



## **PE AND SWIMMING POLICY 2023-2024**

Physical Education at Cribden House School is planned, progressive learning that takes place as part of the school curriculum at a timetabled time and which is delivered to all pupils. This involves both 'learning to move' (i.e. becoming more physically competent) and 'moving to learn' (e.g. learning through movement, a range of skills and understandings beyond physical activity, such as co-operating with others). The context for the learning is physical activity, with children experiencing a broad range of activities, including sport and dance.

### **Aims and Objectives**

In teaching PE at Cribden House School we aim to:

- Allow students to reach their full potential in a safe environment giving equal access to all
- Provide a range of meaningful physical activities, offering a broad and balanced experience
- Allow students to progress in terms of co-ordination, awareness, mastery of the body, control skill, understanding and knowledge
- Enable students to evaluate their own and others performance
- To develop agility, balance and co-ordination and gross motor skills
- To facilitate progression through the key stages

In order to promote active and healthy lifestyles all children should:

- be physically active
- adopt the best possible posture and appropriate use of the body
- engage in activities that develop cardio vascular health, flexibility, muscular strength and endurance
- understand the need for personal hygiene in relation to vigorous physical activity

In order to develop positive attitudes all children should:

- follow the conventions of fair play and honest competition
- cope with success and limitations in their performance
- persevere with and consolidate their performances
- be mindful of others in their environment
- Strategies

Children are entitled to high-quality PE lessons. Individual class timetables refer to the lesson times for PE and swimming lessons. These are reviewed every half term. At Cribden House School, PE will be taught through;

- Exposition (demonstration, explanation and instruction) by the teacher to the class, groups or individuals
- Practical activity and related discussion
- Co-operative group work
- Consolidation and practice of fundamental skills
- Opportunity to discuss and reflect on their work
- Use of professional/qualified coaching to enhance current provision within school
- Links made to Mental Health and Healthy Schools
- Links made to the Autistic Spectrum Condition (ASC)

- Use of community facilities – local swimming baths

## **Curriculum**

The areas of physical activity (games, gymnastics, dance, athletics, swimming and outdoor activities) are set out in the Foundation Stage Curriculum and National Curriculum. The PE curriculum at Cribden House School is based on these requirements and is detailed on the PE Long Term Plan.

Each class will learn PE in accordance with the long-term planning. This will ensure continuity and progression through school in order to continue to improve standards in PE.

## **Early Years**

Pupils should be taught:

### Games

- Spatial awareness
- Basic motor skills
- Co-ordination and control
- Aiming, predicting and estimating

### Dance

- Using their imagination in art, design, music, dance, imaginative role-play and stories

### Gymnastics

- Travel around, under, over and through balancing and climbing apparatus

## **KS1 and KS2**

Pupils should be taught:

### Games

- Simple competitive games
- A variety of ways to send, receive, strike and travel with/without a ball
- Games which include running, chasing, dodging, avoiding and awareness of space and other players
- To develop core skills in attacking, defending, invasion, striking and fielding
- To play small-sided and simplified versions of net/wall and target games

### Gymnastics

- To use technical vocabulary
- To perform basic actions of travelling (turning, rolling, jumping, balancing, climbing)
- To link movements on the floor and apparatus
- To repeat movements / develop sequences
- To develop complex movements

### Dance

- To compose and control movements by varying shape, size, direction, level, speed, tension and continuity
- Investigate different genres of dance
- To express feelings moods and ideas
- To respond to various stimuli including music

### Athletics

- To develop and refine basic running, jumping and throwing techniques using a variety of equipment
- To measure, compare and improve their own performance

### Swimming

- To swim unaided, competently and safely for at least 25m
- To develop confidence in water
- To develop floating skills and support positions
- To develop an effective and efficient swimming strokes on the front and back
- To understand and follow basic water safety and survival skills

## Outdoor Activities

- To perform outdoor and adventurous activities in a variety of environments
- To face physical and problem-solving challenges individually and collaboratively

High-quality lessons should include:

- A statement of the learning objective
- A whole class risk assessment
- Teaching the children to warm up safely
- The teaching of skills and techniques
- The application and adaptation of learnt skills in games activities
- Modelling of correct technique
- Use of correct and specific technical vocabulary
- Performance and evaluation of each other's work
- Work which reflects the learning objective
- Teaching the children to cool down safely
- Teaching children the impact PE has on their bodies

## Health and Safety

All tasks are presented so that individuals are not confronted with unreasonable tasks or presented with unnecessary dangers. Regular equipment checks to be made in order to ensure children and staff are safe. All resources need to be stored in the PE cupboard safely. Practical areas need to be assessed and hazard free. Appropriate clothing needs to be worn (see below PE school uniform). As part of pupils PE kit, long hair must be tied up. Staff are to wear appropriate clothing for PE lessons.

Every child must have a school PE kit. They should bring it into school at the beginning of a half term and take it home at the end of a half term for cleaning.

PE kit consists of:

- Plain t-shirt (white)
- Black/Navy shorts
- Black pumps

## Swimming

Swimming lessons are on a rota (see class timetables). Pupils that are timetabled have one swimming lesson a week. This session is at Marl Pitts swimming baths. All pupils have swimming targets and are working on a recognised swimming scheme. Children are taught by a swimming instructor and supported by school staff. In addition to this offering, during the summer term all pupils will have the opportunity to learn swimming through the use of a pool which will be temporarily located at Cribden house.

Swimming kit consists of:

- Swimming shorts/trunks or one-piece swimming costume
- Swimming hat for children whose hair is long enough to be tied up
- Towel

When travelling to Marl Pitts and other sporting facilities, the appropriate risk assessments are completed and the followed issues addressed:

- All children wear seat belts
- All supervising adults to be aware of risk implications
- All supervising adults that attend swimming to hold a current DBS
- All transporting adults to be fully insured
- Parent/guardian permission for taking children out of school obtained

### **Role of Curriculum Subject Leader**

- With the Head, Deputy or Assistant headteacher, to share a role in the monitoring and evaluation of the PE curriculum throughout the school.
- To encourage other members of staff in their teaching of PE and to give support where appropriate.
- To encourage staff to work within the guidelines laid down in the PE policy.
- To keep up to date with current good practice and with national changes within the PE curriculum.
- To evaluate and update the policy, scheme and resources on a regular basis.
- To assist the Head teacher and Governors in the development of the School Improvement Plan.
- To manage a budget to purchase in line with the school's needs.
- To support members of staff in the use of effective planning, assessment and recording systems.
- To oversee an annual inspection of all PE equipment.

### **Inclusion**

PE activities are differentiated to meet the needs of each pupil. Each child's needs are to be met through the development of individual or group programmes that encompass a range of learning styles and are designed to enrich the curriculum.

### **Equality**

Teachers will ensure that all pupils have fair access to the PE curriculum, regardless of gender, race, or ability.

This policy was reviewed in September 2023.