



# **Tuition, Medical and Behaviour Support Service**

## **Primary Curriculum Policy Physical Education**

**Harlescott Education Centre**

**Monkmoor Education Centre**

<b>Reviewed:</b>	September 2021
<b>Next Review:</b>	September 2022
<b>Responsibility:</b>	Elie Miles

Physical Education is the aspect of the curriculum concerned with the development of physical skills, knowledge and understanding in games, gymnastics, dance, outdoor activities and swimming. It provides opportunities for pupils to be creative, competitive and to face up to different challenges as individuals, in groups and teams.

We believe it is vital that **All** pupils are given equal opportunities to access a broad, balanced curriculum, encompassing a wide variety of physical activities, therefore enabling all pupils to achieve their full potential through the development of their physical competence and confidence. At TMBSS we believe physical education is an important avenue for raising self-esteem and well-being through improved fitness, participation, success and enjoyment.

## **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.

**At TMBSS, our aims in teaching PE are that all children will:**

- Be physically active and find enjoyment in physical activity;
- Develop physical skills, habits and interests that will promote healthy lifestyles, physical and mental strength and good posture;
- Develop positive attitudes to physical endeavour including perseverance, fair play and sporting behaviour and the ability to cope with success and failure;
- Learn how physical exercise affects the body;
- Understand the need for safe practice in physical activities and know how to achieve this.
- Develop a progression of skills in different strands of PE (gymnastics, dance, athletics, invasion games, fielding games and swimming).

**We will promote physical activity and healthy lifestyles by teaching pupils:**

- To be active through regular cardio-vascular work and with an emphasis placed on personal progress and individual challenges.
- Correct posture and appropriate use of their body according to their gross motor dexterity.
- To participate in activities which develop balance, coordination, flexibility, strength, stamina and communication skills.
- To find their favourite, or a talent within, a sport or physical activity, which we will encourage them to persevere.
- The importance of personal hygiene.

**We will develop positive attitude by teaching pupils:**

- To understand and observe the conventions of fair play and good sporting behaviour as individuals, team-members and spectators; co-operating with, encouraging and considering others.
- To cope with both success, failure and limitations in performance and increase self-confidence and self-motivation. To accept that there are winners and losers and become stronger in how we accept losing graciously.
- To work consistently to the best of their ability, respond positively to coaching, and always look for improvements.

- To be mindful of others and their environment.
- To improve social, creative and physical skills.

**Ensure safe practice by teaching pupils:**

- The importance of appropriate rules and safety procedures for all activities in all situations.
- The importance of wearing appropriate clothing, footwear and protection for different activities.
- How to lift, carry and place and use equipment safely.
- The importance of warming up & stretching before physical exertion.

**To enable all pupils to fulfil their physical potential by:**

- Ensuring that the provision is challenging and appropriate and that support is allocated in every lesson to allow all pupils to reach their full potential.
- Ensuring 100% inclusion for all pupils to access a range of opportunities available for high quality PE and sport.
- Improving the levels of progress in PE for all our pupils and the opportunities available to them.
- Ensuring that provision is fully inclusive, engaging, innovative and inspiring.

**Provision**

We believe that a range of styles of teaching are necessary for the teaching of physical education. PE is a foundation subject in the National Curriculum but we hold it in high esteem. The benefits of physical education in schools are far-reaching, including both increased student physical health and improved mental health. Physical education is more than just running around a track or kicking a ball. It teaches children key life skills alongside improving their health and wellbeing.

**What we teach**

This is the **Long-Term Planning** for Monkmoor Education Centre and Harlescott Education Centre:

**CYCLE A**

**KS1**

Term 1	Term 2	Term 3
Football	<i>Basketball</i>	Striking and Fielding
Dance	Tag Rugby	Athletics

**KS2**

Term 1	Term 2	Term 3
Tag Rugby	Reading The Game (Football)	Athletics
Dance	Swimming/Basketball	Striking and Fielding

## CYCLE B

### KS1

Term 1	Term 2	Term 3
Football	Basketball	Striking and Fielding
Gymnastics	Tag Rugby	Athletics

### KS2

Term 1	Term 2	Term 3
Hockey	Football	Athletics
Gymnastics	Swimming/Basketball	Striking and Fielding

### Years 1, 2, 3 (Monkmoor Education Centre)

- Yoga & gymnastics
- dance
- athletics
- striking and fielding
- basketball
- tag rugby
- football

### Key stage 2 (Harlescott Education Centre)

- Invasion Games (Football, basketball, hockey, tag-rugby).
- Striking and Fielding Games (Kwick Cricket, Kick-it-Cricket, Rounders)
- Gymnastic
- Dance
- Athletic activities
- Swimming.

### Teaching

PE is taught through a mix of co-operative group work, individual work and whole class teaching.

Groups are usually of mixed ability and mixed gender.

Lessons will follow the same basic format and include the following elements:

1. Stretch.
2. Warm up activities.
3. Exploratory / skills development.
4. Plenary.

The importance of a warm up and cool down will be explained to children. Exploratory/skills development activities will be differentiated by task or by outcome, as appropriate to the child and lesson.

### SEND pupils

All children will be given equal access to the curriculum by:

- Deployment of additional teaching assistants for individual and/or small group coaching.
- Use of differentiated tasks to accurately address individual children's needs.

- Use of adapted and suitable equipment.
- A high pupil/adult ratio.

### **Assessment**

Assessment is used to inform planning although records should be selective and brief. Feedback to pupils about their own progress in Physical Education is achieved through discussion between child and teacher in the context of the PE lesson.

### **PE Kit**

All children are expected to come in to their TMBSS Centre with a PE kit, which will be in school and available during PE lessons and possibly at other times. We can store pupil PE kits in centre.