

Christ Church School, Hampstead

Curriculum statement: Physical Education



The Governing Body of Christ Church Primary School, Hampstead adopted this statement for Physical Education in November 2017 and it should be read in conjunction with our Teaching and Learning Policy and our published curriculum overview.

The contribution of Physical Education to the primary curriculum

Christ Church School provides a high-quality physical education curriculum which inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It provides opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.

Aims and Objectives of teaching Physical Education at Christ Church

The Christ Church curriculum for physical education aims to ensure that all pupils:

- Are encouraged to be self-confident and develop enjoyment through the development of physical competence.
- Are physically active for sustained periods of time to develop fitness and support health and well-being
- Engage in competitive sports and activities, intra-class, intra-school and inter-school.
- Experience a raised profile of PE through keeping parents informed and where possible involved in sporting events, inviting them to school events such as Cross Country Trials and the School Sports Day.
- Promote positive attitudes to leading hygienic, healthy and active lives.
- Experience the conventions of fair play and honesty, so that they can cope with success and failure.
- Develop their ability to work co-operatively as a member of a team, showing spatial awareness and understanding of tactics. Also to take on positions of responsibility and leadership.

The Curriculum

EYFS

Following the Early Years Foundation Stage guidance, children in Reception are encouraged to experiment with different ways of moving, these include:

- Jumping off an object and landing appropriately.
- Negotiating space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles.
- Traveling with confidence and skill around, under, over and through balancing and climbing equipment.
- Showing increasing control over an object in pushing, patting, throwing, catching or kicking it.

KS1

Most children in KS1 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, they should also begin developing their balance, agility and co-ordination, and begin to apply these in a range of activities.
- Participate in team games, working well with others and developing simple tactics for attacking and defending.
- Perform dances using simple movement patterns.

KS2

Pupils in KS2 should continue to develop a broad range of skills and be able to apply this in a variety of situations, learning how to use their skills in different ways and to link them to make actions and sequences of movement. They should develop and 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 and others success.

Pupils should be taught to:

- Use running, jumping, throwing and catching in isolation and in combination in a variety of different sports.
- Play competitive games, modified where appropriate [to suit ability and success of different classes and children] and apply basic principles suitable for attacking and defending.
- Develop flexibility, strength, technique, control and balance through different physical activities [such as gymnastics and athletics].
- 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.

Swimming and water safety

During their time at Christ Church School children are provided with swimming lessons. These lessons aim to ensure that by the end of KS2 children will be able to:

- 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].
- Perform safe self-rescue in different water-based situations.

Outdoor and adventurous activity

Most outdoor and adventurous activities are currently carried out during our Y6 residential school journey or other off-site trips.

Health and Safety and Safe Learning Environments

We recognise that safety is particularly important in all P.E. lessons. We have a regularly reviewed school risk assessment for PE and specific risk assessments for one-off events.

PE takes place in lots of different locations and is dependent upon weather conditions. It is the responsibility of the teacher in charge to assess whether the working space and any equipment is safe and suitable for use. Specific risk assessments are issued to all staff who use the Sports Hall (Royal Free), Hampstead Heath and Swiss Cottage Swimming Pool.

Opportunities for Sport

Clubs

At Christ Church school we provide a range of extra-curricular after school sporting activities in which the children are encouraged to participate. These opportunities are provided both by school staff and outside agencies. They are provided for different age groups and all ranges of ability and experience level are welcome. These clubs include [but are not exclusive to] cross country, football, rounders and dance. Staff also oversee games in the playground and occasionally run specific sports clubs at lunchtimes.

Competitions

A number of opportunities are provided for children to participate in inter-school competitions, these can lead to regional and national competitions and are often facilitated by the Camden School Sports Association. These opportunities are provided to all children in the school [dependent on age restriction of events] and we take part in participation events as well as elite events which allow children of all levels to access inter-school competitive experiences. The school also seeks to acknowledge and praise the sporting efforts and achievements of children who participate in activities during their own time.

School Games Award

From 2014 onwards Christ Church Primary School has been awarded School Games Awards. These awards demonstrate our commitment to high levels of provision of PE within Christ Church School as well as participation in a number of inter-school events.

Review

This policy should be reviewed every three years to ensure that it is a reflection of current best practice.

Revised by the school's PE subject leader and Teaching, Learning and Standards Governors Committee – October 2017