



## Wray Primary School

### PE policy

#### Intent

- We will provide a broad and balanced PE curriculum in which children feel they can participate, achieve and enjoy.
- We will enrich the curriculum with opportunities for children to participate in inter-school events, optional clubs, workshops and trips.
- We will promote the importance of physical activity and a healthy lifestyle.
- We want to empower the children to make informed choices about physical activity throughout their lives
- We want to equip pupils to manage being physically active for a sustained period of time.
- We will encourage children to participate in competitive sports events and have a good attitude towards teamwork.

#### Implementation

- PE is taught by Key Stage on a Tuesday afternoon throughout the year as well as additional blocks planned at different times in the year. Years 3, 4 and 5 go swimming on a Friday afternoon for the first 2 terms of each year. We also provide outdoor and adventurous activities in the form of trips and residential.
- We follow the National Curriculum and use as a basis for all our planning and learning.
- We use a 4-year rolling programme to ensure a variety of sports are covered, whilst repeating the essential skills on a regular basis.
- Cross curricular links will be made where possible.

- Pupils are encouraged to see themselves as athletes. They will learn about big sporting events and about famous sports personalities, along with their achievements.
- Ongoing assessment is used to ensure children understand what they have been taught and ensure prior learning is built upon.

## Long term plan PE

KS1 and 2 follow 4-year rolling programmes

<b>PE elements of the EYFS:</b> Children in Reception will join in with KS1 PE sessions, as well as working on these skills through continuous provision and classwork. During these times they will: <ul style="list-style-type: none"> <li>• Revise and refine the fundamental movement skills they have already acquired such as: rolling, crawling, walking, jumping, running, hopping, skipping, climbing</li> <li>• progress towards a more fluent style of moving, with developing control and grace</li> <li>• develop the overall body strength, coordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming</li> <li>• confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group</li> <li>• develop overall body strength, balance, coordination and agility</li> <li>• further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, aiming</li> <li>• develop confidence, competence, precision and accuracy when engaging in activities that involve a ball</li> </ul> <b>ELG Physical Development (Gross Motor Skills):</b> <ul style="list-style-type: none"> <li>- Negotiate space and obstacles safely, with consideration for themselves and others;</li> <li>- Demonstrate strength, balance and coordination when playing;</li> <li>- Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</li> </ul>				
	Year A	Year B	Year C	Year D
Autumn 1	<b>EYFS &amp; EYFS &amp; KS1 –FMS/ throwing &amp; rolling</b> master basic movements including running, skipping, hopping, jumping, throwing and catching <b>EYFS &amp; KS1 – Games (Rugby)</b> participate in team games, developing simple tactics for attacking and defending <b>KS2 - Invasion (Basketball)</b> play competitive games, apply basic principles and develop sport specific tactics. <b>KS2 - Invasion (rugby)</b> play competitive games, apply basic principles and develop sport specific tactics.	<b>EYFS &amp; KS1 –FMS/ kicking</b> master basic movements including running, skipping, hopping, jumping, throwing, catching & kicking <b>EYFS &amp; KS1 – Games (Rugby)</b> participate in team games, developing simple tactics for attacking and defending <b>KS2-Invasion (football)</b> play competitive games, apply basic principles and develop sport specific tactics. <b>KS2 - Invasion (rugby)</b> play competitive games, apply basic principles and develop sport specific tactics. <b>Y3/4/5 Swimming</b>	<b>EYFS &amp; KS1 – FMS/20<sup>th</sup> Century games</b> master basic movements including running, skipping, hopping, jumping, throwing, and catching <b>EYFS &amp; KS1 – Games (Rugby)</b> participate in team games, developing simple tactics for attacking and defending <b>KS2 -Invasion (netball)</b> play competitive games, apply basic principles and develop sport specific tactics. <b>Invasion (rugby)</b> play competitive games, apply basic principles and develop sport specific tactics. <b>Y3/4/5 Swimming</b>	<b>EYFS &amp; KS1-FMS/ catch &amp; bounce</b> master basic movements including running, skipping, hopping, jumping, throwing, and catching <b>EYFS &amp; KS1 – Games (Rugby)</b> participate in team games, developing simple tactics for attacking and defending <b>KS2 - Invasion (Hockey)</b> play competitive games, apply basic principles and develop sport specific tactics. <b>Invasion (rugby)</b> play competitive games, apply basic principles and develop sport specific tactics. <b>Y3/4/5 Swimming</b>

	<b>Y3/4/5 Swimming</b> learn to swim confidently using a range of strokes effectively and perform safe self-rescue	learn to swim confidently using a range of strokes effectively and perform safe self-rescue	learn to swim confidently using a range of strokes effectively and perform safe self-rescue	learn to swim confidently using a range of strokes effectively and perform safe self-rescue
Autumn 2	<b>EYFS &amp; KS1 – FMS/Dance (Zog)</b> perform dances using simple movement patterns. <b>KS2 - Dance (60's)</b> perform dances using a range of movement patterns <b>Y3/4/5 Swimming</b> learn to swim confidently using a range of strokes effectively and perform safe self-rescue <b>Class 3 – OAA: High Adventure residential</b> take part in outdoor and adventurous activity challenges both individually and within a team <b>YR/1/2/3 -OAA: Williamsons Park orienteering trip</b> participate in intellectual and physical challenges and be encouraged to work in a team <b>Whole school - Health: Elf &amp; fitness advent calendar</b> encourage a healthy lifestyle and enjoyment for exercise	<b>EYFS &amp; KS1 – FMS/Dance (Winter)</b> perform dances using simple movement patterns. <b>KS2 – Dance (earthlings)</b> perform dances using a range of movement patterns <b>Y3/4/5 Swimming</b> learn to swim confidently using a range of strokes effectively and perform safe self-rescue <b>Whole school - Health: Elf &amp; fitness advent calendar</b> encourage a healthy lifestyle and enjoyment for exercise	<b>EYFS &amp; KS1 – FMS/Dance (Supertato)</b> perform dances using simple movement patterns. <b>KS2 - Dance (food glorious food)</b> perform dances using a range of movement patterns <b>Y3/4/5 Swimming</b> learn to swim confidently using a range of strokes effectively and perform safe self-rescue <b>Class 3 – OAA: High Adventure residential</b> take part in outdoor and adventurous activity challenges both individually and within a team <b>YR/1/2/3 -OAA: Williamsons Park orienteering trip</b> participate in intellectual and physical challenges and be encouraged to work in a team <b>Whole school - Health: Elf &amp; fitness advent calendar</b> encourage a healthy lifestyle and enjoyment for exercise	<b>EYFS &amp; KS1 – FMS/Dance (Jack &amp; beanstalk)</b> perform dances using simple movement patterns. <b>KS2 - Dance (Robin Hood)</b> perform dances using a range of movement patterns <b>Y3/4/5 Swimming</b> learn to swim confidently using a range of strokes effectively and perform safe self-rescue <b>Whole school - Health: Elf &amp; fitness advent calendar</b> encourage a healthy lifestyle and enjoyment for exercise
Spring 1	<b>EYFS &amp; KS1 -Gym 1</b> developing balance, agility and co-ordination <b>KS2 – Gym 1</b> develop flexibility, strength, technique, control and balance <b>Y3/4/5 Swimming</b> learn to swim confidently using a range of strokes effectively and perform safe self-rescue	<b>EYFS &amp; KS1 - Gym 2</b> developing balance, agility and co-ordination <b>KS2 – Gym 2</b> develop flexibility, strength, technique, control and balance <b>Y3/4/5 Swimming</b> learn to swim confidently using a range of strokes effectively and perform safe self-rescue <b>Whole school trip – OAA: Borwick Hall</b> take part in outdoor and adventurous activity challenges both individually and within a team	<b>EYFS &amp; KS1 -Gym 1</b> developing balance, agility and co-ordination <b>KS2 – Gym 1</b> develop flexibility, strength, technique, control and balance <b>Y3/4/5 Swimming</b> learn to swim confidently using a range of strokes effectively and perform safe self-rescue	<b>EYFS &amp; KS1 – Gym 2</b> developing balance, agility and co-ordination <b>KS2 - Gym 2</b> develop flexibility, strength, technique, control and balance <b>Y3/4/5 Swimming</b> learn to swim confidently using a range of strokes effectively and perform safe self-rescue <b>Whole school trip – OAA: Borwick Hall</b> take part in outdoor and adventurous activity challenges both individually and within a team
Spring 2	<b>EYFS &amp; KS1 – Dance (Fire Fire!)</b> perform dances using simple movement patterns. <b>KS2 - Dance (Heroes &amp; Villains)</b>	<b>EYFS &amp; KS1 – Dance (Robots)</b> perform dances using simple movement patterns. <b>KS2 - Dance (highwayman)</b>	<b>EYFS &amp; KS1 – Dance (Explorers)</b> perform dances using simple movement patterns. <b>KS2 - Dance (seaside)</b>	<b>EYFS &amp; KS1 – Dance (Toy Story)</b> perform dances using simple movement patterns. <b>KS2 - Dance</b> perform dances using a range of movement patterns

	<p>perform dances using a range of movement patterns</p> <p><b>Y3/4/5 Swimming</b> learn to swim confidently using a range of strokes effectively and perform safe self-rescue</p> <p><b>YR,5&amp;6 – Bikability</b> develop balance, agility, co-ordination and control</p>	<p>perform dances using a range of movement patterns</p> <p><b>Y3/4/5 Swimming</b> learn to swim confidently using a range of strokes effectively and perform safe self-rescue</p> <p><b>Whole school -Bike week</b> develop balance, agility, co-ordination and control</p>	<p>perform dances using a range of movement patterns</p> <p><b>Y3/4/5 Swimming</b> learn to swim confidently using a range of strokes effectively and perform safe self-rescue</p> <p><b>YR,5&amp;6 – Bikeability</b> develop balance, agility, co-ordination and control</p>	<p><b>Y3/4/5 Swimming</b> learn to swim confidently using a range of strokes effectively and perform safe self-rescue</p> <p><b>Whole school - Bike week</b> develop balance, agility, co-ordination and control</p>
Summer 1	<p><b>EYFS &amp; KS1 – FMS/Athletics</b> master basic movements including running, jumping, throwing and catching</p> <p><b>KS2 – Athletics</b> develop flexibility, strength, technique, control and balance use running, jumping, throwing and catching in isolation and in combination</p> <p><b>Whole school - Skipping workshop</b> develop balance, agility, co-ordination and control</p> <p><b>Whole school - Maypole dancing (for scarecrow festival)</b> perform dances using a range of movement patterns</p> <p><b>Whole school -sports day</b> apply basic movements to a range of activities and experience the competitive element of sport</p>	<p><b>EYFS &amp; KS1 – FMS/Athletics</b> master basic movements including running, jumping, throwing and catching</p> <p><b>KS2 – Athletics</b> develop flexibility, strength, technique, control and balance use running, jumping, throwing and catching in isolation and in combination</p> <p><b>Whole school - Maypole dancing (for scarecrow festival)</b> perform dances using a range of movement patterns</p> <p><b>Whole school -sports day</b> apply basic movements to a range of activities and experience the competitive element of sport</p>	<p><b>EYFS &amp; KS1 – FMS/Athletics</b> master basic movements including running, jumping, throwing and catching</p> <p><b>KS2 – Athletics</b> develop flexibility, strength, technique, control and balance use running, jumping, throwing and catching in isolation and in combination</p> <p><b>Whole school - Skipping workshop</b> develop balance, agility, co-ordination and control</p> <p><b>Whole school - Maypole dancing (for scarecrow festival)</b> perform dances using a range of movement patterns</p> <p><b>Whole school -sports day</b> apply basic movements to a range of activities and experience the competitive element of sport</p>	<p><b>EYFS &amp; KS1 – FMS/Athletics</b> master basic movements including running, jumping, throwing and catching</p> <p><b>KS2 – Athletics</b> develop flexibility, strength, technique, control and balance use running, jumping, throwing and catching in isolation and in combination</p> <p><b>Whole school - Maypole dancing (for scarecrow festival)</b> perform dances using a range of movement patterns</p> <p><b>Whole school -sports day</b> apply basic movements to a range of activities and experience the competitive element of sport</p>
Summer 2	<p><b>EYFS &amp; KS1 - Strike &amp; field</b> Participate in simple team games, developing confidence and accuracy in batting, hitting and aiming master basic movements of running, throwing and catching.</p> <p><b>KS2 – strike &amp; field (Cricket)</b> play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending</p>	<p><b>EYFS &amp; KS1 - Net &amp; wall</b> Participate in simple team games, developing confidence and accuracy in batting, hitting and aiming master basic movements of running, throwing and catching.</p> <p><b>KS2 – Net &amp; wall (Badminton)</b> play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending</p> <p><b>Y5&amp;6 – OAA: Isle of Man residential</b> take part in outdoor and adventurous activity challenges both individually and within a team</p>	<p><b>EYFS &amp; KS1 – Strike &amp; field</b> Participate in simple team games, developing confidence and accuracy in batting, hitting and aiming master basic movements of running, throwing and catching.</p> <p><b>KS2 - Strike &amp; field (Rounders)</b> play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending</p>	<p><b>EYFS &amp; KS1 – Net &amp; wall</b> Participate in simple team games, developing confidence and accuracy in batting, hitting and aiming master basic movements of running, throwing and catching.</p> <p><b>KS2 - Net &amp; wall (Tennis)</b> play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending</p> <p><b>Y5&amp;6 – OAA: Isle of Man residential</b> take part in outdoor and adventurous activity challenges both individually and within a team</p>

## Impact

- Pupils will have knowledge and skills that are built upon over their years in our school.
- The children will have knowledge that they are able to recall and apply to new learning.
- Children will leave our school knowing the value of a healthy lifestyle.
- Pupils will have experienced a range of sports through PE lessons and extra-curricular activities.
- Pupils will be confident to compete against their peers.
- Pupils will gain the social skills to participate as part of a team.
- Pupils will have the stamina to participate in physical activity for a sustained period of time.
- Pupils will have the skills to self-critique their own performance, using appropriate vocabulary.
- Children will have experienced winning and losing, and will understand how to behave in each situation.