

All Saints CE (C) Primary School, Alrewas

Policy Statement for PE

General Principles and Philosophy

Physical education is the part of the curriculum that can contribute most to the physical development and experience of pupils. It provides opportunities for development of physical skills, such as control, co-ordination, mobility and strength and can help develop an understanding of the quality and purpose of movement. It provides the pupils with knowledge of how the body works and an awareness of the importance of a healthy and active life. We aim to enable each pupil to develop individually to his/her potential and promote such qualities as enjoyment, perseverance, enthusiasm and an appreciation of their own abilities and those of others.

The National Curriculum

At All Saints CE (C) primary School, we aim to fulfil the National Curriculum requirements for PE at Key Stages 1 and 2 by delivering the following range of activities: -

Key Stage 1 – Games, Gymnastics Activities and Dance

Through these activities they will cover the four areas outlined in the National Curriculum:-

Acquiring and developing skills, Selecting and applying skills, tactics and compositional ideas, Evaluating and improving performance, Knowledge and understanding of fitness and health

Key Stage 2 - Games, Gymnastics Activities, Dance, Athletics, Swimming and Outdoor and Adventurous Activities

Through these activities they will cover the four areas outlined in the National Curriculum:-

Acquiring and developing skills, Selecting and applying skills, tactics and compositional ideas, Evaluating and improving performance, Knowledge and understanding of fitness and health

The programmes of study for each Key Stage will be taught to pupils in ways, which are appropriate for their abilities.

Aims

At All Saints CE (C) we aim to : -

- Aid the physical development of each child
- Develop pupil's creative ability in certain areas and activities
- Motivate each pupil to derive satisfaction and enjoyment through physical activity and to persevere to achieve success

- Foster self-esteem in the controlled and skilful use of the body in a wide range of challenging physical activities
- Provide pupils with an awareness of and a positive attitude to physical fitness, exercise and health and the importance of a healthy and active life
- Develop personal and social qualities necessary for improving skills, to develop an appreciation of the capabilities of themselves and others. To develop a sense of fair play, honest competition and good sportsmanship, and to help children co-operate with each other.
- Help pupils gain an understanding and appreciation of the forms and conventions and language of physical fitness and to develop the ability to evaluate performance
- Develop an understanding of safe practice

Objectives

The objectives of Physical Education at All Saints CE (C) Primary School are : -

That by the end of Key Stage 1 and 2 pupils should have had physical education experiences which will enable them, with varying degrees of skill and understanding to : -

- Understand and play small-sided games and simplified versions of team and individual games
- Understand common skills and principles of team and individual games
- Perform skills of sending, receiving, striking and travelling with a ball in team and individual games
- Move in a variety of ways, practising, improving and refining performance
- Work alone, with a partner and in a group
- Perform gymnastic actions on the floor and using apparatus
- Make increasingly complex movement sequences. Make simple judgements about their own and others performances, and use this to improve their work
- Perform a number of dance forms from different times and places
- Express feelings, moods and ideas and respond to music through dance
- Develop and refine basic techniques in running, throwing and jumping, using a variety of equipment
- Develop confidence in the water
- Swim unaided for at least 25 metres
- Use a variety of means of propulsion and develop effective and efficient swimming strokes
- Understand the principles and skills of water safety and survival
- Perform outdoor and adventurous activities in one or more different environments
- Undertake challenges of a physical and problem solving nature, individually and with others
- Sustain energetic activity over appropriate periods of time
- Understand the short-term effects of exercise on the body

Reviewed September 05