

# Hallaton C of E Primary School

## PE Policy 2021-22

### Introduction

At Hallaton Primary School, we recognise the importance PE plays in the curriculum and are committed to providing all children with opportunities to engage fully in Physical Education. PE should provide opportunities for all pupils to become physically literate and confident in a way which also supports their health and fitness. Children should acquire not only physical skills, knowledge and understanding, but also the awareness and importance of leading healthy, active lives as well as the values of sportsmanship, fairness and respect through the sports and activities they undertake.

### Aims and Objectives

The consistent delivery of high-quality PE lessons which are exciting, challenging and enjoyable and provide many varied learning opportunities

- Develop knowledge, skills and understanding across a range of sporting activities.
- Engage in moderate to intense physical activity over sustained periods of time.
- Participate in competitive sports and activities.
- Lead healthy and active lives, picking up positive habits for their future lives.
- To compete in games and activities in a collaborative team.
- To develop Staff competence and confidence in the delivery of high quality PE lessons
- To promote safe practice in all activities.
- To use sport to build pupil's self-confidence and self-esteem.
- To encourage involvement in extra-curricular sporting activities and develop community and club links
- Increase participation in competitive sports both in and out of School.

### Curriculum

The areas of physical activity (games, gymnastics, dance, athletics, swimming and outdoor activities) are set out in the Early Years Foundation Stage and National Curriculum 2014. All children are taught by a qualified PE Teacher. Children from Years Reception to Year 6 have at least two lessons of PE a week during curriculum time. The curriculum at Hallaton Primary School covers the National Curriculum Programmes of Study in PE as stipulated in the PE National Curriculum 2014 document. The curriculum ensures progression and pupils develop physical skills, knowledge and understanding as well as learn about fitness, cooperation and fair play. Children are assessed by their class teacher with a final result at the end of the Year so that the next teacher can continue to build on the skills taught.

Areas of activity Early Years Pupils should be taught:

- 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 Gymnastics
- Travel around, under, over and through balancing and climbing apparatus

Games (KS1 and KS2) Pupils should be taught:

- 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) Pupils should be taught:

- to use technical vocabulary
- to perform basic actions of travelling (turning, rolling, jumping, balancing, climbing)
- to link movements on the floor and apparatus
- to repeat movements / develop sequences
- to develop complex movements

Dance (KS1 and KS2) Pupils should be taught:

- 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) Pupils should be taught:

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

Swimming (KS1) Pupils should be taught:

- to swim unaided, competently and safely for at least 25m
- to develop water confidence
- to develop floating skills and support positions

- to develop effective and efficient swimming strokes on the front and back
- to understand and follow basic water safety and survival skills

Outdoor Activities (KS2) Pupils should be taught:

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

### Additional PE activities

All children at Hallaton Primary School are encouraged to become engaged with competitive and non-competitive events in and out of school time. We are in a partnership with Rutland sports which provides us with a range of events throughout the year. The children in KS2 are invited to compete and engage with a range of festivals and competitive events. In KS1 the children get involved with multi-skills festivals where they learn and develop skills and games.

### Participation in PE

We aim for full participation in every PE lesson and aim to do this by:

- Allowing the children to attend school in their PE kit on the days that they have PE.
- A wide range of imaginative resources and teaching strategies are used to actively engage pupils in participating in lessons.
- Our curriculum takes into consideration the range of pupils' needs to ensure continuity and progression in learning is provided and PE lessons will be suitably differentiated in order to support and challenge pupils.
- Staff ensure that pupils of all abilities are able to access the PE curriculum by providing alternative, or different resources to develop new skills and ensure a positive relationship with physical activity from an early age.
- Pupils who are unable to participate in a PE lesson are engaged purposefully with other roles such as observation or feedback.
- PE kit should be a white t-shirt or in the colder months, the black school sweatshirt provided.
- Black or navy shorts (leggings underneath are permitted in the colder months)
- Trainers or black PE pumps
- *School shoes are not permitted to be worn*

### **Monitoring and evaluation of physical activity**

The PE Lead Teacher is responsible for the overall monitoring of the quality of PE and physical activity provision.

We monitor PE in the curriculum through subject reviews and self-evaluation in order to provide an accurate perspective on how it is being delivered and how it can be further improved.

## Curriculum map 2021-22

	<b>Autumn 1</b>	<b>Autumn 2</b>	<b>Spring 1</b>	<b>Spring 2</b>	<b>Summer 1</b>	<b>Summer 2</b>
<b>EYFS</b>	Fundamental Movements	Throwing and Catching Ball Skills	Gymnastics and Dance	Ball Skills	Team Games	Athletics
			Swimming	Swimming	Swimming	Swimming
<b>Year 1 &amp; 2</b>	Fundamental Movements	Fundamental Movements Bat and ball skills	Gymnastics and Dance	Gymnastics and Dance	Team Games	Athletics
	Swimming	Swimming	Swimming	Swimming	Swimming	Swimming
<b>Year 3</b>	Invasion Games – Basic skills Team Games	Gymnastics	Dance	Invasion games – Football	Striking and Fielding – Rounders	Athletics
	Swimming	Swimming	Fitness and Keeping bodies healthy	Net and Wall- Netball	Cricket/Hockey	Circuit Training
<b>Year 4</b>	Fundamental Skills attacking and defending	Invasion games – Rugby and Football	Dance Gymnastics	Invasion Game – Hockey	Striking and Fielding <i>Cricket</i> <i>Rounders</i>	Athletics
	Fundamental Skills attacking and defending	Net/wall – Basketball	Dodgeball	Net and Wall – Netball		
<b>Year 5</b>	Fundamental Skills attacking and defending	Invasion games – Rugby and Football	Dance Gymnastics	Invasion Game – Hockey	Striking and Fielding <i>Cricket</i> <i>Rounders</i>	Athletics
	Fundamental Skills attacking and defending	Net/wall – Basketball	Dodgeball	Net and Wall – Netball		
<b>Year 6</b>	Fundamental Skills attacking and defending	Invasion games – Rugby and Football	Dance Gymnastics	Invasion Game – Hockey	Striking and Fielding <i>Cricket</i> <i>Rounders</i>	Athletics OAA – Orienteering
	Invasion games – Rugby and Football	Net/wall – Basketball		Net and Wall – Netball Tennis		