



Physical Education at Blaby Stokes



Physical Education at Blaby Stokes Primary School develops the children's knowledge, skills and understanding, so that they perform with increasing competence and confidence in a range of physical activities. These include: dance and movement, games, gymnastics, swimming and water safety, athletics and outdoor adventurous activities.

Physical Education promotes an understanding in children of their bodies and how they work. As a Healthy Schools award winning school, we are keen to promote an understanding of the importance of physical exercise and establish regular exercise routines for children to take with them through life.

We use a variety of teaching styles and opportunities in PE lessons, in order to allow all children to access the PE curriculum. Blaby Stokes is committed to children investigating and using different learning styles, and staff plan lessons accordingly. Our principal aim is to develop the children's knowledge, skills and understanding and we do this through a mixture of whole-class teaching, small group and individual activities. This is also achieved through promoting the importance of Active Learning thus promoting sustainability of physical endurance, ownership of their learning to achieve good progress.

Teachers use a range of aids to draw attention to good practise, including photographs, video clips and children exemplifying good examples of work. We encourage the children to act as role models for each other and ask them to evaluate their work, and that of others. Within lessons we give children the opportunity to collaborate and use a wide range of resources, including large apparatus and smaller equipment.

In all classes there are children of differing physical ability. We recognise this fact and provide suitable learning opportunities for all children by matching tasks to the ability of the child. Differentiation is largely achieved through the STEP principle of altering the **S**ize of the space children are asked to perform in, **T**ime allowed for the completion or execution of a task, **E**quipment used (e.g. increasing the size of a ball to make catching easier) and the number of **P**eople involved in the activity.

Throughout Key Stage 1, the children will:

- 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.

Throughout Key Stage 2, the children will:

- *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.*
- *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.*
- *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.*