



## **Rationale**

At Houghton Regis Primary School, we believe that physical education develops the children's knowledge, skills and understanding of how to perform, compete, work together and achieve. We are a values school and use physical education to incorporate these to develop individuals and teams within our school. Physical education allows our children to understand their bodies in action and involves thinking, selecting and applying skills and encourages a positive attitude towards a healthy lifestyle. We therefore allow our children to make informed choices about the physical activities they complete throughout their lives. We encourage and promote healthy competition in and out of school, highlighting the importance of teamwork and qualities of a good 'sportsman'. We strive to include all children of differing abilities in our PE lessons and effective provisions are made for SEND children within our school.

## **Aims**

- To explore and develop fundamental skills which can be transferred into a variety of sports / games. (Co-ordination, balance, flexibility, agility as well as speed and endurance).
- To inspire children to enjoy physical activity in a variety of forms.
- To encourage and develop the skills and values of a positive team player, enabling children to experience these skills within multiple situations.
- To develop individual skills and talents for children to also participate in individual sports while maintaining the confidence without relying on other team members.
- To develop our children's understanding of 'fair play'. Incorporating the school values, while enhancing our children's knowledge of rules and game regulations.
- To develop children's leadership skills, recognising those children who can support and lead others to success.
- To allow children the opportunity to understanding how skills learnt can impact and develop their overall performance- encouraging them to describe how their body is feeling during and after exercise. (Recognising the changes).
- To ensure all children receive 2 hours curriculum PE per week.
- To offer addition PE hours through- after school clubs and lunch time activities.
- To make positive links with our local community sports clubs and to promote such clubs within our school.
- To use our house system to promote intra-school competitions.
- To participate and compete within inter-school competitions, broadening our children's experiences of competition.
- To develop healthy lifestyles, including healthy eating habits, therefore we provide all our children with fruit on a daily basis.
- To ensure PE funding is allocated to areas in greatest need in order to maintain our school in going forward and continuously improving its PE resources and what can be offered to our children.

### PE Curriculum Planning

PE is a Foundation subject in the National Curriculum. Our school uses the Rising Stars- Champions schemes of work and planning as the basis for our PE curriculum planning. Individual teachers adapt these lessons in order to suit their classes' abilities and circumstances. Across the school we are now incorporating a consistency with planning and therefore the progression of our children's ability in areas of sport, health and fitness.

In the Foundation Stage children are developing their abilities to move and handle their bodies as well as pieces of equipment; they are also taught health and self-care skills. By the end of their foundation years children should show good control and co-ordination in large and small movements. They should move confidently in a variety of ways, negotiating with the space around them. They will be able to handle equipment and tools effectively, including pencils for writing. They will know the importance of good health and physical exercise and will be able to talk about ways to stay healthy and safe. They should manage their own hygiene and personal needs, including dressing themselves and going to the toilet independently.

In Key Stage 1 and Key Stage 2, we teach a variety of skills across topic titles. Students will progress yearly through each topic and these will all target promoting and challenging children with different sports and fitness activities. By not focusing on a specific sport, children will become more focused in the skills they require to apply themselves to the lesson.

<b>Term</b>	<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>Year 1- hall</b>	Story Time Dance	Body Parts and their functions	Groovy Gymnastics	Gymfit Circuits	Cool Core Strength	Fitness Frenzy
<b>Year 1 - outside</b>	Multi-skills	Boot Camp	Skip to the beat	Brilliant Ball Skills	Throwing and catching	Active Athletics
<b>Year 2 –Hall</b>	Ugly Bug Ball Dance	Multi-skills	Groovy Gymnastics	Gymfit Circuits	Cool Core Strength	Fitness Frenzy
<b>Year 2- outside</b>	Boot Camp	Mighty Movers (running)	Skip to the beat	Brilliant Ball Skills	Throwing and catching	Active Athletics

<b>Term</b>	<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>Year 3- hall</b>	African Dance	Multi-skills	Groovy Gymnastics	Gymfit Circuits	Cool Core (Pilates)	Fitness Frenzy
<b>Year 3- outside</b>	Boot Camp	Mighty Movers (running)	Skip to the beat	Brilliant Ball skills	Nimble nets	Active Athletics

## Houghton Regis Primary School Physical Education Policy 2018-2019

<b>Year 4 –Hall</b>	Dynamic Dance	Mighty Mover (boxercise)	Gym Sequences	Gymfit Ciccuits	Cool Core (Pilates)	Fitness Frenzy
<b>Year 4 - outside</b>	Invaders-Football	Boot Camp	Skip to the beat	Striking and fielding	Nimble nets	Young Olympians

<b>Term</b>	<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>Year 5- hall</b>	Dynamic Dance	Mighty Mover (boxercise)	Gym Sequences	Step to the beat	Cool Core (Pilates)	Fitness Frenzy
<b>Year 5- outside</b>	Invaders-Football	Boot Camp	Striking and fielding	Gymfit Circuits	Nimble nets	Young Olympians
<b>Year 6 –Hall</b>	Dynamic Dance	Mighty Mover (boxercise)	Gym Sequences	Step to the beat	Cool Core (Pilates)	Fitness Frenzy
<b>Year 6 - outside</b>	Invaders-Football	Boot Camp	Striking and fielding	Gymfit Circuits	Nimble nets	Young Olympians

All children have experiences of physical education for both indoor and outdoor environments.

All children, whatever their ability, are included within the PE lessons taught at our school and lessons are adapted by the teacher where necessary to support SEND children, allowing them equal access to our PE curriculum.

Our school has formed a partnership with Milton Keynes College Football Academy, where by specialist coaches' complete sessions with our children. Offering them specialised coaching and enhancing abilities across the school. This partnership is also in place to support our staff development and understanding of the curriculum as well as informing them of new activities they could then apply within their own lessons.

### **Assessment:**

Teachers assess children's work in PE via observations during lessons and performances. Children's progress is monitored and linked to the specific area of study using the Classroom Monitor system which also links directly to the Rising Stars Assessment objectives for PE; this in addition, forms a direct link with the teachers planning. Children are assessed at the end of a unit, as well as specific targets during lessons. Children are also encouraged and supported in developing their skills to self and peers assess work, in particular, with relation to their end / game performances. Such assessments are used to inform parents / carers of a child's physical ability and will also be passed onto their next teacher. Due to assessments being completed via the Classroom Monitor system, they will be visible to the PE co-ordinate and other associate staff that may support a child's progress.

**Resources / Facilities:**

As a school we are fortunate to be equipped with a wide range of resources which support us in providing multiple sporting opportunities to our students. We have both indoor and outdoor equipment which is monitored termly by the PE co-ordinator. Children have access to PE resources during lessons but additional equipment is also provided during break times and lunch times to support physical development and involvement on our playground. Children independently gather resources and or organise their physical, sporting games. Children have access to PE equipment during lessons and are given responsibilities to carry (is appropriate) and set up as well as pack away equipment- thus helping their understanding of the game / skill set ups and also how to care for our school equipment. Children use the main school hall for indoor PE lessons and the playground provides a netball court and a multi games court. Children can also access the field for athletics, football, rugby, rounders, cricket and other outdoor activities. During the summer term our year 4 children complete their swimming lessons at our local leisure centre.

**Extra- curricular activities:**

Children in both Key Stage 1 and Key Stage 2 have options for extra-curricular activities; these are for both sporting activities and additional curricular opportunities such as clubs for the Arts. Activities are led either by members of staff from Houghton Regis Primary School or by external coaches. As a school, we seek to engage as many of our children in extra-curricular activities as possible to allow them to have a range of experiences and to be able to develop their interests in a variety of areas. Registers of clubs will be completed by either the member of staff running that club or our external coaches. All parents and carers are notified of any up and coming clubs via a letter and children must sign up, places are then issued on a first come first serve basis and we will also try where possible to create room for different children to experience new activities. As a school we aim to participate in our own intra school competitions, but in addition to this and based on the clubs offered we will also encourage our children to participate at inter school competitions, in particular, those offered by our local School Games Organiser. We aim to continue to improve our participation rates at such external fixtures.

**Evaluation:**

This policy was reviewed by S. Reed 2/10/2018