



## **Physical Education Policy**

'Celebrate achievement at all levels.'

At Overstone Combined School we value the importance Physical Education has on a child's mental health, teamwork, confidence and communication skills. All children are encouraged to develop their physical skills with a view to all finding a sport, which they can participate in and enjoy.

We strive to provide an environment that gives children the opportunity to take part in a wide range of activities through play, structured PE lessons, extra-curricular activities and organised competitive competitions. Overstone is an active member of the local school's sports partnership group and the children participate in local sporting events and competitive games against other schools. Fostering children's self-esteem helps them build positive relationships with other children and adults.

We personalise learning, tailoring it to the needs, interests and aspirations of each individual to ensure that every child is challenged to reach their full potential. In all year groups children will learn about their bodies and how exercise plays an important role in physical and mental well-being. There will be an emphasis on progression of physical and tactical skills across a range of different sports.

We believe that, through all the opportunities and physical activities we offer, the children will potentially develop a love and passion for sport and continue this into their later lives. Working as a team, supporting and encouraging one another is an important school aim.

### **Subject Aims and Objectives**

**Physical Education is a foundation subject and is important to our school.**

**We aim to:**

- Enable children to develop and explore physical skills with increasing control and coordination
- Encourage children to work and play with others in a range of group situations
- Develop the way children perform skills and apply rules and conventions for different activities
- Increase children's ability to use what they have learnt to improve the quality and control of their performance
- Teach children to recognise and describe how their bodies feel during exercise
- Develop the children's enjoyment of physical activity through creativity and imagination
- Develop an understanding in children of how to succeed in a range of physical activities and how to evaluate their own success

## Teaching and Learning

### Our children will:

- Receive 2 hours of high-quality PE lessons a week.
- Be active throughout the lesson. For example, sports such as rounders and cricket should be played on a small scale to develop skills so that all children are actively engaged.
- Be given good quality equipment to use. In sports such as football and basketball, children should have a ball each to develop skills.
- Evaluate their own work as well as the work of other children.
- Have the opportunity both to collaborate and to compete with each other.

## Planning the PE Curriculum

PE is a foundation subject in the National Curriculum. Our school uses a range of different schemes as the basis for its curriculum planning in PE.

### EYFS

#### EYFS Physical development

##### ELG Gross Motor Skills

- Negotiate space and obstacles safely, with consideration for themselves and others.
- Demonstrate strength, balance and coordination when playing.
- Move energetically, such as running, jumping, hopping, skipping and climbing.

In foundation stage the children are physically active every day both indoors and outdoors. We encourage the physical development of our children in Foundation Stage as an integral part of their work. We encourage the children to develop confidence and control of the way they move, and the way they handle tools and equipment. We give all children the opportunity to undertake activities that offer appropriate physical challenge, both indoors and outdoors, using a wide range of resources to support specific skills.

### Key Stage 1 and Key Stage 2

In both KS1 and KS2 specific skill-based lessons are taught using the JASMINE REAL PE scheme (1 hour per week). Another 1-hour lesson is taught outlined below. This makes up the statutory 2-hour PE time allocation.

- In Key Stage 1, we teach dance, games and gymnastics, plus one other activity: outdoor and adventurous activities. Half the lessons are taught as skills-based lessons, building on children's fundamentals.
- In Key Stage 2, we teach dance, games and gymnastics, plus three other activities: swimming and water safety, athletics and outdoor and adventurous activities.

The long-term plan maps out the PE activities covered in each term during the key stage. The PE subject co-ordinator works this out in each year group.

We plan the PE activities so that they build upon the prior learning of the children. While there are opportunities for children of all abilities to develop their skills, knowledge and understanding in each activity area, there is planned progression built into the scheme of work, so that the children are increasingly challenged as they move up through the school.

Year 6 attend residential visits, which allow children to take part in outdoor adventurous activities. These range from abseiling, kayaking, caving to orienteering.

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### **Competitive opportunities**

Competition is an important aspect of life and learning how to deal with success and failure a key skill. Children throughout the school are given the opportunities to compete in intra and inter school competitions. We enter competitive leagues for extra curricular activities. By being part of the **Bucks School Sports Partnership** enables us to enter a range of different competitions for all year groups and also provides staff with CPD opportunities.

### **Main use of Sports Premium money**

(Exact expenditure available on our website)

Membership of BUCKS SCHOOL SPORT PARTNERSHIP

Coaches to work alongside teachers

Purchase of equipment for New lessons and Lunch time activities

May 2022