



The Orchards Primary Academy

Where learning has no limits and personal growth is endless...

Our Approach to Physical Education (P.E.)

At The Orchards Primary Academy, we are committed to providing all children with learning opportunities to engage in physical education. This policy sets out a framework within which teaching and non-teaching staff can work, and gives guidance on planning, teaching and assessment.

It is our intent for the P.E. element of our school curriculum to contribute to the overall education of the child by encouraging and helping them to lead full and valuable lives through engaging in purposeful physical activity. Teaching should develop pupils' knowledge, skills and understanding of physical education, sport and health to identify the importance of leading a healthy lifestyle. Pupils will be involved in the continuous process of decision making, selecting and applying skills, performing, evaluating and refining their work. They will have opportunities to perform with increasing competence and confidence in a range of different physical activities.

Aims

The aims of P.E. are:

- become a skilful and intelligent performer; by developing the ability to remember, repeat and refine actions and perform them with increasing control, co-ordination and fluency;
- acquire and develop skills, performing with an increasing physical competence and confidence in a range of physical activities and contexts;
- learn how to select and apply skills, tactics and compositional ideas to suit activities;
- develop ideas creatively;
- set targets, compete against others, both individually and as a team member;
- understand what it takes to persevere, succeed and acknowledge the success of others;
- respond to a variety of challenges;
- take the initiative, lead activity and improve aspects of own performance;
- discover own aptitudes and preferences;
- develop a positive attitude to participation in physical activity;
- further develop skills by joining sports clubs which have links with the school;
- develop an understanding of the effects of exercise on the body, and an appreciation of the value of safe exercising;
- develop the ability to work as a team player, taking the lead and learning to work collaboratively with others;
- promote an understanding of safe practice and develop a sense of responsibility towards their own and others' safety and well-being.



Curriculum

The children undertake a broad and balanced programme that takes account of abilities, aptitudes and physical, emotional development. Through P.E. the children learn a range of skills, concepts, attitudes and approaches. Physical education is divided into six areas of activity; athletics, dance, games, gymnastics, outdoor education and swimming. Through these activities, our children will be encouraged to develop the personal qualities of enthusiasm, commitment, fairness and a positive attitude towards a healthy lifestyle. As well as making its own distinctive contribution to the school curriculum, P.E. contributes to the wider aims of primary education in other subjects, including: literacy, mathematics, geography and PSHE.

Teaching and Learning

A variety of teaching and learning styles are used in P.E. lessons, including a mixture of wholeclass teaching, experiential learning, problem solving, individual and group open ended activities. Within lessons the child is given the opportunity both to collaborate and to compete, using a wide range of resources.

All classes have children of differing physical ability, consequently learning opportunities are provided using a range of strategies.

- setting common tasks which are open-ended, having a variety of results;
- setting tasks of increasing difficulty;
- grouping children by ability and setting different tasks;
- providing challenge through a differing resources.

Every child is praised for their achievements and encouraged to fulfil their potential by continued support and positive feedback.

Early Years

Early Years explore elements of physical education through the Physical Development ELG of the curriculum. The children in the EYFS access time and space to enjoy energetic play daily, using large portable equipment. They will be provided with opportunities to be active and interactive with one another, to develop their co-ordination, control and movement. Children will begin to understand the importance of physical activity and how to make healthy choices in relation to food. They are assessed in the moment against ELG descriptors.

Key Stage 1

During Key Stage 1, children will develop their fundamental movement skills to become increasingly competent and confident with basic movements, including running, jumping, throwing and catching. Children will also have access to a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They will participate in athletics, dance and movement, gymnastics, and team games.

Key Stage 2



During Key Stage 2, children will be able to apply a broader range of skills, linking them to different actions and sequences of movement. They will be able to communicate, collaborate and compete and develop their understanding of how to improve in different physical activities and sports. Children will be able to evaluate and recognise their own successes across a wide range of skills and activities, including swimming and water safety. They will take part in competitive games, develop techniques and learn how to perform dances. They will also take part in outdoor and adventurous activities.

P.E. curriculum planning

Physical Education at The Orchards Primary Academy is based on the National Curriculum. A knowledge and skills progression document is integral to the teaching and learning of P.E. across the whole school, and ensures children are given the opportunity to build upon prior knowledge from EYFS to Year 6. A unit map has been developed which provides a long-term plan for each year group. The units are organised to provide progressive steps, which meet the end of key stage expectations and enrich the child's experience. All year groups use the GetSet4PE physical education scheme of work to structure their units in line with the progression document.

- Each class from Year 1 to Year 6 is timetabled for two one-hour P.E. sessions, with EYFS timetable for one PE session weekly.
- The playground and field are used to facilitate activities such as Games and Outdoor Activities.
- Swimming lessons are provided for Year 3, Year 4 and Year 5. Top-up swimming lessons are provided for all children who do not pass the swim criteria in Year 6.
- Sports coaches provide additional opportunities for extending the P.E. curriculum and provide after school clubs for KS1 and KS2. Teachers and qualified members of staff also provide additional club opportunities after school.
- Through the school's links, the children are all given regular opportunities to participate in after school competitive sporting activities.

Assessment and Recording

At The Orchards Primary Academy, assessment is an integral part of the teaching process. Teachers assess children's physical education through practical activities, evaluative discussions with individual pupil assessment being saved on the GetSet4PE assessment formats.

Monitoring

Monitoring takes place regularly through teacher planning, learning walks, lesson visits and both staff and pupil questionnaires.