



Physical Education Curriculum Statement

“If you are prepared to fail, you’ve failed to prepare!” Mark Spitz

Policy reviewed by: Eugene Toerien

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Next review due: January 2022

Physical education is a foundation subject within the National Curriculum. PE develops children’s physical skills, whilst promoting their personal, social, intellectual and physical development. PE is about introducing children to the world of sport, which combined with an enjoyment of exercise will hopefully provide the foundations for a healthy, active adult lifestyle.

Aims

- To promote physical activity and a healthy lifestyle.
- To enable children to find enjoyment and fun in physical activity.
- To expose pupils to a wide and exciting range of physical activities through a well planned, broad, balanced and skills-focused curriculum.
- To encourage positive attitudes towards physical activity as participants, team members and spectators. Pupils are taught how to cope with success and failure and how to be honest and fair.
- To enable children to develop leadership and team working skills.
- To provide opportunities for children to develop their planning, performance and evaluation skills.
- To meet the statutory requirements of the National Curriculum.

Curriculum

| KS1 areas of activity | KS2 areas of activity |
|-----------------------|------------------------------------|
| Dance | Dance |
| Games | Games |
| Gymnastics | Gymnastics |
| Athletics | Swimming |
| | Athletics |
| | Outdoor and Adventurous Activities |

- Pupils receive two formal P.E. lessons per week.
- Each lesson focuses on a skill associated with a particular area of activity (e.g. balancing in Gymnastics). The skills we are required to teach each child are outlined in the National Curriculum. However, it is left to the creativity and skills of each teacher to design stimulating and well pitched lessons for their class.
- Children attend swimming lessons in Year 3, 4 and 5. These lessons are taught by professional instructors at Archway Pool.
- Our curriculum is personalised to the needs of each child. Lessons are differentiated to ensure all pupils are engaged, involved and making progress. Special arrangements will be made to ensure any pupils with special needs can be included.

- Supervised break time and lunch time activities increase the time in which pupils are engaged in physical activity.
- Special events and activities are organised each year to make the P.E curriculum interesting and exciting. Pupils are often taught by outside experts and are given opportunities to participate in physical activities outside of school.

Extra-Curricular Activities

The school offers a range of after school and lunchtime clubs, for example, ballet, football, badminton country dancing and street dance. Duncombe holds an annual sports day in which all pupils compete. Duncombe also offers PE clubs for parents and staff including Pilates, yoga and aerobics.

Safety

- The gymnastics apparatus is checked yearly by professionals to ensure it is in good working order.
- Equipment is frequently checked and renewed.
- Pupils are taught how to behave, participate and handle all equipment safely.
- Offsite risk assessments are undertaken and followed at swimming pools, sports fields etc.
- Pupils wear appropriate kit for the activity they are participating in.

Teaching and Assessment

- Lessons are exciting, well planned, adequately resourced and skills based.
- Pupils are given opportunities to work individually, in groups and in teams. They work both cooperatively and competitively.
- The progress of each pupil is assessed within each lesson and the teacher's immediate teaching and subsequent planning is tailored accordingly.
- Pupils are given the opportunity to assess their own work and the work of others. They are taught how to evaluate and feedback.
- Children should be active most of the time and teaching talk should be limited to what is essential.

Equipment and Resources

Duncombe has a wide variety of good quality equipment which is stored in the PE cupboard. It is the duty of the P.E. coordinator to maintain this equipment.

Kit

| Outdoor | Indoor | Swimming |
|--|--|----------------------------|
| White t- shirt | White t- shirt | Swimming costume or trunks |
| Blue/black jumper | Blue or black jogging bottoms/tracksuit bottoms/shorts | Towel |
| Blue or black jogging bottoms/tracksuit bottoms/shorts. | Plimsolls or trainers | Goggles (optional) |
| Trainers | Bare feet (for gymnastics) | |
| All long hair should be tied back. No jewellery should be worn. | | |

Participation

Children are expected to participate fully in all physical activities. The Governors believe that if a child is well enough to be in school they are generally well enough to participate in their PE lesson. Minor ailments (e.g. coughs and cold) will not be accepted as a reason for a child to miss their P.E. session. If, on the rare occasion, a child must be excused from P.E the class teacher must be informed in writing. If a child forgets their PE kit their parents will be informed and the child will be given a spare PE kit to wear. A forgotten kit is not an adequate excuse for missing PE. It is a statutory requirement that all children have swimming lessons at primary school. Children must attend every week regardless of the weather conditions. If they are asked to go swimming in winter they must wear appropriate clothes to keep them warm and dry on the walk to and from the pool.