



## **Read St. John's Physical Education Policy**

**'Sowing the Seeds of tomorrow; growing in the light of the Lord'**

**At Read St. John's we aim to unlock the potential for everyone to flourish whilst being rooted and grounded in God's love. We aim high, so together as one family, we can fly.**

### **Intent**

Physical education develops the children's knowledge, skills and understanding, so that they can perform with increasing competence and confidence in a range of physical activities. These include dance, games, gymnastics, swimming and water safety, athletics and outdoor adventure activities. Physical education promotes an understanding in children of their bodies in action. It involves thinking, selecting and applying skills, and it promotes positive attitudes towards a healthy lifestyle. Thus, we enable the children to make informed choices about physical activity throughout their lives.

### **Implementation**

PE is a foundation subject in the National Curriculum. Our school uses the Lancashire PE Scheme of Work as the basis for its curriculum planning in PE. The school uses a variety of teaching and learning styles in PE lessons. Our principal aim is to develop the children's knowledge, skills and understanding in PE. We encourage children to take part in as much physical exercise as possible and provide a wide range of opportunities for them to do so. A curriculum overview is provided in our separate PE skills progression document and topic map.

### **EYFS Curriculum**

Physical development is one of the three prime areas in the EYFS Statutory Framework. This involves providing opportunities for young children to be active and interactive; and to develop their coordination, control, and movement. Children are

helped to understand the importance of physical activity and to make healthy choices in relation to food.

We encourage the physical development of our children in the Reception class as an integral part of their work. We give all children the opportunity to undertake activities that offer appropriate physical challenge, both indoors and outdoors, using a wide range of resources to support specific skills.

## **National Curriculum**

### **KS1**

The children develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. The children will 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.

### **KS2**

The children will continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They will become skilled at communicating, collaborating and competing with each other. They will develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

The children will 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.

In addition, the school provides a range of PE-related activities for children at the end of the school day. These encourage children to further develop their skills in a range

of the activity areas. The school sends details of the current club activities to parents at the beginning of each term. The school is a member of the Ribble Valley schools' sports partnership which allows us to play sports competitively against other local schools. This introduces and develops a competitive element to team games and allows the children to put into practice the skills that they have developed in their lessons. These opportunities foster a sense of team spirit and cooperation amongst our children and enables them to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

### Swimming and water safety

All schools must provide swimming instruction either in key stage 1 or key stage 2. At Read St. John's we provide this in Year 3. The children are taught to:

- 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.

All children will have Quality First Teaching. Any children with identified SEND or in receipt of pupil premium funding may have work additional to and different from their peers in order to access the curriculum dependent upon their needs. As well as this, our school offers a demanding and varied curriculum, providing children with a range of opportunities in order for them to reach their full potential and consistently achieve highly from their starting points.

### Spiritual, moral, social and cultural development

**Spiritual development:** Spiritual education in PE develops deep thinking and questioning the way in which the body works. Pupils are encouraged to analyse and seek ways to improve performance. A variety of skills are developed through dance, which allow pupils to express their feelings and emotions, as well as be amazed by what their bodies can achieve.

**Moral development:** Their PE work in general enables them to develop a respect for other children's levels of ability and encourages them to co-operate across a range of activities and experiences. Children learn to respect and work with each other and develop a better understanding of themselves and of each other.

**Social development:** The teaching of PE offers opportunities to support the social development of our children through the way we expect them to work with each other in lessons. Groupings allow children to work together and give them the chance to discuss their ideas and performance.

**Cultural development:** Through the teaching of PE pupils learn games and dances from different traditions, including their own, as well as being able to appreciate the

differences between male and female roles within sport. They are encouraged to explore various sports from around the world and become more aware of how sport is part of every culture.

### **Assessment, Monitoring and Moderation**

Each year group has its own progression of activities and lesson plans, which the teacher can adapt to suit their class. In Key Stage One we use the Fundamental skills to assess the children at the end of each year. In Key Stage 2 we use the KLIPs/core tasks to assess the children's skills at the end of the year. Throughout the school, teachers will assess whether children are working below, just below, on track or at greater depth for their age based on their understanding and application of the content of the National Curriculum 2014. Progress and attainment is reported to parents through parents' evenings and end of year reports.

### **Health and safety**

Class teachers are responsible for safety in their lessons. They must ensure they are familiar with the safe use of all equipment for all aspects of the PE curriculum. If there is any doubt they must consult with the Subject Leader.

Teachers must position themselves in the lesson, outdoor or in, so that they are able to observe the whole class.

Children must not be allowed to use any part of the apparatus for sitting on during direct teaching or demonstration.

In the event of an accident the class must be told to stop what they are doing so the teacher can give attention to the injured child. If the injury is serious a responsible child should be sent to the office to obtain further assistance.

The movement of large apparatus is a potentially hazardous activity. On no account should children be expected to move items that are beyond them physically. Children of all ages must be shown the correct way to lift, carry and place heavy objects.

The large apparatus is checked yearly by a specialist firm. We do not have the facilities for the children to take part in long jumping or high jumping. Activities to replace these include standing long jump/triple jump and mini hurdling.

As stated in the school prospectus children are encouraged to wear navy shorts, green t-shirt and black pumps.

A swimming costume and towel are needed for swimming. Any children wishing to wear goggles must be given the official letter of guidance on their use which has a consent slip attached for parents to sign.

No jewellery or watches are to be worn, recent pierced ears should be covered with a plaster or tape.

### **Resources**

There is a wide range of resources to support the teaching of PE across the school. We keep our equipment in the PE store and the benches and a range of large apparatus in the hall, and these are accessible to the children only under adult supervision. We expect the children to help set up and put away this equipment as part of their work, after building up their safety awareness and skills when manoeuvring, lifting and carrying equipment. By doing so, the children learn to handle equipment safely and apply these skills to their everyday lives. The children use the school field and playground for games and athletics activities, the school hall for dance and gymnastics and the local swimming pool for swimming lessons.

### **Impact**

We help motivate children to participate in a variety of sports through quality teaching that is progressive and allows children to develop fundamental skills and apply them to a variety of sports and activities as well as being engaging and fun. From our lessons, our children learn to take responsibility for their own health and fitness, many of whom also enjoy the success of competitive sports. We equip our children with the necessary skills and a love for sport. Children understand how to lead a healthy lifestyle and understand the importance of exercise so they will hopefully grow up to live happy and healthy lives utilising the skills and knowledge acquired through PE. All pupils understand the values and importance of fair play and being a good sportsperson.

The impact is demonstrated through the children's learning outcomes by the end of KS2, hopefully they:

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time • engage in competitive sports and activities
- lead healthy, active lives.

**This policy was written in March 2022 and will be reviewed in March 2023.**