

Abbey Mead Primary Academy PE Policy 2022 - 23

Purpose of study

A high-quality Physical Education curriculum inspires all pupils to succeed. Inclusivity is at the heart of PE at Abbey Mead Primary Academy. Opportunities for all students are provided so they can become physically confident in a way which supports their health and fitness. We aim to offer a range of opportunities to our students so they are able to compete in sport and other activities, build character and help to embed values; such as, fairness, team work, leadership and respect, gain a strong understanding of the importance of leading a healthy balanced lifestyle and have the skills to be able to look after their own health and wellbeing.

National Curriculum links:

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.

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

All schools must provide swimming instruction either in key stage 1 or key stage 2. In particular, 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.

Enrichment

At Abbey Mead Primary Academy, we aim to provide enrichment opportunities to enhance the experiences and learning of all pupils.

We aim to do this through:

- Offering a range of clubs at lunch and after school that cover a range of sports and exercises (football, badminton, hockey, netball, tag rugby multi-sports, athletics, etc.).
- Competing in local events and tournaments; whenever possible. (cross country, football, athletics, badminton, netball, etc.).
- Giving students the opportunity to be lunchtime playleaders and providing them with equipment so they can organize game for other students to take part in during lunchtimes.

- Providing the students with a timetable 15 minutes physical activity period on top of their already timetable PE lessons, to reduce the students inactivity during the school day.
- Support with the organizing and delivering of different sports days across the school.

Key Stage 1 Subject Content

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) co-operative physical activities, in a range of increasingly challenging situations.

Year 1
– Autumn 1 & 2: Ball skills - Agility, Balance and Coordination (ABC)
– Spring 1 & 2: Dance – Gymnastics
– Summer 1 & 2: Athletics – striking and fielding

Year 2
– Autumn 1 & 2: Agility, Balance and Coordination (ABC) – Ball skills
– Spring 1 & 2: Gymnastics – Dance
– Summer 1 & 2: Athletics – striking and fielding

Lower Key stage 2 Subject Content

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 recognize their own success.

Pupils should be taught to:

Year 3
– Autumn 1 & 2: – Basketball - OAA
– Spring 1 & 2: Gymnastics – Dance
– Summer 1 & 2: Striking and fielding – Athletics

Year 4
Autumn 1 & 2: OAA - Basketball
Spring 1 & 2: Dance – Gymnastics
Summer 1 & 2: Striking and fielding – Athletics

Upper Key stage 2 Subject Content

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:

Year 5
Autumn 1 & 2 – Football – Hockey
Spring 1 & 2 – Gymnastics - Netball
Summer 1 & 2 – Striking and Fielding – Athletics

Year 6
– Autumn 1 & 2 – Hockey – Football
– Spring 1 & 2 – Netball – Gymnastics
– Summer 1 & 2 – Striking and Fielding – Athletics