



## **Nevill Road Junior School Physical Education Policy 2022-2023**

### **Intent**

#### **Why do we teach this? Why do we teach this in the way we do?**

At Nevill Road Junior School we intend to provide children with a high-quality physical education curriculum which inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. We believe all children can achieve in PE, and teach for secure and deep understanding of skills for a variety of sports and activities in manageable steps. We have the same high expectations for all learners, including those with SEND in PE. The attached provision map shows what PE looks like for all learners at Nevill Road Junior School. We aim to provide opportunities for pupils to become physically confident in a way which supports their health and fitness.

We aim for all pupils to:

- develop competence to excel in a broad range of physical activities.
- be physically active for sustained periods of time.
- be fit and healthy and understand the importance of this for their physical and mental well-being.
- engage in competitive sports and activities.

### **Implementation**

#### **What do we teach? What does it look like?**

Pupils will apply and develop a broader range of skills than those they learnt in Key Stage 1, learning how to use them in different ways and to link them to make actions and sequences of movement. The curriculum is designed to provide equality of access and opportunity for each individual, irrespective of ability, experience, cultural background, interests or gender. The Physical Education curriculum aims to provide for pupils' increasing self-confidence through an ability to manage themselves and problem solve successfully in a variety of situations.

A balance of individual, team, cooperative and competitive activities aim to cater for all individual needs and abilities. The scheme of work is based on progressive learning objectives which, combined with varied and flexible teaching styles, endeavours to provide an appropriate, stimulating, challenging and enjoyable learning environment for all pupils.

Pupils will be taught to:

- use running, jumping, throwing and catching in isolation and in combination
- play competitive games, modified where appropriate (for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis), and apply basic principles suitable for attacking and defending
- develop flexibility, strength, technique, control and balance (for example, through athletics and gymnastics)
- perform dances using a range of movement patterns
- take part in outdoor and adventurous activity challenges both individually and within a team

- compare their performances with previous ones and demonstrate improvement to achieve their personal best

Pupils will know and use a wide range of vocabulary across a broad range of sports. They will be taught vocabulary during lessons and will be encouraged to use this vocabulary when discussing their own and others' progress. Each area of PE has key vocabulary attached to it, which children will be taught.

### Swimming and water safety

At Nevill Road, we provide swimming instruction in Years 4-5 (with a chance for catch-up sessions in Year 6 where children have not made expected progress). In particular, pupils will be taught to:

- swim competently, confidently and proficiently over a distance of at least 25 metres
- use a range of strokes effectively (for example, front crawl, backstroke and breaststroke)
- perform safe self-rescue in different water-based situations.

### **Impact**

#### **What will it look like by the time children leave school and at the end of each academic year?**

By the end of key stage 2, pupils are expected to know, apply and understand the matters, skills and processes specified in the relevant programme of study.

Children will have experienced a wide variety of different sports and physical activities. They will have practised these during lessons as well as being given opportunities to develop their skills at a competitive level within school and out of school.

In each year of PE, children are taught skills, performance, competition and evaluation skills. At the end of each year we expect children to be able to talk about the skills they have learnt; how these skills could be transferred to a different sport; how to evaluate their performance and the performance of others; and know some of their next steps in learning. When children talk about the skills they have learnt and how they have performed, they will confidently use the vocabulary they have been taught.

At Nevill Road, we also value the importance of extra-curricular clubs as well as the sport children take part in outside of school. We aim to nurture children's skills in particular areas and provide them with opportunities to compete and share their skills with others.