

## **PENRYN PRIMARY ACADEMY – PHYSICAL EDUCATION POLICY 2020 – 2021**

### **INTENT**

At Penryn Primary Academy our vision for Physical Education and Sport is that every child should have the opportunity to take part in physical activity on a regular basis and become more physically confident and competent. We hope that, through all the sporting opportunities and physical activity we offer, the children will potentially develop a love and passion for sport and continue this into their later lives.

We aim to provide the children with at least 2 hours of fun, exciting and active PE lessons every week, and to keep the children healthy and active every day by offering after school's clubs over in a variety of sports and activities.

At Penryn we are fortunate to have a newly renovated swimming pool which we endeavour to utilise in providing up to 76 hours of swimming a year to children starting in year 2. Our aim is to provide structured swimming lessons in order to develop confident, competent swimmers who can achieve above the national standard.

At Penryn, we also strive to give as many children as possible the opportunity to compete in a variety of competitions, during school time or by representing the school at local events through our partnership with Penryn College. We hope that in doing so the children will develop greater confidence, team-work and learn to win or lose with grace and sportsmanship.

It is also of paramount importance that we create sporting leaders during the children's time at Penryn. We aim to offer a plethora of opportunities to lead sporting and physical education opportunities to our year 6 children and latterly the year 5's to establish a legacy for the following year. By emphasising leadership, we hope the children will learn the importance of communication, organisation, teamwork, resilience, perseverance and respect for themselves and others.

PE and Sport are a proud part of the Penryn experience and we hope that this continues to grow in the future and prepare our children for an active life after Penryn.

### **Physical Education makes a significant contribution to modern society.**

- The basic skills of movement that we develop through physical education act as a platform for a healthy and physically able lifestyle.
- Physical education promotes positive mental health whilst reducing the risk of physical illnesses such as heart disease and other sedentary illnesses
- Positive experiences of physical education at school help create a pattern of lifelong participation in physical exercise.
- Team sports support the development of teamwork, communication, resilience and other social skills.

### **Intent**

To implement the current legal requirements of the Foundation Stage (FS) and the National Curriculum (NC).

- To foster positive attitudes, fascination and excitement of discovery through the teaching and learning of new and exciting sports.
- For our children to be empowered and perceive themselves as confident physically able young people
- To broaden children's knowledge and understanding of how physical literacy is used in the wider world.
- For our children to use and understand the importance of teamwork through Physical education which can be utilised in later life.

At Penryn Primary Academy we have a mastery approach to Physical Education teaching:

- An expectation that all children can succeed in Physical Education
- Children who master a skill easily are expected to progress through to a game scenario, for example by applying movement to create space for yourself to deliver a pass to another child on the move.
- Children who do not master an objective with the rest of the class should be supported to enable them to gain more experience and achieve mastery, for example through simplification during the lesson or through specific after school clubs.

## **EYFS**

In EYFS PE is taught through the area of Physical Development, which is a Prime Area of the EYFS curriculum along with Communication & Language and Personal, Social & Emotional Development. As such it is considered to be a fundamental area of the curriculum that supports development in all areas. There are two aspects of Physical Development – Moving & Handling and Health & Self Care.

In our nursery and reception classes aspects of Physical Development are taught on a daily basis through Continuous Provision areas, outdoor activities, Understanding of the World, Literacy and specific fine motor and finger gym activities. In Reception this is further developed with a weekly PE lesson. We follow the Development Matters curriculum and use the Real PE, Healthy Movers & Born to Move schemes to help deliver this. Every half term there is a different focus to ensure the development of fundamental skills:

- Using equipment safely
- Exploring ways of moving & negotiating space
- Balancing, rolling & jumping
- Bean bag & ball skills
- Apparatus Skills
- Agility/ sports day activities & swimming

In the summer term Reception will have the opportunity to swim and all of EYFS will work towards an agility / sports day. As part of Aspire Academy Trust and the Penryn PE Partnership we take part in other Physical Development opportunities with an EYFS focus as they arise, such as MAT sports days and balance bike festivals.

We use Tapestry, our online learning journal, to record and track children's progress and achievements in PE against the Development Matters statements. Children who need additional help are identified and interventions put in to place when appropriate e.g. Top to Toe, fine motor interventions.

Children's progress within Physical Development is reported to parents through settling in and focus child meetings throughout the year. In line with statutory requirements children are assessed against the Early Learning Goals for Physical Development at the end of the Reception year and this is reported to the LA and parents.

## **In KS1 At Penryn**

Pupils develop fundamental movement skills, becoming increasingly more competent and confident through Physical education delivered in lessons. They will also have the opportunity to access a broad range of opportunities to extend their agility, balance and coordination, individually and with others through our after-school club program in which we deliver a wide range of sports and activities.

Pupils are 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 through our extensive session plan program.

Participate in team games, developing simple tactics for attacking and defending through our inter-school competition planned and delivered by our PE coordinator.

Perform dances using simple movement patterns through the Borne to Move program which some of our teachers have been trained to deliver.

## **In KS2 At Penryn our children are taught to:**

Use running, jumping, throwing and catching in isolation and in combination

Play competitive games of badminton, basketball, cricket, football, hockey, netball, rounders, Dodgeball 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 through the Born to Move program.

Take part in outdoor and adventurous activity challenges both individually and within a team through our Forest School Program.

Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

These skills are then implemented through inter-school and cross school competition supported by our partnership with Penryn College.

### Daily structure

Each class has a set timetable in which it takes part in at least two hours of physical activity per week through Forest School, Swimming and Physical Education. Each child takes part in at least two hours of structured Physical education per week.

### Assessment

Children are continually assessed by the teacher in all lessons throughout each unit of work.