



PE and Sport Policy 2019/2020

Introduction:

Eveline Day School believes that physical education, experienced in a safe and supportive environment, is vital and unique in its contribution to a pupil's physical and emotional development and health. The physical education curriculum aims to provide for pupils' increasing self-confidence through an ability to manage themselves successfully in a variety of situations. A balance of individual, team, co-operative and competitive activities aims to cater for individual pupil's needs and abilities.

The scheme of work is based on progressive learning objectives which, combined with varied and flexible teaching styles, endeavor to provide appropriate, stimulating, challenging and enjoyable learning situations for all pupils. The scheme aims to promote an understanding of the many benefits of exercise, through a balanced range of relevant activities.

Physical education is considered as a vehicle to facilitate access to cross-curricular themes, skills and dimensions, rather than a subject concerned exclusively with the acquisition of motor skills and techniques.

Curriculum Aims:

- To develop an ability to plan a range of movement sequence, progress through the fundamentals of movement and begin to design and apply simple rules.
- To develop an ability to remember, adapt and apply knowledge, practical skills and concepts in a variety of movement based activities.
- To promote positive attitudes towards health, hygiene and fitness.
- To foster an appreciation of safe practice.
- To develop a sense of fair play, team work and sportsmanship.
- To develop communication skills, encouraging the use of correct terminology, to promote effective co-operation.
- To foster an enjoyment, and positive attitude to, the subject in school.

Objectives

- Children will participate in a range of psycho-motor / movement activities in order to develop personal physical skills as well as sport specific skill sets
- Children will be made aware of their body in relation to others and their immediate environment and aim to promote quality of movement. (Kinaesthetics)
- Children will be made aware of simple physiological changes that occur to their bodies during exercise. (Physiology)
- Be given opportunities to develop imagination and co-operation to achieve shared goals. (Teamwork)
- Be given opportunities to develop personal characteristics like initiative, self-reliance and self discipline (Self knowledge)



- Be given opportunities to enjoy and succeed in the subject as well as be stimulated and challenged. (Problem solving)
- Be given the opportunity to develop areas of activity of their choice in extra-curricular time.
- Experience competitive environments to help prepare them for KS3 and beyond

Overview:

Physical Education (PE) and sport lessons contributes to the overall education of all children by helping them to lead full and valuable lives through engaging in purposeful and high-quality activity. It promotes active and healthy lifestyles, physical skills, physical development and knowledge of the body in action. PE and sport enables children to learn confidence, perseverance, team spirit, positive competitiveness and organisation. Children must engage in a programme of PE that encourages fitness, improves their strength and teaches them the rules of games. PE and sport is an integral part of Eveline Day School practices allowing all children in the school to gain a sense of achievement and develop positive attitudes towards themselves and others.

Organisation

The curriculum in this subject has been organised to ensure that children in both key stages have access to all areas specified in the national curriculum and go beyond its statutory requirements. We are confident that children following our curriculum have the opportunity to surpass the expectations at the end of each key stage.

Teaching & Learning:

Eveline Day School aims to ensure that we are providing high quality learning experiences that lead to a consistently high level of pupil achievement. The school aims to create an effective and well managed learning environment in which the individual needs of each child can be met. PE and Sport lessons are no different.

Effective teaching should: enable pupils to acquire new knowledge and make good progress according to their ability so that they increase their understanding and develop their skills in the subjects taught; fostering pupils self-motivation, the application of intellectual, physical and creative effort, interest in their work and the ability to think and learn for themselves; be well-planned and use effective teaching methods, activities and management of indoor and outdoor teaching facilities; utilise effective strategies for managing behaviour and encouraging pupils to act responsibly; promote British values of democracy, teamwork and sportsmanship. Children are given regular feedback on their learning, verbal feedback and end of term written reporting, so that they understand what it is that they need to do to improve.



The Learning Environment

We recognise that the environment plays a key role in supporting and extending children's development and learning. This begins by observing the children and assessing their interests, development and learning, before planning challenging but achievable activities and experiences to extend the children's learning. There are 3 characteristics of effective learning environments within PE lessons, individual skill exploration with progressions and creating and thinking critically via team games, and self and peer assessments. These characteristics underpin learning and development across the PE and Sport curriculum and support the child to remain an effective and motivated learner.

Resources

The facilities for the teaching of physical education at Eveline Day School are a 35 x 17m astro pitch, a heated indoor swimming pool (via Balham Leisure Centre), 3 big grassed playing fields, 5 tennis courts, 1 7 aside hard court pitch 2 x full netball courts via (tooting Common playing fields)

The school also has a well resourced PE store in both key stages, its own portable football and netball goals, portable gymnastics equipment as well as many mats and benches. Equipment is checked regularly and stock replenished termly. Teachers have access to equipment and literature, via the head of sport, and can always rely on advice when needed. There is also a specialist swimming teacher employed by the school, several extracurricular sports coaches and the head of sport is the sports fixtures coordinator.

Planning

The Physical Education curriculum and scheme of work developed at the school covers all areas of activity outlined as statutory in the PE National Curriculum 2000. Each year group covers certain aspects of the curriculum during the child's time at the school. The current scheme of work is progressive and updated and lesson plans are available for the majority of curriculum areas for each year group, if required.



Curriculum Overview

Year	Autumn Term	Spring Term	Summer Term	
Reception	Fundamental Movement Skills	Fundamental Movement Skills	Fundamental Movement Skills	
1	Invasion Games + Functional and Aesthetic Movement Football + SAQ and FMS	Invasion games + Manipulative Skills Tag Rugby + Hockey	Manipulative Skills + Running, throwing, jumping Cricket + Athletics	
2	Invasion Games + Functional and Aesthetic Movement Football + SAQ and FMS	Invasion games + Manipulative Skills Tag Rugby + Hockey	Manipulative Skills + Running, throwing, jumping Cricket + Athletics	
3	Invasion Games- Football + Netball Principles of Fitness: FMS	Invasion Games + Gymnastics Tag Rugby + Hockey	Strike & Fielding + Athletics Cricket, Tennis + Athletics,	
4	Invasion Games- Football + Netball Principles of Fitness: FMS	Invasion Games + Gymnastics Tag Rugby + Hockey	Strike & Fielding + Athletics Cricket, Tennis + Athletics,	
5	Invasion Games- Football + Netball Principles of Fitness: FMS	Invasion Games + Gymnastics Tag Rugby + Hockey	Strike & Fielding + Athletics Cricket, Tennis + Athletics,	
6	Invasion Games- Football + Netball Principles of Fitness: FMS	Invasion Games + Gymnastics Tag Rugby + Hockey	Strike & Fielding + Athletics Cricket, Tennis + Athletics,	