

Crosscrake CE Primary School

Our School promotes 'Friendship & Learning' underpinned by the Christian values of kindness, perseverance & hope.

Jesus said, "I have come that you may have life; life in all its fullness"
John 10:10.

Physical Education (PE) Policy

Physical Education at Crosscrake School is taught in accordance with the legal requirements of the National Curriculum. [click here for NC PE](#)

Intent

The development of children's attitudes and values is equally as important as their knowledge, skills and understanding. We want children to learn about themselves: their capabilities, their potential, about fairness and to learn how to work with and to respect others. We aim to help children to develop positive attitudes towards active and healthy lifestyles: to discover their aptitudes, abilities and preferences, and to make choices about how to get involved in lifelong physical activity. Children are given the opportunity to engage in competitive sports and activities, within school and against other schools.

Implementation

EYFS children are given the opportunity to:

- Move with confidence, imagination and in safety
- Move with control and co-ordination
- Show an awareness of space, of themselves and of others
- Recognise the changes that happen to their bodies when they are active
- Children will establish good habits in how they use their bodies and they should adopt a good posture.

Key stage 1 children build upon previous experience to:

- Develop fundamental movement skills, mastering basic movements such as running, jumping, throwing and catching;
- Develop balance, agility and co-ordination skills which can be applied in a range of activities;
- Perform dances using simple movement patterns;
- Start to work and play with other pupils and small groups, experiencing competitive elements of their own 'personal best' and also competing against others;
- Recognise and describe how their bodies feel during exercise.

Key stage 2 children will be given the opportunity to develop further through:

- Learning to recognise what makes a healthy lifestyle, including the benefits of exercise and healthy eating, what affects mental health, and how to make informed choices.
- use running, jumping, throwing and catching in isolation and in combination
- playing competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending
- developing flexibility, strength, technique, control and balance perform dances using a range of movement patterns
- taking part in outdoor and adventurous activity challenges both individually and within a team
- comparing their performances with previous ones and demonstrate improvement to achieve their personal best.
- learning to swim competently, confidently and proficiently over a distance of at least 25 metres, using a range of strokes effectively

Impact

Ongoing teacher assessment informs next stages of learning and records are also kept of participation in competitive events; this allows each child to achieve improved performance. A system of competing against 'personal bests' for Sports Day ensures all children are motivated to compete for their team. Children understand the importance of physical activity, and through the wide variety on offer find an activity which they enjoy. An annual summative assessment is reported to parents in the children's written annual reports.