

Headteacher

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Muswell Hill Primary School

Physical Education Curriculum Policy

Agreed: April 2017

Review: April 2019, updated guidance September 19



Core Essence- What is Physical Education in a primary setting?

A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It should provide 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.

In Muswell Hill Primary:

- PE will be taught for two hours per week and will consist of one indoor session (covering Dance or Gymnastics on a half termly rotation) and one outdoor session.
- Val Sabin is used to teach all aspects of PE in KS1 and Gymnastics/ Dance in KS2.
- Key PE Sports is used for outdoor games in KS2
- Children will have the opportunity to compete out-of-school in inter schools competitions within Haringey.

Key Questions:

- How can you improve your running? Jumping? Throwing? Catching? Balance?
- How can we make sure that we defend effectively?
- How can we make sure that we attack and score from our attack?
- How do you know when you have done well?
- Why is it important to do physical activity?
- How can you apply your knowledge and skills from football into a netball game?
- How can you work well as a team?
- How can you link your dance/gymnastic movements together?
- How can you overcome problems as a team?
- How can you improve your performance?

Key knowledge, skills and thinking from the curriculum.

KS

Knowledge and understanding of fitness and health

Pupils should:

- be physically active for sustained periods of time
- have the strength, stamina and suppleness to use a range of fundamental movement skills across a broad range of activities

The activities and experiences in the PE programmes of study should aim to ensure ALL pupils lead healthy and active lives.

KS2:

Knowledge and understanding of fitness and health

Pupils should:

- be physically active for sustained periods of time
- develop flexibility, strength, stamina to be able to play in games, take part in performances, overcome challenges and achieve personal bests

The activities and experiences in the PE programmes of study should aim to ensure ALL pupils lead healthy and active lives.

Swimming

All schools must provide swimming instruction either in key stage 1 or key stage 2

Pupils should 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

Links to English (speaking & listening, writing and reading)

Speaking and Listening – The children have to work in collaboration with team mates during team games and they will also need to work in collaboration when making up their own dance/gymnastic routines.

Reading and Writing – Children will write reports for the school website (<http://muswellhillprimary.co.uk/sports/>) covering any out-of-school sporting activities that we are competing in. Any large sporting events, e.g. Olympics/World Cups, will provide inspiration for writing opportunities within English.

Links to Maths

PE can be linked to Maths in many different ways: Measuring distances that different children have jumped or different athletes have jumped, ordering running times in order (which includes decimal numbers), putting data into pictograms, bar charts and pie charts, word and money problems about different sporting events, investigations etc...

Other- relevant information, reading or websites

<http://www.afpe.org.uk/physical-education/2014-national-curriculum/>

Advice on the curriculum.

<http://www.afpe.org.uk/physical-education/advice-on-sport-premium/>

Advice on the Primary PE & Sport Premium

Guidelines for teaching PE at Muswell Hill Primary School relating to health, safety and general good practice:

All PE Lessons

- All children to partake in PE unless they have a note from parents/doctor.
- Teachers to dress appropriately for the lesson i.e. to comply with the same rules as the children.
- Boys and girls to change separately in KS2 (either boys or girls sent to toilets to change depending on what is most suitable for each teacher).
- All children to be wearing suitable clothing that is different from their school clothes. If children are missing items of clothing, they can be sent to the parallel class to ask to borrow specific items. e.g. A child from Violet can be sent to Amethyst to ask for a hairband/PE shirt etc.
- Hair tied up when it is shoulder length or longer.
- No jewellery
- No watches
- Teachers to choose teams for games.
- Be aware of any specific special educational/physical/behavioural needs of your pupils e.g. dyspraxia.
- Whether glasses are removed is down to the individual's preference.

Indoor PE

- Bring shoes and socks into hall in case of Fire Alarm.
- Do not wear shoes or socks when in hall.

Outdoor PE

- Wear suitable footwear.
- Assess weather conditions before and during lesson.