

Physical Education Policy



*'Learning for life,
building a firm foundation'*

Reviewed:

Chair of Governors:

Headteacher:

Policy Statement

At All Saints C of E Primary, we aim to inspire and engage children's interest in sporting activities by providing a wide range of opportunities within school, after school and within the wider community. We foster children's interest in physical wellbeing and healthy lifestyles in order to establish long lasting lifestyle messages. We promote our Christian values through sports and positively encourage children to share, respect, support, trust and work together, showing increasing resilience in all aspects of physical activity. This policy should be read in conjunction with the National Curriculum and the school long term plan, which sets out what pupils in different year groups will be taught.

The aims of physical education are:

- to develop skillful use of the body, the ability to remember, repeat and refine actions and to perform them with increasing control, co-ordination and fluency.
- to develop an increasing ability to select, link and apply skills, tactics and compositional ideas.
- to develop an understanding of the effects of exercise on the body, and an appreciation of the value of safe exercising.
- to develop the ability to work as a team player or as an individual, taking the lead and learning to work collaboratively with others.
- to promote an understanding of safe practice, and develop a sense of responsibility towards their own and others' safety and well-being.

Strategies

- Each class is timetabled so that they can access the hall up to twice a week.
- The playground is used to facilitate activities.
- Year 3 swimming lessons are provided by qualified teachers from The Pingles Leisure Centre.
- Coaches from the School Sports Partnership provide PPA cover in KS2 and opportunities for extending the PE curriculum through after school clubs.
- A gymnastics coach teaches all children in KS1 once a week and she provides a morning club once a week.
- Through the partnership schools link, the children are given regular opportunities to participate in after school competitive sporting activities. School staff accompany the teams to these events.

Early Years Foundation Stage

Physical development within the EYFS framework is one of three prime areas for learning. The two related early learning goals are:

- Moving and handling - Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space.

- Health and self-care - children know the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe.

Key Stage 1

Pupils are 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

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 (Y6 residential)
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Contribution of PE to teaching in other curriculum areas:

Links between PE and English include: writing sequences, following/giving instructions, oral/peer assessments, speaking and listening, and movement within drama.

Links between PE and Mathematics include: measurement, shape and space, sequences, number, angles, position and movement, rotation and time.

Children use capturing and recording equipment (cameras and videos) for evaluation/development of skills. Videos of professional/skilled athletes are also used to help develop good technique.

PSHE and PE links include following rules, living healthily, co-operating with others and understanding fairness and equality.

Through sport children are taught the Christian values of respect, trust, honesty, friendliness and perseverance.

Healthy Eating

The school recognises that physical activity is just one element of healthy lifestyles and actively promotes healthy eating. These messages are shared in clubs and lessons.

SMSC

PE offers many opportunities that support the social development of our children.

Groupings allow children to work together and give them the chance to develop respect for the abilities of other children through collaborative and co-operative work, while gaining a better understanding of themselves.

Special Educational Needs (SEN)

These learners are positively encouraged to participate in all activities and contribute to discussions. Methods of recording ideas, responses and outcomes will be differentiated according to need, enabling them to achieve.

Inclusion

- Class teachers will ensure that spare PE kit is available for any occasional circumstances where a child does not have their own in school.
- Lessons are suitably challenging for all pupils.
- Children will undertake different activities, but all will be given the same opportunity to achieve the aims through an appropriate range of activities.
- For children with limited gross motor skills, the integrity of activities will be maintained and expectations will take into account the individual needs of pupils.
- For the purposes of competitions, all children will be given the opportunity to participate in the experience.

Assessment & Recording

- Assessment is usually carried out by teachers in the course of the normal class activity.
- This is done mainly through observations and sometimes through discussion with children.
- A photographic/video record is sometimes used to document some of their work.
- Physical development levels and progress are recorded by the EYFS teachers for each child.
- Levels of attainment are recorded on Target Tracker for KS1 and KS2 pupils.
- Physical Education / physical development is included as part of the end of year reports to parents.

Health & Safety

- All staff have due regard for the current Association for Physical Education (AfPE) PE guidance when preparing and delivering PE lessons:
- Pupils are taught how to improve their own abilities to assess risks.
- First aid equipment is available, and all staff are trained in what action to take, including calling for assistance in the event of an accident.
- Inhalers for pupils suffering from asthma are made readily accessible

- Regular checks are made on all equipment.
- Staff are responsible for reporting to the subject leader if any items show wear and tear.
- All large items of equipment are inspected annually by an independent safety expert.
- Pupils are taught how to move and use apparatus safely under the supervision of a teacher or responsible adult.

Resources

We have a variety of equipment to enable pupils to achieve objectives, which are best suited for their age and stage.

- Large equipment/ mats and some indoor PE resources are stored in the hall.
- Outdoor equipment is stored in the outdoor store.