

Physical Education Practise – Northhill C of E VA Lower School

Dolphin Class – Foundation Stage
This area of the curriculum is assessed as Physical Development in the Foundation Stage. Children have use of bikes and trailers, scooters, go carts, normal PE equipment, an outside play house, an uncultivated area for use during their timetable separate to the rest of the school. They also have playtimes where everything is available to them again as is for the rest of the children. In addition they have a more structured physical development programme of activities using apparatus during two one hour sessions per week.
Owl Class – Year 1 and Year 2
PE is taught through two one hour sessions a week. Children are taught to extend their knowledge and skills through a variety of activities and games. They evaluate and improve their performance through practising individual skills and setting own targets for improvement. They are encouraged to understand the importance of teamwork and sportsmanship through games such as hockey, football, volleyball, tennis, cricket and others. They are also encouraged to understand the effects of exercise on their bodies and develop positive attitudes towards exercise. As skills are assessed children are taught in ability based groups or pairs.
Leopard Class – Year 3 and Year 4
PE is taught during two one hour sessions a week building on skills learnt during their time at school. We teach a variety of outdoor games using our excellent sporting facilities. We are linked with Sandy Sports College which involves inter-school competitions for years 1, 2, 3 and 4. The children are encouraged to differentiate their own learning once the progression of skills are demonstrated. They know how to challenge themselves and have the equipment available to do so. More talented children also assist with the developing of the less talented.

Personal Social Health Education Practise – Northhill C of E VA Lower School

Throughout the school this subject is taught intrinsically within the ethos and caring family environment and not just at specific times of the week. The children are encouraged to be involved in the organization of the school through suggestions in the suggestion box and by giving their ideas to the school council class members. All children experience the visit of the Life Bus on a 2 year cycle which teaches the children about their body and how important it is to take care of it.

Dolphin Class – Foundation Stage
The principles and teaching are closely linked with the RE work that we do in Dolphin Class and therefore is taught within that time allocation, mainly through bible stories, and throughout the class day in times such as PE, snack time, speaking and listening and throughout most activities in the Foundation Stage setting.
Owl Class – Years 1 and 2
A weekly 30 minute lesson is taught on a variety of subjects including the identifications of emotions and coping with them, making choices, differences between opinions and lifestyles and healthy lifestyles. These are taught mainly through role play, stories and discussions and health is linked with science and PE.
Leopard Class – Years 3 and 4
Years 3 and 4 are taught separately but cover the same topics such as health and safety, rights and responsibilities as they grow up, behavior at school, home and in public, e safety, bullying and dangerous substances. In the summer term Year Three learn about feelings as they grow up whilst Year Four have a separate unit on sex education.

Signed on behalf of the Governing Body

Simon Bryant
Chair of Governors

Date