

NEWTON WESTPARK PRIMARY SCHOOL



PE Policy

Policy Date: January 2019

Review Date: January 2020



PHYSICAL EDUCATION - THE CURRICULUM

The curriculum at Newton Westpark for physical education 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
- lead healthy, active lives

By the end of each key stage, pupils are expected to know, apply and understand the matters, skills and processes as follows under each Key Stage heading.

Key stage 1

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations. Pupils should be taught to:

- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
- participate in team games, developing simple tactics for attacking and defending
- perform dances using simple movement patterns

Key stage 2

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Pupils should 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

Our Curriculum is well planned and in line with the National Curriculum to ensure that pupils have a broad, varied and relevant high quality learning experience in each year group. Units include introductions to a variety of sports including football, rugby, netball, hockey, basketball, volleyball, dodgeball, handball, badminton, dance, gymnastics, tennis and problem solving through OAA.

Newton Westpark offers an extensive after school club programme for all Key Stages. Activities include multi sports, rugby, football, rugby and tennis. During our lunchtimes we have playleaders from key stage 2 who work with key stage 1 children. In addition regularly attend competitions and festivals run by our local School Games Organiser. Football coaching is provided free every Monday and Friday lunchtimes.

Our school endorses 'healthy lifestyle' schemes offering a 'Change for Life' sponsored after school activity club and collecting tokens from Sainsbury's to improve and increase the equipment we have on offer in the school. We have built a purpose built outdoor gymnasium to encourage fitness and exercise.

For many years, Newton Westpark has formed an extremely close link to our feeder high school, Westleigh High School. Through this partnership we have had young leaders from the high school supporting our competitions.

We have also developed close links to many community clubs such as Leigh Centurions, Lancashire County Cricket Club, Leigh Miners Rangers, Brunswick Crown Green Bowling Club and the School of Military.

Newton Westpark value sport and appreciate how it forms an important platform to support learning across each subject area.

Reviewed: January 2019.

Next review: January 2020.

