



Physical Education



Physical Education Lead: Miss Bennett

“Our aim is to provide a range of healthy, sporting and challenging activities to all pupils in our school. We will support learning through participation and encourage children to improve and excel. We are committed to providing positive experiences to children of all abilities through the teaching of basic skills, healthy lifestyles and essential life skills. This will enable individuals, groups and teams to flourish and achieve.”

At St Michael in the Hamlet Community Primary School we recognise the vital contribution Physical Education has in developing a child's physical, cognitive, social and emotional development. We believe that sport plays an important part as it contributes to the health and well-being of our children. Sporting excellence and participation, alongside strong cultural opportunities, go hand in hand with academic standards.

We encourage children to develop their creative and expressive abilities, through improvisation and problem solving children are taught to appreciate the importance of a healthy fit body, and begin to understand those factors which affect health and fitness.

Physical Education Curriculum

A wide range of activities is delivered in school, which aim to engage and inspire all children. We are also committed to ensure that all children receive at least 2 hours per week of high quality well-planned Physical Education.

Key Stage One

Children have the opportunity

- To develop fundamental movement skills, becoming increasingly confidence and competent. To master basic movements such as running, jumping, throwing and catching.
- To develop balance, agility and coordination skills.
- To apply basic movements in a range of activities.
- To perform dances using simple movement patterns.
- To work individually and with others.
- To participate in team games and to develop simple tactics for attacking and defending.
- To engage in competitive physical activities.

Key Stage Two

Children have the opportunity

- To use running, jumping, throwing and catching in isolation and in combination.
- To develop flexibility, strength, technique, control and balance in combination.
- To perform dances using a range of movement patterns.
- To enjoy communicating, collaborating with each other and within a team.
- To play competitive games, modified where appropriate. Apply basic principles suitable for attacking and defending.
- To swim competently and proficiently over a distance of at least 25 meters. Use a range of swimming strokes effectively.
- To perform safe self - rescue in different water- based situations.

Over the year each child will participate in: Games, Athletics, Dance and Gymnastics lessons and in KS2 Outdoor Adventure Activities. Children in Year 3 and Year 6 attend swimming lessons.

Assessment

Children learn best when assessment informs teaching so that there is provision for support, repetition and extension of learning for each child at each level of attainment.

PE assessment involves:

Teachers, support staff and coaches provide regular feedback. Children also self and peer assess. Through feedback, pupils understand what they can do well and what they need to do to improve and make progress.

- An ongoing dialogue between children and adults, with both short and long term goals considered.
- Detailed and specific individual progress of children is measured against detailed criteria across a wide range of sporting activities.
- Consistently looking to extend children, in order that they fully realise their potential within the subject.

Physical Education and sport has a high profile in our school and permeates many aspects of school life. During our Year 6 residential visit, children are given opportunity to participate in many different activities which may include: orienteering, assault courses, canoeing, raft building, climbing, caving, zip-wire, trapeze, high rope challenge, low rope challenge, quad bikes, sport target shooting, archery, giant swing, abseiling, puzzle physical solving, indoor sports, dance, fencing and water sports.

Intra-school sports challenges are built into the curriculum and regular house sports are encouraged. In the summer term we also hold our annual Sports Days in which we encourage participation of all children in potted sports and organise competitive races for our more sporting youngsters on a House basis.

Other agencies are used to enhance the variety of activities available and we take full advantage when these opportunities become available. For example, Liverpool Hope University students deliver a Year 6 Dance project and dance workshops. A Mersey Maverick Basketball coach has been working with all children as well as supporting staff CPD. Talented children are signposted to local clubs and events to encourage them to develop their skills.

Healthy living and positive attitudes towards Health Issues are investigated and promoted across the curriculum. We look at balanced diets and healthy diets in science, alongside what is not healthy.

We believe that children leave our school equipped to enjoy sport for all its health and social benefits. For those who relish the competitive element, they gain the skills, confidence and relevant experience to succeed at their chosen level and discipline.