



Thurlaston CE (Aided) Primary School
Teaching and Living the Christian Way of Life
Building Our Lives on Jesus

Physical Education Policy

Approved

Date June 2022

Review date

Intent

At Thurlaston CE (Aided) Primary School, the aim of Physical Education is to promote physical activity and healthy lifestyles. We actively work to instil a positive ethos for keeping active. We want to inspire children and create an active generation who understand the importance of exercise and can relay this to others. We provide a supportive, inclusive and enjoyable environment for children to flourish in a range of different physical activities. These activities are both outlined in the national curriculum and appeal to their interests. We believe this is essential in supporting their physical, emotional, spiritual, social and moral development.

At Thurlaston, we offer a dynamic, varied and stimulating curriculum which ensures all children are inspired and make progress. We believe in inclusivity and teach the children to use their bodies in different ways, use equipment and use apparatus in a safe yet innovative way to reach their goals across all years. This opportunity to enjoy exercise is vital for a healthy lifestyle and their self-esteem. We strive to encourage an 'I can' mindset where children are keen to have a go and know that with determination and resilience, they can achieve. Children are exposed to cooperative and competitive challenges; this starts in EYFS and continues throughout their time at Thurlaston. We ensure that these competitions are available for all and that inclusive events take place.

Implementation

In EYFS, we begin by developing the children's gross and fine motor skills through the development of strength, co-ordination and positional awareness. This is developed through teaching a range of skills. By creating games and providing opportunities for sport, the children develop their core strength, stability, balance, spatial awareness, co-ordination and agility. This is vital in children's development.

In KS1, there is a focus on developing their fundamental movement skills further. Here, children develop and build confidence in their agility, balance and coordination and working as an individual or in a team. They continue to be provided with opportunities to participate in cooperative and competitive activities and games in events that challenge them.

In lower KS2, there is a clear progression as the children endeavour in more challenging activities that allow them to further develop a broad range of skills. Not only this, but the children are taught to begin to link their skills, use them in different ways and make sequences. More opportunities to communicate and collaborate with others in order to improve skills are given. The children begin to evaluate and give feedback to themselves and others. Cooperative and competitive activities are embedded throughout the year.

In Upper KS2, the children continue to be exposed to the skills from earlier in their schooling but the children are exposed to more conversations concerning how they can improve in different physical activities and sports and learn how to evaluate and recognise their own success. They also work to evaluate each other and work in a collaborative way. They are given more freedom to show off the skills they know and have more ownership of how they carry out a given task. They continue to push themselves to achieve the best they can. There are more opportunities for competitive activities.

We provide opportunities for children to learn how to stay safe by starting swimming lessons in Year 3 and continuing into Year 4 where the children can become confident in the water, knowing how to keep safe and also meet the National Curriculum requirements of swimming 25m by the end of Year 6.

Throughout the school, children are taught 'good sportsmanship'. They witness and relay the conventions of fair play, honest competition and good sporting behaviour as individual participants, team members and as spectators: thus embedding life-long values such as co-operation, collaboration and equity of play.

Various sports clubs are available to the children across the school. These cover a range of activities from gymnastics to football.

We use sports coaches and school staff for both PE lessons and afterschool clubs. Staff work alongside sports coaches when they are used for PE to enhance and develop their skills and assist the sports coaches by knowing the children well.

We endeavour to enter competitions against other schools. Usually all children who wish to take part in the competition can represent the school which is a unique opportunity.

We have developed a key knowledge and skills framework to support the children in developing their ability at sport and physical exercise.

Impact

Our PE Curriculum, along with Health Education and science, teaches children about the importance of healthy living and learning about the need for good nutrition. At Thurlaston, we aim for children to develop the necessary knowledge and skills which will have a positive impact on their future by becoming physically active citizens to benefit their long-term health and well-being.