the appropriate programme of study.

## **2. Subject content**

### **2.1. Key stage 1**

Pupils are to develop fundamental movement skills, become progressively capable and confident, and access various opportunities to extend their agility, balance and coordination, individually and with their peers. Engaging in competitive and co-operative physical activities in a range of increasingly challenging situations is vital to their development.

Pupils should be taught to:

- Master basic movement and apply these in a range of activities including:
  - Running.
  - Jumping.
  - Throwing.
  - Catching.
  - Developing balance, agility, and coordination.
- Participate in team games and develop simple tactics for attacking and defending.
- Perform dances using simple movement patterns.

### **2.2. Key stage 2**

Pupils should continue to apply and develop various skills, learning how to use them differently, and make actions and sequences out of movement.

Pupils should enjoy communicating, collaborating and competing with others, and develop an understanding of how to recognise, evaluate, and improve their techniques.

Pupils should be taught to:

- Run, jump, throw and catch in isolation and together.
- Play competitive games, modified where appropriate, and apply basic principles to attack and defend.
- Develop flexibility, strength, technique, control and balance.
- Perform dances using various movements.
- Take part in outdoor and adventurous activities, both individually and as a team.

- Compare their individual performances with previous ones to demonstrate improvement so they can achieve to the best of their ability.

### **Swimming and water safety**

All schools must provide swimming instruction in key stage 1 or 2.

In particular, pupils should be taught to:

- Swim competently, confidently and proficiently over a distance of at least 25 metres.
- Use a range of strokes effectively.
- Perform safe self-rescue in different water-based situations.

**Our P.E curriculum is designed to:**

- Support the development of flexibility, strength, technique, control and balance through activities such as dance and gymnastics
- Teach skills such as running, jumping, throwing and catching
- Provide the children with opportunities to play competitive games such as hockey, rounders, tag rugby, netball and football, and to develop the skills associated with these
- Provide them with a variety of multi-skills which are transferable to many other sports
- Set outdoor and adventurous activity challenges
- Teach coordination
- Enable our children to develop basic swimming skills whilst encouraging all children to using a range of strokes effectively and be able to perform safe self-rescue.

**In addition, we aim to:**

- Give children the opportunity to challenge themselves within a safe and structured environment
- Promote a healthy diet and regular exercise as an essential part of everyday life
- Endeavour to provide the children with access to sports outside their everyday P.E experience
- Develop our children's stamina and general fitness levels
- Teach team building and competitive skills
- Develop a lifelong enjoyment of exercise and an understanding of its benefits.

## **P.E. Lessons:**

P.E. is delivered through two weekly P.E. lessons. All children are expected to wear appropriate clothing, as are staff., and to participate to their full capacity. Children who do not have kit available in school will be provided if possible with suitable clothing belonging to the school and P.E. kit reminder slip will be sent home. Our P.E. kit comprises of;

## **P.E. Kit:**

- Black or Green shorts
- White or school logo T-Shirt
- Pumps or Trainers.
- Jewellery cannot be worn.
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During colder weather, children will be encouraged to bring in tracksuit bottoms and a jacket/jumper for participation in lessons outside..

Cold weather does not limit our curriculum; indeed we encourage the children to get outside as often as they can.

The curriculum in this subject has been organised to ensure that children in both key stages have access to all areas specified in the national curriculum and go beyond its statutory requirements. We are confident that children following our curriculum have the opportunity to achieve and potentially surpass the expectations at the end of each key stage.

Children participate in a range of activities across the year, receiving a broad and balanced curriculum which teaches balance, control, coordination and stamina, whilst building on skills year upon year. Various skills and sports are taught each term and each year groups. All PE lessons are designed to deliver various levels of activity to improve fitness. Children are also encouraged with their general fitness through additional, short sessions and participation in the 'mile run' during the week, which are not always timetabled but happen incidentally.

## **Swimming:**

Swimming is taught in Year Four for a term, these are 50 minute sessions. This ensures that the children are given plenty of opportunity to develop their swimming and water safety skills. Children are expected to attend sessions with an appropriate costume. No bikinis or swimming shorts. Swimming Trunks for the boys and appropriate full swimming costumes for the girls.

**Lunchtimes:**

We aim to promote fitness and sport during the Lunchtime break. As such, PE equipment is available for the children to use and children 'Play leaders' who have been trained to set up and lead games. We also have fixed equipment in all play areas which encourage practise of many of the skills in the curriculum.

**Extra-Curricular activities:**

We aim to provide the children with the opportunity to experience sports that may be beyond their usual experience. As such, part of our Sports funding is used to provide funded after school clubs such as Karate, football, boxing and multi-skills. In addition, our school staff offer a range of other clubs designed to promote general fitness throughout the year.

**Healthy Lifestyles:**

In addition to our P.E. lessons children are provided with the opportunity to take part in the 'mile run'. Children are also invited to share sporting achievements from outside school, which is actively encouraged.

Signed by

\_\_\_\_\_ Headteacher  
\_\_\_\_\_ Date:  
\_\_\_\_\_ Chair of Governors  
\_\_\_\_\_

Date: \_\_\_\_\_  
\_\_\_\_\_

*This policy is the subject of constant scrutiny and review to reflect the changing needs and development of our children and staff.*