



## SUBJECT STATEMENT: PHYSICAL EDUCATION

### Purpose

A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It provides 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.

The school aims to ensure that all pupils:

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

In Reception PD is fulfilled by continuous provision and specific activities relating to the PD development matters plus a weekly PE session.

By the end of Key Stage 1, 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.

During Key Stage 2, children are taught to:

- use running, jumping, throwing and catching in isolation and in combination
- play competitive games, modified where appropriate and apply basic principles suitable for 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 both individually and within a team
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.

### Swimming and water safety

We aim to provide swimming instruction for all children in Key Stage 2. We teach children to:

- swim competently, confidently and proficiently over a distance of at least 25 metres
- use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]
- perform safe self-rescue in different water-based situations.

### Staffing and Staff Development

Class teachers are responsible for teaching PE to their own class. Teaching Assistants are directed by the teacher and support the teaching of PE. All teachers and teaching assistants are encouraged to take part in professional development to ensure secure subject knowledge, awareness of health and safety procedures and awareness of current developments in PE.

## **Entitlement**

The school provides Key Stage 1 pupils with at least an hour and a half and Key Stage 2 pupils with at least two hours of high quality Physical Education each week. The organisation of PE in the school promotes teaching and learning. Lessons are blocked in units of work to promote greater depth of understanding, development of skills, contextual application of these skills and the ability to perform reflectively. The hall is timetabled to allow all classes access for the duration of the unit being studied.

## **Out of School Hours Learning**

A wide range of clubs offer opportunities for pupils to participate in sport before and after school and during lunchtimes. Pupils of all abilities take part in sports events organised at Partnership level (a group of schools). The school employs a School Sports Co-ordinator to champion inclusive participation in these events and to organise and promote them.

## **Safe Practice**

Teachers make themselves aware of the health and safety arrangements for the areas of activity that they are teaching. The school follows the 'Safe Practice in Physical Education' guidance provided by BAALPE. Pupils are taught how to handle and carry apparatus and resources appropriately. They are taught to recognise hazards, assess the consequent risks and take steps to control the risks to themselves and others. All pupils wear appropriate PE kit, which consists of a white t-shirt and navy/black shorts, and there are procedures in place to support this.

Swimming is taught by a qualified ASA teacher, there is a lifeguard present and a qualified poolside adult.

## **Equal Opportunities and Inclusion**

Every pupil has equal access to national curriculum physical education. Learning experiences are differentiated in such a way as to meet the needs of all pupils.

All pupils in the school have equality of opportunity in terms of curriculum balance, curriculum time, use of resources, use of facilities and access to extra-curricular clubs and opportunities to take part in OSHL (Out of School Hours Learning).

## **Equipment and Resources**

Resources are regularly reviewed in order to ensure they are appropriate to the range of ages, abilities and needs of all the children in order to enhance learning; they are kept in an outdoor storage shed and in the store cupboard in the hall. Play equipment is available at break and lunch times. The person on duty distributes and monitors use of the equipment.

## **The Learning Environment**

The hall is appropriately cleaned and suitable for bare footwork in dance and gym. The playground area is safe and free from hazards.

## **Continuity and Progression**

The school follows a two-year rolling programme, which addresses our mixed age classes. Within the schemes of work there is differentiation for tasks, which ensures continuity for all age groups.

## **Active Play**

Opportunities for active play promoted during break and lunchtimes: rota for play equipment, development of school grounds to encourage physical activity. School Sports Leaders take an active role in developing this aspect of PE.

## **OAA**

All year groups are taught discrete OAA lessons. Year 5 pupils take part in a 2 day residential at Path Hill Outdoors in Whitchurch. Year 6 pupils spend a week at an OCC centre in Wales.