

Woodland Community Primary School

Physical Education Policy

Overview

We will provide a high-quality physical education that equips pupils to take part, succeed and excel in competitive sport and other physically-demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Our children at Woodland will have opportunities to compete in sport and other activities which help to build character and embed values such as fairness and respect.

Objectives

By the end of key stage 1 pupils should be 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.

By the end of key stage 2 pupils should be taught to:

- Use running, jumping, throwing and catching in isolation and in combination
- Play competitive games, (e.g. badminton, basketball, cricket, football, hockey, netball, rounders and tennis), 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.
- Swim competently, confidently and proficiently over a distance of at least 25 meters
- Use a range of strokes effectively
- Perform safe self-rescue in difference water-based situations.

Strategies

1. Pupils will be taught to develop and explore physical skills with increasing control and co-ordination
2. Children will learn how to work and play games with others in a range of group situations
3. All pupils will be taught to how to evaluate and develop their skills and offer useful and constructive feedback to other children.
4. All children will develop the way children perform skills and apply rules and conventions for different activities
5. All children will have the opportunity to build on their fitness levels and understand how their bodies are feeling before, after and during exercise in all lessons
6. Children will have the opportunity to take part in competitive sport outside of the school
7. Children in year 4 will take part in weekly swimming lessons over a term and a half
8. Children will have termly sessions with Freddie Fit to increase the activity levels of the whole school
9. We will train sports leaders across Key Stage 2 who will enrich pupil development through social cooperation and team work opportunities at lunch time
10. Sports Premium Funding will be used to provide access to high quality provision both during and after school; enable the participation of all groups in tournaments, and pay for high quality external coaches, as well as our own Sports Leader

Outcomes

By the end of each key stage, pupils will benefit from a rich, broad and balanced program of P.E. They will experience and experiment with a wide range of apparatus as they explore and develop their physical skills. Children will have the opportunity to train with professional coaches in a wide range of sports to help capture their imagination, creativity and talent.

Adopted by the Governing BodyDate.....July 2017.....Review Date.....July 2019.....