

**Philosophy:**

Smallwood CE Primary Academy is committed to delivering 2 hours of high quality PE a week for each class. All sessions will contain elements of the National Curriculum. Physical Education improves health, improves concentration and promotes physical development.

**KS1:**

Key Stage One pupils will 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. (New National Curriculum)
* Year 2 students will also take part in outdoor and adventurous activity challenges both individually and within a team.

**KS2:**

Key Stage Two pupils will be taught to:

* Use running, jumping, throwing and catching in isolation and in combination.
* Play competitive games, modified where appropriate (for example basketball, cricket, football, hockey, netball, rounder’s and tennis), and apply basic principles suitable for attacking and defending.
* 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. (New National Curriculum)

Pupils in both Key stages will be encouraged to develop and extend their range of skills. As the children progress through into KS2 they will learn how to use their skills in different situations. Communication and collaboration is key for pupil development, assessing performance and highlighting ways to improve is taught throughout the school.

**Aims:**

* To promote a healthy and active lifestyle.
* Raise awareness of the importance of living a healthy and active lifestyle.
* Promote a range of sports and activities for all children to access.
* Develop communication and social skills.
* Develop team work and co-operation.
* Develop confidence and self-esteem.
* Ensure equal opportunity for all pupils.

**Guidelines:**

* Aim to develop the fitness of the individual, by ensuring a good pace in lessons and incorporating fitness activities into physical education lessons as appropriate.
* Develop programmes that meet the needs of all the children, providing equal opportunities – inclusion of SEN and physical disabilities.
* Follow a broad and balanced PE curriculum fulfilling the demands of the New National Curriculum.
* Integrate, where possible; into other curriculum areas.
* Involve the outside community where possible.

**Units of work:**

**KS1:**

KS1 PE Timetable

|  |  |  |
| --- | --- | --- |
| Half Term | Reception | Year 1/2 |
| 1 | EYFS  (basic movements) | Basic skills linking to games.  (small groups and teams) |
| 2 | Gymnastics | Gymnastics |
| 3 | EYFS Dance | Dance |
| 4 | EYFS  (basic attacking/defending principles) | Team Games (attacking/defending principles) |
| 5 | Summer Games | Summer Sports |
| 6 | Athletics/Sports day | Athletics |

**KS2:**

KS2 PE Timetable

|  |  |
| --- | --- |
| Half Term | Area |
| 1 | Basic skills linking into Competitive sports.  (catching/throwing/passing/dribbling) |
| 2 | Gymnastics  (Small/large apparatus and equipment) (Floor work/routine) |
| 3 | Dance & Personal fitness  (Group routine) (circuits/stations) |
| 4 | Competitive Games  (Football/netball/tag-rugby/hockey) |
| 5 | Summer Sports  (Cricket/tennis/rounder’s/golf) |
| 6 | Athletics  (track/field) |

**Assessment:**

All students are assessed using an on-line assessment format. This consists of National curriculum requirements and teacher assessment, using photographs and videos to support judgements.

* The overall physical skill and ability of the pupil.
* The ability of a child to select an appropriate response to a task.
* The ability to evaluate the performances of self and others.
* How well the child interacts with other members of the class in team situations.
* Is the child motivated and enthusiastic about sport?
* Has the child any specific problems which need to be addressed? If so appropriate intervention will be put into place.

**Risk Assessment and Safety:**

* All areas of the school will have an individual Risk Assessment (Hall/Playground/Grass).
* Equipment to be checked by PE Co-ordinator. If equipment isn’t safe to use, it will be removed and replaced.
* All other equipment to be stored in the PE store located outside. The PE store is to be locked at all times, with the key being kept in the school office.

**Children without Kit**:

At the beginning of each term parents will be informed by letter of PE kit requirements and they will have the opportunity to discuss any serious reservations with the Head or Class teacher. A child who has forgotten their kit should first be reminded by the teacher. If it is an ongoing problem an informal conversation with the parents will take place and playtime will be missed by the student.

* Children need both indoor and outdoor footwear.
* A school PE top, white or navy blue, navy blue shorts, navy jogging bottoms and a navy jumper.
* All of this kit should be stored in a named bag in class cloakrooms.

**Extra-Curricular Activities:**

* A range of after-school clubs available for all students.
* Competition against other primary schools in a wide range of sports through local school arrangements. These games to be organised at cluster meetings or by the local high schools/sports clubs.
* Friendly matches against local schools in a range of sports.

Signed: Caroline Mander

Reviewed summer 2017 Next Review Date: Summer 2019 or sooner if required