



**ASPIRE**

**P.E SPORT POLICY**



## **P.E Sport Policy**

At the Aspire Hub we believe in a healthy body will help promote a healthy and active mind. At the Aspire Hub children receive a range of curriculum PE coaching such as movement and dance, racket sports, athletics, invasion games and variety of ball games. With staff guidance and support the children compete against each other and against staff, we want our children to learn to take safe and active part in PE activities, we want them to learn how to exercise independently and learn how to look after their bodies, perhaps discover a sport or exercise routine that they really enjoy and are able to be the best they can be.

The national curriculum set out age appropriate guidance, however at The Aspire Hub we know that not all our children will be able to meet these expectations, for varied individual reasons. At the Aspire Hub our children work on developing their coordination gross and fine motor skills along with the ability to share and work as a team all of which are important for them to move on to meeting the national curriculum needs.

### **Key stage 1 [ages 5-7]**

Pupils should 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 [ages 7-11]**

Pupils should 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
- 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

### **Staff Procedure**

Senco to identify individual PE/ body mechanic activities to develop coordination

Room leader to identify PE Group active and to prepare, plan and risk asses the activity. (see Risk assessment policy)



Date	Ratification	Reviewed by
09/11/2020	This policy was ratified by the board of Directors	Directors