



Sandon JMI School

Physical Education

Last review: March 2020

Next review: March 2021

Physical Education Policy

Introduction

‘PE at Sandon is for everyone, forever’

We want Physical Education, Physical Activity and Sport at Sandon to secure a legacy for Healthy, Active and Successful children. We will promote these areas alongside healthy lifestyles, positive attitudes and safe practice.

In line with the National curriculum for Physical Education, we want to ensure all pupils:

- Develop competence to excel in a broad range of activities
- Are physically active for sustained periods of time
- Engage in competitive sports and activities
- Lead healthy, active lives

Aims

The aims of Physical Education are:

- To enable children to develop and explore physical skills with increasing control and coordination
- To encourage children to work and play with others in a range of group situations
- To develop the way children perform skills and apply rules and conventions for different activities
- To increase children’s ability to use what they have learnt to improve the quality and control of their performance
- To teach children to recognise and describe how their bodies feel during exercise
- To develop children’s enjoyment of physical activity through creativity and imagination
- To develop understanding in children of how to succeed in a range of physical activities

- To develop positive behaviours and attitudes in competitive and non-competitive situations using the Olympic and Paralympic Values as a guide
- To develop a knowledge of safety and the appreciation of the principles of safe practice

Spiritual, moral, social and cultural development

Spiritual development: Pupils are encouraged to develop a sense and fascination in learning about themselves and others when participating in a range of physical activities. Pupils learn a lot about themselves when exposed to challenging and competitive situations. These situations occur in lessons and both intra and inter school competitions.

By undertaking a variety of roles including performer, coach and official, pupils develop their compassion and empathy for others

Students are provided with ample opportunity during their lessons to be imaginative and creative and also to reflect upon their experiences.

Moral development: Pupils participate in a range of physical activities. Part of this participation includes learning the laws and rules of the varying activities. Based on this knowledge, pupils develop decision making skills to enable them to participate effectively. Pupils learn to deal with the consequences of making decisions which both comply with or break rules.

When participating in curricular and extra-curricular activities, pupils are expected to participate adhering to the values of fair play and sportsmanship. Pupils develop their skills in responsibility, self-control and management of others.

Social development: Across the key stages, pupils work collaboratively building their teamwork skills and ability to problem solve with others. Pupils work in a variety of groupings and are respectful of others' opinions as part of their criteria for success.

Cultural development: Physical Education can encourage a willingness to participate in sporting opportunities that will help develop positive attitudes towards different religious, ethnic and socio-economic groups in the local, national and global communities.

Skills

The school uses a variety of teaching and learning styles in Physical Education lessons. Our principal aim is to develop the children's knowledge, skills and understanding in Physical Education. Wherever possible, we involve the children in 'real' physical activities, e.g. Swim safe for self rescue.

Curriculum planning

Our curriculum maps and schemes of work clearly and precisely show the themes covered each term for each class. These plans define what we will teach and ensure an appropriate balance and distribution of work across each term. They are designed to ensure coverage is accurate and that there is no crossover between the content taught in each class.