



GILLINGSTOOL PRIMARY SCHOOL

Inspire ~ Believe ~ Achieve



PHYSICAL EDUCATION POLICY

Signed 

Name: Dave Llewellyn

Chair of Governors

Date: January 2023

Signed 

Name: Caroline Carter

Headteacher

Date: January 2023

Rationale

Physical Education at Gillingstool aims to develop all pupils' physical competencies and the confidence to use them in a variety of activities and contexts. It is concerned to promote physical skilfulness, balance, co-ordination, and a mastery of the body in action and a sense of honest competition. We want to develop physically active children with the ability to make informed decisions about the value of exercise in promoting healthy lifestyles.

Funding

Schools receive PE and sport premium funding based on the number of pupils in years 1 to 6. This funding must be used to make additional and sustainable improvements to the quality of PE and sport we offer.

We use the premium to:

- Work in partnership with 'Swift Sports Coaching' to deliver specialist and exceptional PE lessons from Years 1-6
- Work in partnership with 'Swift Sports Coaching' to develop our eldest pupils into Sports Leaders
- Deliver swimming lessons to all children Years 2-6
- Ensure CPD opportunities for staff to further and improve their PE teaching and coaching

Aims/Objectives

We believe that in order to promote an active and healthy lifestyle, all children should:

- Be physically active.
- Be able to extend and refine their physical skills and enrich their understanding of the rules and conventions of a variety of different sporting activities.
- Develop their understanding of fitness, health and safety. They should understand the value of warming up and cooling down recognising the demands placed on the body.
- Be challenged in the PE education as well as take enjoyment in what they do.
- Understand the importance of team work and good sportsmanship recognising that all children should have equal rights to take part in PE games and activities.
- Develop positive attitudes, following conventions of fair play and honesty, cope with success and failure, perseverance and the mindfulness of others.

Strategies

At Gillingstool, PE will be taught through;

- Modelling by the teacher to the class, groups or individuals (I do, We do, You do)
- Practical activity and related discussion
- Co-operative group work
- Consolidation and practice of fundamental skills
- Opportunity to discuss and reflect on their work through plenary
- Use of professional/qualified coaching to enhance current provision within the school
- Extended high-quality provision through after school activities making use of professional/qualified coaches

Curriculum

The areas of physical activity (games, gymnastics, dance, athletics, swimming and out-door activities) are set out in the Foundation Stage Curriculum and National Curriculum. The PE curriculum at Gillingstool is based on these requirements.

Early Years

Games

- Spatial awareness
- Basic motor skills
- Co-ordination and control
- Aiming, predicting and estimating

Dance

- Using their imagination in art, design, music, dance, imaginative role-play and stories.
- Using their balance and agility to make shapes with their body.
- Using others to help support the dances.

Gymnastics

- Travel around, under, over and through balancing and climbing apparatus.
- Use mats to support balancing or help aid the safety of rolls etc.

Games (KS1 and KS2)

- Simple competitive games
- A variety of ways to send, receive, strike and travel with/without a ball
- Games which include running, chasing, dodging, avoiding and awareness of space and other players
- To develop core skills in attacking, defending, invasion, striking and fielding
- To play small-sided and simplified versions of net/wall and target games

Gymnastics (KS1 and KS2)

- To use technical vocabulary.
- To perform basic actions of travelling.
- To link movements on the floor and apparatus.
- To repeat movements/develop sequences.
- To develop complex movements.

Dance (KS1 and KS2)

- To compose and control movements by varying shape, size, direction, level, speed, tension and continuity.
- Investigate different genres of dance.
- To express feelings moods and ideas.
- To respond to various stimuli including music.

Athletics (KS1 and KS2)

- To develop and refine basic running, jumping and throwing techniques using a variety of equipment.
- To measure, compare and improve their own performance.

Swimming (KS2)

- To swim unaided, competently and safely for at least 25m.

- To develop confidence in water.
- To develop floating skills and support positions.
- To develop an effective and efficient swimming strokes on the front and back.
- To understand and follow basic water safety and survival skills.

Outdoor Activities (KS2)

- To perform outdoor and adventurous activities in a variety of environments.
- To face physical and problem solving challenges individually and collaboratively.

Conclusion

Physical Education aims to build on children's natural enthusiasm for movement. It seeks to develop a pupils individual physical competencies, enhancing self confidence and improving lifestyle skills such as teamwork, communication and problem solving.

We hope that by the end of their Gillingstool career, children will have had experience of a wide range of sporting activities and skills and will have developed a love of physical activity. We hope this love will encourage them to continue a healthy lifestyle when they leave us and find a passion for specific sports take forward in life.