

Physical Education Policy

Intent

At Callowell, our curriculum is designed to develop independence and resilience in our learners whilst improving their oracy skills. We provide our learners with a wide range of experiences and activities to broaden their cultural development beyond their own community and promote inclusion.

In Physical Education, our aims are to ensure all of our pupils:

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives.

Implementation

All our children are active for at least two hours a week.

Our programme of study sees each year group cover a range of different topics to ensure that the requirements of the nation curriculum are met.

Early Years and Foundation Stage children work on gross and fine motor skills, developing the fundamental skills that they need to access the lessons.

In Key Stage 1, they are taught to master basic movements (including, running, jumping, throwing and catching), participate in team games and perform dances using simple movement patterns.

In Key Stage 2, the children build on their previous work, applying and developing a broader range of skills, learning how to use them in different ways and linking them to make actions and sequences of movements. They develop their flexibility, strength, technique, control and balance and also access competition through team and individual games.

We also ensure that all children have access to swimming lessons in their time at Callowell, including opportunities in both Key Stage 1 and 2.

We are proud of our inclusivity at Callowell and recognise the fact that we have children of differing ability in all our classes, and therefore provide suitable opportunities for all children by matching the challenge of the task to the ability of the child. We achieve this in Physical Education through a range of strategies including setting tasks of increasing difficulty and challenge with children reaching as far as they are able, group work and the deployment of adults to support and guide individuals or small groups.

Impact

We expect the children to be able to meet the National Curriculum expectations, including the requirement to swim competently, confidently and proficiently over a

distance of at least 25 metres.

By the end of the Early Years and Foundation stage, pupils will have begun to acquire their gross and fine motor skills to enable the development of their strength, co-ordination and positional awareness through tummy time, crawling and play movement with both objects and adults.

By the end of Key Stage 1, pupils will have developed 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 will be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

By the end of Key Stage 2, Pupils will 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 will develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success. We aim for all the children at Callowell Primary School to live active and healthy lives. Our intention is to expose the children to a wide variety of different active pursuits in order for them to find the one they will want to pursue into adulthood.

They also develop the concept of a personal challenge, implementing the will and desire to improve and achieve their own personal best.