

Physical Education at Eastover

Intent

The National Curriculum for PE 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

At Eastover we strive to create a culture which aims to inspire an active generation that enjoy PE. Through a safe and supportive environment, children will be encouraged to flourish in a range of different activities, essentially supporting their physical, emotional, social and moral development.

A dynamic, varied and stimulating program will ensure that all children progress physically, as they understand how to use their body, equipment and apparatus safely and imaginatively. All children will have the opportunity to enjoy being physically active, maintaining a healthy lifestyle and using the medium of sport to increase self-esteem, positivity, determination and resilience. We intend to offer high-quality physical education provision that will inspire all pupils to succeed and excel in competitive sport and other physically-demanding activities.

Our lessons will promote physical activity and encourage healthy lifestyles. Children will be taught to observe and follow the conventions of fair play, honest competition and good sporting behaviour as individual participants, team members and spectators. These opportunities will in turn build character and help to embed many key values such as fairness and respect.

<p>Implementation</p>	<p>At Eastover, children high quality Physical Education provision each week delivered by John Irish or external provision (swimming and O & A opportunities).</p> <p>Our curriculum map ensures coverage across the year groups is varied, progressive and covers all key skills.</p> <p>There are varied resources available to support delivery.</p> <p>The curriculum is enhanced by participation in numerous sporting opportunities against other schools and via after school sporting provision; registers are kept to target increased participation.</p> <p>Sports Premium Funding is used appropriately to ensure access to all elements of the curriculum, including competition, physical resources, CPD for teachers etc.</p> <p>Children will receive swimming provision from Years 2 to 4.</p> <p>Physical movement opportunities/breaks are constantly offered by teachers in addition to PE lessons.</p> <p>At Eastover we follow guidelines set by the National Curriculum; we offer a range of PE activities that allow our children to feel challenged.</p>
<p>Impact</p>	<p>By the end of each Key Stage, pupils are expected to know, apply and understand the skills and processes specified in the relevant programme of study. At Eastover we envisage children will:</p> <p><u>EYFS</u></p> <p>Have developed co-ordination, control, and movement.</p> <p>Begin to understand the importance of physical activity, and to make healthy choices in relation to food.</p> <p>Show good control and co-ordination in large and small movements.</p> <p>Move confidently in a range of ways, safely negotiating space.</p>

Handle equipment and tools effectively.

Know the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe.

Key stage 1

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.

Engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

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

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.

Enjoy communicating, collaborating and competing with each other.

Develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

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

Play competitive games, modified where appropriate (for example 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.

Perform safe self-rescue in different water based situations. Swim competently, confidently and proficiently over a distance of at least 25 metres. Use a range of strokes effectively, for example, front crawl, backstroke and breaststroke.

Thanks to extended after school sports provision and inter school competitive opportunities we would envisage in excess of 80% participation in both of these areas with further opportunities offered to the remaining 20% who may not necessarily choose to engage.

Most importantly, in addition to these expectations, children leaving Eastover will recognise the importance of leading a healthy, active lifestyles and ways in which they can achieve this throughout life.