

Marsh Green Primary School



Physical Education Policy

Updated November 2022.

To be reviewed: July 2023

Marsh Green Primary School Physical Education Policy

Aims and Objectives

PE develops children's knowledge, skills and understanding, so that they can perform with increasing competence and confidence in a range of physical activities. These include: dance, games, gymnastics, swimming and water safety, athletics and outdoor adventure activities. PE promotes an understanding in children of their bodies in action. It involves thinking, selecting and applying skills and it promotes positive attitudes towards a healthy lifestyle. We enable our children to make informed choices about physical activity throughout their lives.

Objectives

- To enable children to develop and explore physical skills with increasing control and co-ordination.
- To encourage children to work and play with others in a range of group situations.
- To develop the way in which children perform skills, apply rules and conventions, for different activities.
- To show children how to improve the quality and control of their performance.
- To teach children to recognise and describe how their bodies feel during exercise.
- To develop the children's enjoyment of physical activity through creativity and imagination.
- To develop an understanding in children of how to succeed in a range of physical activities, and how to evaluate their own success.
- Providing specialist support where individual children have particular gifts and talents.

Teaching and Learning Styles

We use a variety of teaching and learning styles in our PE lessons. Our principal aim is to develop the children's knowledge, skills and understanding, and we do this through a mixture of whole-class teaching and individual or group activities. The PE specialists draw attention to good examples of individual performance as

models for the other children, and we encourage the children to evaluate their own work as well as the work of other children. Within lessons, we give the children the opportunity both to collaborate and to compete with each other, and they have the opportunity to use a wide range of resources.

In all classes, children have a wide range of physical ability. Whilst recognising this fact, we provide suitable learning opportunities for all children by matching the challenge of the task to the ability of the child.

PE Curriculum Planning

PE is a foundation subject in the National Curriculum. We teach all the skills that are required so that our children are able to engage in exciting and engaging lesson whilst learning new skills and building on prior skills.

The curriculum planning in PE is carried out in three phases:

- Long term planning - Yearly overview
- Medium term planning - Termly plans
- Short term planning - Daily lessons for each year group

Foundation Stage

We encourage the physical development of our children in Nursery and Reception as an integral part of their work. We encourage our children to develop confidence, control of the way they move, and care in the handling of tools and equipment. We give all children the opportunity to undertake activities that offer appropriate physical challenge, both indoors and outdoors, using a wide range of resources to support specific skills.

PE in other Curriculum Areas

English

PE contributes to the teaching of English in our school by encouraging children to describe what they have done, and to discuss how they might improve their performance (speaking and listening skills).

Maths

PE contributes to the teaching of mathematics by encouraging children to measure and record what they do accurately using different types of measure depending on year group.

Personal, Social, Citizenship and Health Education (P.S.C.H.E)

Children learn about the benefits of exercise and healthy eating, and how to make informed choices about these. The teaching of PE offers opportunities to support the social development of children through the way in which we expect them to work with each other in lessons. Groupings allow children to work together, and give them the chance to discuss their ideas and performance. Their work in general enables them to cooperate across a range of activities and experiences. Children learn to respect and work with each other, and develop a better understanding of themselves and each other.

PE and Inclusion

We teach PE to all children, whatever their ability or individual needs. PE forms part of school curriculum policy to provide a broad and balanced education to all children. Through our PE teaching, we provide learning opportunities that enable all pupils to make good progress. We strive to meet the needs of those pupils with special educational needs, those with disabilities, special gifts and talents and those learning English as an additional language. We take all reasonable steps to achieve this.

Assessment for Learning

Our specialist sports coaches assess the children throughout the lessons each week. They monitor their improvement in skills, their understanding and techniques to make an assessment of where each learner is at and what they need to do to continue to improve each lesson. The children are assessed on a half-termly basis

Resources

There is a wide range of resources to support the teaching of PE across school. We keep most of our small equipment in the PE store, and this is accessible to children only under adult supervision. The hall contains a range of large apparatus, and we expect the children to help to set up and put away the

equipment as part of their work. By so doing, the children learn to handle equipment safely. The children use the school field for games and athletics activities, and the local swimming pool for swimming lessons.