



Chesterton Primary School

Physical Activity Policy

Summer 2020

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Introduction

Physically Education is the first stepping stone in primary school for children to start a healthy active lifestyle. PE supports emotional and social well being and develops children's understanding of competition and the successes and failures it brings. It can be the start of finding talent in individuals.

PE supports pupils behaviour and attitudes towards classroom learning along with free time on the playground. It is important each and every child gets the opportunity to be physically active at an early age to support the continuation of being active throughout their lifetime.

Aims

The curriculum 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
- Develop an understanding of how to keep themselves physically active and the importance of this in terms of physical and mental health.
- Lead healthy, active lives.

Intent

To develop a high quality PE curriculum that inspires all children to succeed to the best of their abilities.

Implementation

To use the planned curriculum to develop fundamental movement skills, master basic movement and apply/develop a broader range of skills.

Curriculum organisation

Our curriculum is designed to develop a love of active learning, build confidence and encourage teamwork through sport. The curriculum is made up of six main focuses we believe are crucial for our pupils to build knowledge and skills on throughout their time at primary school. Each unit will contain around twelve planned lessons to ensure the knowledge and skills are embedded and understood to the depth required. In the units, pupils will get the opportunity to build their leadership skills, become creative, and challenge their abilities. Extra support is put in place for any pupils who may struggle with a sport or topic we cover. Below is a list of our main six units:

Areas Of Activity

Fitness:

Fitness plays an important role in the development of pupils ability at Chesterton. Fitness helps to tackle obesity and emphasises the importance of 'keeping fit' and 'staying healthy'. Fitness levels impact the performing standards of pupils when playing other sports.

Below are the expectations in each year pupils will follow:

Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
-Increase heartrate through aerobic exercise. -Understand the changes in my heart beat.	-Increase heartrate through aerobic exercise -Set an aim and work towards achieving this target -improve levels of fitness	-Understand the importance of aerobic exercise. -Increase stamina through repeated practise.	-Improve stamina through repetitive movement and practise -Understand the impact of aerobic exercise.	-Improve stamina through repetitive movement and practise -Understand the different types of exercise and the body parts used. -Exercising safely.	-Improve stamina through repetitive movement and practise. -Understand the importance of a warm up. -Understand how to train safely.

Team Building:

Team building helps to support children in all aspects of school life. Team building helps pupils to gain confidence, enables them to take the lead, be part of a sports team or solve a problem in a group. It is also supports children at play time to make them aware that they are part of a wider group with expected rules and behaviours.

Below are the expectations in each year pupils will follow:

Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<ul style="list-style-type: none"> -Play games as part of a team -Begin to understand the purpose of team sports. 	<ul style="list-style-type: none"> -Work as part of a team. -Ensure all members of the team are included. -Support other team members. 	<ul style="list-style-type: none"> -Develop team work. -Identify and encourage strategies for team work. -Show support for fellow player. 	<ul style="list-style-type: none"> -Demonstrate on understanding of teamwork and the impact on others. -Show mutual respect for all players. 	<ul style="list-style-type: none"> -Work as part of a team. -Show respect towards those that win. -Respond appropriately and fairly to defeat. 	<ul style="list-style-type: none"> -Show respect to all members of the game. -Demonstrating fair play at all times.

Movement:

Movement helps children to understand their own body and build upon their knowledge of the different ways we can move and control ourselves. Movement teaches children agility, balance, coordination and control.

Below are the expectations in each year pupils will follow:

Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<ul style="list-style-type: none"> -Use different body parts in motion including rolls. -Begin to balance using different body parts. -Create and perform a short sequence. 	<ul style="list-style-type: none"> -Move the body more fluently in time to a rhythm. -Balance using equipment. -Create and perform a longer sequence using a variety of body parts. 	<ul style="list-style-type: none"> -Complete forward and backward rolls as part of a sequence. -Use a variety of balances, rolls/jumps in a performance. -Evaluate performances. 	<ul style="list-style-type: none"> -Perform a sequence from my own ideas. -Evaluate/refine mistakes to improve my performances. -Move rhythmically to different genres of music. 	<ul style="list-style-type: none"> -Balances and roll using a variety of body parts and equipment performing them in a controlled sequence with finesse. -To attempt challenging jumps including equipment. 	<ul style="list-style-type: none"> -Balance using a variety of body parts and equipment performing them in a controlled sequence with finesse.

Invasion Games:

Invasion games supports pupils ability to work as a team, to understand the concepts of winning and losing in activities or sport. The variety of games also help pupils confidence in completing tasks that test their ability levels. They support tactical knowledge of 'Attacking' and 'Defending'. Children learn and understand the rules and discipline of sports.

Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<ul style="list-style-type: none"> -Understand the purpose of attacking. -Understand simple rules. -Change directions whilst running. 	<ul style="list-style-type: none"> -Understand and develop strategies for attacking. -Develop simple tactics for attacking and defending. -Participate fairly in games. 	<ul style="list-style-type: none"> -Begin to understand rules of a small sided game. -Understand rules and tactics. -Develop strategies for defending and attacking. 	<ul style="list-style-type: none"> -Understand rules of a variety of games. -Understand rules and tactics. -Develop strategies for defending and attacking. 	<ul style="list-style-type: none"> -Understand rules from a variety of games. -Demonstrate understanding of rules and tactics. -Improve strategies for defending and attacking. 	<ul style="list-style-type: none"> - Play a range of games using a variety of attacking and defending strategies successfully.

Ball Skills:

Ball skills helps to develop pupils' footwork, throwing and catching skills. This unit covers a range of games and activities that children will experience throughout their education. Ball

skills help children to explore different ways they can pass/ handle and deliver. Other equipment will also be introduced in this unit to develop small sided games.

Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<ul style="list-style-type: none"> -Begin to control different sized balls using hands/feet. -Roll/throw underarm with some control. -Begin to aim towards a mark. 	<ul style="list-style-type: none"> -Control a ball using hands and feet. -Throw under/overarm. -Strike a ball with a racket. -Begin to aim towards a target/pass to a partner. 	<ul style="list-style-type: none"> -Stop, catch and pass a ball with control -Use different passes. -Pass a ball to a partner with control. 	<ul style="list-style-type: none"> -Stop, catch and pass a ball with control at speed. -Use different passes whilst moving. 	<ul style="list-style-type: none"> -Stop, catch and pass a ball whilst under pressure from another player. -Use a range of passes whilst moving. 	<ul style="list-style-type: none"> -Stop, catch and pass a ball with control whilst under pressure from another player. -Use a range of passes whilst moving at speed.

Athletics:

Athletics is a multi-skilled area that gives children the opportunity to experience a number of different athletic activities and explore their individual and team talents. Athletics helps children to challenge each other as well as challenge their own personal best. Athletics will be put to the test when individuals take part in their sports day event.

Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<ul style="list-style-type: none"> -Throw different sized balls using simple techniques. -Perform basic movements: Moving, jumping. 	<ul style="list-style-type: none"> -Throw different sized balls, with control using simple techniques. -Perform running and jumping at speed. 	<ul style="list-style-type: none"> -Develop techniques to improve speed of running, height and distance of jumps 	<ul style="list-style-type: none"> -Consider how to and improve tactics within races. -Evaluate and improve techniques. 	<ul style="list-style-type: none"> -Develop tactics to improve personal performance. -Challenge self to perform at maximum potential. -Perform a variety of throwing events. 	<ul style="list-style-type: none"> -Setup, lead and measure events. -Develop skills in a range of events: Running, jumping and throwing. -Evaluate own performances.

Swimming

Swimming is delivered by swimming specialists up at the local high school (Chesterton Community Sports College). Each pupil in KS2 will have the opportunity to have nine months of swimming delivered to them. Pupils that require more support in swimming will get the support that they need to ensure by the end of Year Six all pupils are confident at swimming.

Staffing

At Chesterton Primary we have a PE leader who is passionate about developing each and every pupil, encouraging their progression.

As a school we ensure each pupil is receiving a minimum of 2 hours of Physical Education each week. Every lesson is supported by a Teaching assistant.

Planning

Our planning is designed to meet every child's abilities, it is designed to make children enjoy PE and feel confident at.

Throughout the school academic year planning is adapted to support the needs of the children.

Pupil Assessment

At Chesterton we assess pupils on their overall progress and attitude towards learning. Each pupil will be graded at the end of every unit to ensure all children are at the required stage and to support development of any children who need extra support.

Newcastle school games competitions

During our academic school year, we join into a Staffordshire School Games programme where our children get the opportunity to represent the school in sport related competitions during/after school. We believe that this gives children the opportunity to show their talents through competitive situations. Each year we push to join in more competitions and events to enable as many children to join in as possible.

Chesterton have achieved the Silver School Games Mark.

Collective Vision Trust Chesterton Primary are part of a multi-academy trust who strongly support the staff, pupils and parents they provide for. The trust also offers a strong support when it comes to Physical Education. The trust currently provides for three primary schools and a high school. As PE leads, we personally believe that 'sharing is caring' - we support each other to ensure quality physical education is being taught in every lesson. The trust also provides extra space for PE lessons and also supports Chesterton and the other schools with equipment. Chesterton and many other schools purchase swimming from the local high school.

Change 4 Life Club

Change 4 life is an after-school club that support the development of any children who struggle throughout PE lessons. Change 4 life is a continuous club that runs every year for a minimum of six weeks. Children are identified by the PE lead and get invited to attend this club: this is a invite club only and is led by the PE lead and Sports Leaders.

School Leaders

Throughout KS2 children get the opportunity to take on several responsibilities in school to support the development of PE. Children build their own leadership and teamwork skills to apply across the school. School leaders have the opportunity to be trained up and lead events along with after school clubs.

Health and safety

Risk assessments are in place to reduce the risk of injury to staff and children. At the start of every PE lesson, club or events the grounds of the area being used are checked to ensure it is safe for participants, spectators and staff. PE equipment is also checked at the start of every lesson to check participants safety. Correct PE kit is also required every lesson to reduce the risk of harm. Correct footwear must be worn, protective equipment and all jewellery must be removed.