

# St Mary's CE VC First School



## P.E Policy

L Thornicroft Jan 23

Date for Review: Jan 24

### Introduction:

At St Mary's First School we recognise that physical activity and sports are crucial in promoting a healthy lifestyle for our children. We are committed to providing outstanding and inclusive Physical Education (PE) that stimulates our pupils to enjoy and flourish in a broad range of physical activities, contributing to the development of lifelong healthy habits. This policy sets out the curriculum plans and expectations for PE provision at our school.

### Aims:

- To develop pupils' confidence, skills and enjoyment in physical activities.
- To provide opportunities for pupils to test their physical abilities and skills in a range of individual and team sports.
- To enable pupils to understand the importance of physical exercise and a healthy lifestyle.
- To ensure equal opportunities for all pupils in physical activity and to ensure full inclusivity.
- To prepare pupils for a healthy and active lifestyle beyond their time at our school.

### Curriculum:

Our school provides two hours of PE per week across both indoor and outdoor environments. Lessons are planned to ensure that all pupils are developing their skills against the National Curriculum requirements for PE. In addition, we offer extra-curriculum opportunities after school that cater to the children's interests and abilities.

### Our PE provision includes:

- Building fundamental movement skills, including agility, balance, coordination and speed
- Team games and sports - football, netball, rounders, hockey, dodgeball, athletics,
- Dance and gymnastics- developing flexibility, strength and coordination through expert coaching,
- Outdoor education Orienteering

2022/23 Plan

Class:	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Willow (Reception) and Oak (Reception/Year 1)</b>	<b>Basic Movement</b> - Using and moving our bodies in different ways. Playing lots of small, simple games and activities.	<b>Running and Jumping</b> - Using fundamental movement skills and begin looking at how to improve basic performance.	<b>Patterns of Movement</b> - Using various activities and drills to improve control of physical motion, flexibility and balance. Main sports will be <b>Gymnastics and Dance</b> .	<b>Collaborative Play</b> - Big focus on team games and activities which require working together. Introducing sports such as <b>Football and Tag Rugby</b> .	<b>Catching and Throwing</b> - More direct focus on basics of catching and throwing a ball/item. Introducing sports such as <b>Cricket and Netball</b> .	<b>Athletics and Team Games</b> - To end the school year, a focus set towards activities expected in year 1. Practise for sports day.
<b>Beech (Year 1 and 2) and Maple (Year 2 and 3)</b>	<b>Fitness Testing:</b> Baseline 15m sprint and standing long jump. <b>Catching and Throwing</b> - Main sports will be <b>Netball and Dodgeball</b> .	<b>Attack vs Defence</b> - Team games built around basic principals of attacking play. Main sport will be <b>Tag Rugby</b> .	<b>Patterns of Movement</b> - Using various activities and drills to improve control of physical motion. Main sports will be <b>Gymnastics and Dance</b> .	<b>Tactics and Leadership</b> - Looking to encourage pupils to use their skills to achieve set goals. Mixture of sports to include <b>Hockey, Football and Tennis</b> . This is to transfer learnt skills.	<b>Striking and Fielding</b> - Coordination and revisiting catching and throwing. Main sports will be <b>Cricket and Rounders</b> .	<b>Fitness Testing:</b> Retest of 15m sprint and standing long jump. <b>Movements and Competition</b> - Looking at combining learnt skills from throughout the year. Main sport will be <b>Athletics</b> .
<b>Linden (Year 3) and Ash</b>	<b>Fitness Testing:</b> Baseline 15m sprint and standing long	<b>Attack vs Defence</b> - Team games built around basic	<b>Patterns of Movement</b> - Using various activities and drills to	<b>Tactics and Leadership</b> - Looking to encourage pupils to use	<b>Striking and Fielding</b> - Coordination and revisiting catching and	<b>Fitness Testing:</b> Retest of 15m sprint and standing

<b>(Year 4)</b>	jump. <b>Catching and Throwing</b> - Main sports will be <b>Netball and Dodgeball.</b>	principals of attacking play. Main sport will be <b>Tag Rugby.</b>	improve control of physical motion. Main sports will be <b>Gymnastics and Dance.</b>	their skills to achieve set goals. Mixture of sports to include <b>Hockey, Football and Tennis.</b> This is to transfer learnt skills.	throwing. Main sports will be <b>Cricket and Rounders.</b>	long jump. <b>Movements and Competition</b> - Looking at combining learnt skills from throughout the year. Main sport will be <b>Athletics.</b>
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#### Assessment:

Pupil progress in PE is non-judgmental and inclusive. Feedback is used to ensure all pupils can realise their full potential in a supportive and motivating environment. Teachers keep a record of pupil progress and use this information to identify and celebrate individual successes and to pinpoint areas for development, to ensure that all pupils are challenged while providing a curriculum that is accessible and inclusive for all.

#### Inclusion:

We believe that all children should participate in PE and extra-curricular activities as part of their Personal development. We are dedicated to being fully inclusive and adapting lessons to ensure that every child can access the curriculum regardless of their physical ability, gender or ethnicity.

#### Health and safety:

Our school values the safety of our pupils. The site and equipment are risk assessed regularly, and all our coaches and teachers hold relevant qualifications, including adhering to safeguarding requirements.

#### Monitoring and review:

This policy is reviewed and amended annually to ensure that it is in line with the latest Department of Education guidelines and the school's overall objectives.

Teachers will review the PE curriculum regularly to ensure all pupils' needs are being met, and standards of provision are adhered to.

**Conclusion:**

Physical education is a vital component of education, and our commitment is to provide the highest level of physical activity opportunities to our children. Our curriculum will continue to inspire, motivate and, above all, be inclusive, enabling all our children to achieve and reach their full physical potential while promoting the importance of a lifelong healthy lifestyle.