

# HOLLINS GRUNDY PRIMARY SCHOOL

Happiness, Health and Respect for Confident, Creative Learners

**INSERT HOLLINS SCHOOL LOGO & ANIMATION**

## **Physical Education Curriculum Policy**

Hollins Grundy recognises the importance of PE with the primary phase curriculum. We provide opportunities for all pupils to participate in both competitive and non-competitive sports and activities through a clearly planned, engaging, and relevant curriculum. Hollins Grundy recognises that physical development in a safe, supportive and challenging environment is a vital component in the development of children's physical and emotional health and wellbeing. We encourage healthy lifestyles in our pupils by promoting the importance of exercise and a healthy diet. We also encourage pupils to be responsible sports fans and to enjoy sport positively as a recreation.

### **EYFS**

Physical development within the EYFS framework is one of three prime areas for learning. Moving and handling – Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space. Children also show good control and co-ordination in large and small movements, this is largely done through yoga sessions being led by the teacher. Children access a range of daily activities to develop their fine and gross motor skills and have access to a dedicated outside area. They also have access to continuous provision where they can represent their own ideas, thoughts and feelings through design and technology, art, music, dance, role play and stories. In addition to this, they also have weekly PE lessons.

### **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.

#### **Children will 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.

### **Children will 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
- 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
- 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**

All pupils will attend a course of weekly swimming lessons in Year 3, taught by qualified swimming instructors.

Pupils will be taught 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.

### **Extra Curricular Provision**

All pupils will have the opportunity to attend out of hours sports clubs to extend their learning, develop their interests and widen their opportunities to participate in sport. Over the school year Hollins Grundy staff work with specialist sports coaches, currently from Bury Schools Sports Partnership (BSSCO) and QFirst Sports who provide after school clubs for a variety of sporting activities, such as gymnastics, dance, tennis, athletics etc. School teaching staff also offer a variety of sports clubs at lunchtimes and after school for KS2 pupils.

### **Opportunities for Competition**

We value healthy competition in sport and Hollins Grundy staff train several school sports teams such as football, netball, cross country and cricket. We are part of the Prestwich and Whitefield Junior Schools Sports Association (PWJSSCO) through which we participate in inter school competitions in variety of sports. We hold an annual whole school sports day event in which pupils compete for and against their house teams, parents are invited and encouraged to attend to support their children; we also host a very competitive Parents Race for any willing entrants!

## **Dress**

All staff and pupils will dress appropriately and safely for physical activity lessons. This includes wearing appropriate clothing (shorts/T-shirt/tracksuit) and shoes (pumps/trainers) for the task. Both staff and pupils must have long hair tied back so as to ensure safety during lessons. Watches and jewellery must be removed during PE lessons, including earrings. However the school will make the appropriate religious observance in the case of symbolic religious attire; parents will need to make staff aware and discuss such items with staff prior to PE lessons.

## **Deployment of specialist sports coaches**

The school may deploy specialist sports coaches to teach pupils expert skills, alongside a class teacher. The class teachers will remain present in all lessons and will work alongside specialist coaches, taking an active role in the lesson. Teaching Assistants will take an active part in the PE lessons, acting as a model for pupils, supporting with behaviour and/or joining in team games.

The school may employ specialist sports coaches to deliver after school club sports sessions. All coaches will be subject to DRB checks and will be appropriately trained. Members of Hollins Grundy teaching staff will remain on site and available whilst after school sports clubs are delivered.