

St Joseph's Catholic Primary School



Physical Education Rationale

At St. Joseph's we teach Games, Dance, Gymnastics and athletics using the Champions Scheme, and alongside this we teach fundamental skills using the RealPe/gym schemes.

Physical activity is essential when aiming to create and sustain a healthy school.

Physical Education develops pupils' physical competence, confidence, and skills and helps promote positive attitudes towards active and healthy lifestyles, across the range of areas of activity. Our whole school approach in providing a range of opportunities to be physically active and support learning- promoting the health and well-being of all.

It applies to all children in school, regardless of age, gender, race and faith and is inclusive to children of all abilities.

Our objectives are to:

Provide a broad balance of physical activities for all pupils, every week.

Cover a range of Gymnastics, Dance, Games and Athletics through dedicated lesson time.

Provide access to the swimming programme at Years 3 and 4.

Provide blocks of Outdoor and Adventurous Activities for Key Stage 2 via residential breaks.

Teach all pupils to be concerned about their own and others safety in all activities, including the safe movement of equipment and resources.

To encourage full participation in the range of Out of Hours activities made available in school.

Enhance the school curriculum with outside expertise.

We will do this by:

Teaching at least 120 minutes of high quality PE a week in both Key Stages and extending this by curriculum time festivals.

Planning for, and assessing all areas of PE and monitoring by the PE Coordinator.

Supplementing the PE curriculum by providing a wide range of Out of Hours learning opportunities for both Key Stages.

Organising residential trips for KS2 children.

Employing highly skilled coaches to run Out of Hours learning where possible.

Provide active playtimes and lunchtimes where children have a responsibility for equipment and organisation.

Establish links with local sports clubs and highlight holiday opportunities for keeping active.

Inviting sports coaches and local sports clubs into school to deliver assemblies to create links with outside agencies.

Develop a yearly Action Plan with the SSSCo programme to develop community links, festivals and competitions and highlight areas for improvement.

Early Years

Children progress through the Early Years Foundation Stage Profile. The Reception classes have 1 PE lesson per week and also promote physical activity in the Foundation Stage Unit. Weekly indoor and outdoor physical challenges encourage the children to develop their fine and gross motor skills.

Key Stage 1 and 2

During Key Stage 1 and 2 children follow the programme of study outlined in the New Curriculum for 2014. Skills are taught through:

- Games
- Gymnastics
- Dance
- Athletic Activities
- Swimming (Key Stage 2)
- Outdoor and Adventurous Activities (KS2 Residential)
- REAL PE

National Curriculum Programme of Study and Assessment

The National Curriculum for 2014 states that a high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.

Aims

The national curriculum for physical education aims to ensure that all 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.

Attainment targets

By the end of each key stage, pupils are expected to know, apply and understand the matters, skills and processes specified in the relevant programme of study.

Subject content

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

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.

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

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.