

Newington Community Primary School



Physical Education Policy 2023-2024

Amended:	Term 1 2023
Updated by:	Ryan Moore
Approved by the Governing Body:	
Signed:	(Chair of Governors)
Review:	Term 1 2024

Intent

A Physical Education curriculum which is inclusive and provides opportunities to develop fundamental skills to improve pupil's physical literacy.

At Newington Community Primary School, we believe that it is vital to offer a broad and balanced PE curriculum from Games to Swimming, giving our pupils as much opportunity to experience all areas of Physical Education. This allows pupils to widen their understanding as well as the improvement of their physical, emotional, social and mental development.

Physical Education gives all pupils the opportunity to practise, experiment, solve problems and make decisions to improve their performance. Teamwork is a vital part of Physical Education and allows pupils to cultivate their ability to communicate effectively, learn to cooperate with others and to develop their leadership skills. However, there is also the opportunity to develop their ability to work alone and use their own initiative to solve problems and be creative.

We aim to develop every pupil's knowledge, skills and competence within PE so that they can excel in a range of sporting activities in and outside of school. All pupils take part in competitive sport from Intra House competitions to competing against other schools locally in a range of different sports.

Aims

The aims of Physical Education are:

- Pupils are able to develop fundamental skills to adapt to a range of physical activities.
- To encourage pupils to acquire and develop skills that can be transferred across different sports.
- Enabling pupils to be able to selecting and apply appropriate skills and choreography that will enhance their performance.
- Ensuring that pupils are able to improve and evaluate their own and others performance to support progress and success.
- To expand their knowledge and understanding of health and fitness and how it has an impact on their lives and those around them.
- Giving opportunities to increase their social interaction by working as part of a team and using their own initiative by working individually.
- To encourage lifelong physical activity.

Ambition, Achievement, Aspiration

Implementation

The children undertake a broad and balanced programme which is personalised to our pupils; their needs and their local provision. Through the teaching of Physical Education, children learn a range of skills, tactics, strategies, attitudes and methods of working.

Early Years

Early year pupils at Newington learn through structured and creative play within PE lessons facilitated by a member of the PE team. The objective of these lessons are to develop fundamental movements and become more confident in utilising skills in a broad range of activities.

Fundamental skills focus on:

- Listening and communication
- Balance
- Agility
- Coordination
- Ball skills

Key Stage 1

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations. 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.

Key Stage 2

Key stage 2 Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success. Pupils should be taught to:

- use running, jumping, throwing and catching in isolation and in combination
- play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending

Ambition, Achievement, Aspiration

- develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- 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

All schools must provide swimming instruction either in key stage 1 or key stage 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 [for example, front crawl, backstroke and breaststroke]
- ♣ perform safe self-rescue in different water-based situations.

Teaching and Learning

The teaching of PE focuses on developing and improving pupils understanding and knowledge of physical activity and sport.

As part of Physical Education lessons, pupils will:

- participate in a full afternoon of PE activities split between two subject areas per term.
- be taught by our qualified and competent specialist PE team.
- follow an inclusive PE curriculum overview to ensure a wide variety of fundamental skills development in EYFS and KS1 and a variety of sports in KS2.
- have the opportunity to compete in Intra House competitions termly, based on their curriculum subject area.
- increase their understanding of specific sports and rules for representing the school at Thanet Primary Association for School Sport (PASSPORT) events as part of inter school competition.
- attend swimming lessons provided by the school for Year 4 – Year 6.
- be involved in a full school production, learning choreographed dance performances throughout Term 5

As part of promoting physical activity our pupils are able to:

- complete the Daily Mile during break and lunch times on the designated track.
- have the opportunity to attend clubs that are run by teachers, staff and qualified coaches' afterschool. Alongside inviting pupils that show an interest and aptitude for the sport/activity to join the club.
- visit local sporting events to encourage and broaden their knowledge of alternative sports available outside of school.

Physical Education curriculum planning

Physical Education at Newington Community Primary School is a core subject that is provided for Nursery through to Year 6. It is taught once a week for EYFS and Year 1 and for a whole afternoon each week for Year 2 to Year 6.

Physical Education units are sequenced as follows:

PE focuses on the fundamental skills for all sports throughout each pupil's early years' development. In KS1 pupils will then further develop and deepen their understanding and ability of their fine and gross motor skills to be able to apply it to games activities.

In KS2 pupils will further develop their knowledge of specific sports based activities while using their greater understanding of the fundamental skills previously learnt.

Assessment and Recording

Assessment is ongoing as it allows the PE team to give feedback consistently to inform pupils of how to improve in each lesson. Constant assessment allows for differentiation within all lessons and supports pupils to achieve further.

Roles and Responsibilities

Physical Education is taught by our PE team consisting of specialist members of staff ranging from PE teacher to qualified sports coaches. Their expertise in a range of subjects supports pupils to aspire and achieve further in lessons and competitive inter school competitions, alongside encouraging pupils to develop a love of physical activity and a healthy lifestyle.

Regular CPD is also provided for all members of staff who are involved in PE to ensure all members staff are confident and competent in delivering a high standard of PE in school.

Impact

At Newington Community Primary School, we ensure that our PE curriculum is progressive throughout our pupil's time at primary school. It focuses on their fundamental skills and develops their physical literacy for life. Our pupil's will have a clear understanding of how physical activity can affect their lives and the importance of maintaining a physically active lifestyle.

All our pupils will experience a positive and successful education in PE that will develop not only their understanding, but give them the confidence to explore the subject and be versatile in adapting their skills.

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