

# Shavington Primary School



## Physical Education Policy

Written by Luke Wakefield

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Reviewed: September 2023

Signed:  Luke Wakefield  (Subject leader)

Signed: \_\_\_\_\_ (Headteacher)

Signed:  Steve Lee  (LAB Chair)

## **INTRODUCTION**

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A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically demanding activities. It should provide opportunities for pupils to become physically confident in a way, which supports their health and fitness.

Opportunities to compete in sport and other physical activities build character and help to embed values such as fairness and respect.

We recognise the vital contribution of physical education (PE) to a child's physical, cognitive, social and emotional development, as well as the role it can play in relation to a child's spiritual, moral and cultural development. PE is an integral part of the curriculum to be enjoyed by all children. It is a real opportunity for children to be creative and develop essential life skills such as communication, teamwork, leadership and to learn how to handle both successes and disappointments in an appropriate manner. Our PE lessons work on the values that underpin every aspect of school life.

## **GENERAL AIMS**

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We will adopt the national curriculum for physical education, the aims of which are to ensure that all pupils:

- 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

Additionally, we aim to cater for the different strengths, needs and preferences of each child by using differentiated activities (where appropriate) consisting of individual paired and group activities. Through the variety of opportunities that PE offers children can develop a sense of personal achievement, fair play, teamwork and an understanding of the ways in which sport can transcend social and cultural boundaries. A range of activities will therefore be provided with a broad base of movement knowledge, skills and understanding, which children can refine and expand throughout their primary school years. The curriculum is planned to the calendar of competitions we partake in throughout the year, in order to develop the children's skills to give them the best possible chance to succeed in these competitions

## **SPECIFIC AIMS**

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Participation in PE and sport have other additional benefits which should help pupils to:

- Develop a love of physical exercise and activity
- Develop the ability to work independently and communicate with, and respond appropriately towards, others using verbal and non-verbal communication.
- Develop confidence in their physical skills and abilities.
- Promote an understanding of safe practice, and develop a sense of responsibility for the safety of others.
- Realise that the right exercise can be fun and energise other things in life.
- Create and plan games and dances for mutual benefit.
- Develop a sense of fair play.
- Develop decision making and problem solving skills.
- Develop reasoning skills and the ability to make judgements.
- Develop an increasing ability to select, link and apply skills, tactics and compositional ideas.
- Develop the ability to communicate non-verbally with the body.
- Improve observational skills, the ability to describe and make simple judgements, and to use this knowledge and understanding to improve their and others' performance.
- Understand that using correct techniques will improve accuracy and performance.
- Enable performance evaluation and the ability to act upon constructive criticism.

## **Intent**

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We believe that all children should have the opportunity to enjoy and achieve within Physical Education. The curriculum is planned to the calendar of competitions we partake in throughout the year, in order to develop the children's skills to give them the best possible chance to succeed in these competitions. Lessons are designed to develop the fundamental physical skills in KS1, then continue to build on these, year on year.

Within lessons children will have the opportunity to participate in individual or team activities, which will continue to develop a range of social skills and enable the development of teamwork. Children will have the opportunity to take part in competitive scenarios within lessons, in preparation for Inter, or Intra- school competitions.

We are committed to ensuring every child gets the chance to practise and develop their skills in a range of traditional and non-traditional sports to give them the best possible chance to find a sport that they enjoy and may excel in. Every child deserves to experience an appropriate level of challenge regardless of their current knowledge and ability in that sporting area. Lessons are designed with this in mind, as we want to encourage and inspire a life-long love of physical activity.

We aim for children to develop life transferable skills, and to understand the importance of regular physical activity on our physical and mental wellbeing. Through P.E lessons children will build self-confidence and increase levels of self-esteem as they develop their own independence and resilience to challenges.

## Implementation

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We follow the Government's National Curriculum for Physical Education. Each child is timetabled to have 2 hours of physical activity each week. Every half-term two different sports are taught within each year group; these are geared towards the competition calendar in order to develop the skills needed to participate in these. We will also offer a wide range of clubs in order to give the children the chance to experience a wide range of differing sports.

We employ Crewe Alexander coaches to deliver our PE curriculum.

The sports coaches work with our children from Nursery to year 6. All children in KS1 and KS2 have two timetabled PE lessons a week. In KS1 the coaches deliver one lesson and class teachers deliver the other in collaboration with the sports coaches. In KS2 sports coaches deliver both. Our teachers work collaboratively with the coaches to plan and deliver the PE curriculum.

We will learn to set our own personal goals and reflect like the Tortoise to self-evaluate our own performance and how we can improve.



We will learn to problem solve and take risks like the resourceful Beaver in order to overcome any obstacles to improve our performance.



We will learn to work as a team like the Ant in order to get the most out of ourselves and our teammates.



We will learn to be resilient like the Rhino taking risks and showing courage during difficult times and how to persevere in order to improve our performance.



## Impact

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At Shavington primary school, we aim to provide high quality teaching ensuring all children participate in fun and engaging lessons. It is expected that all P.E lessons are safe and well-planned for the progression and involvement of all pupils. This will be monitored by the Subject Leader and SLT. The high-quality lessons will ensure children leave year 6 having:

- **Mastered basic fundamental 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.**
- **Engaged in competitive (both against self and against others) and co-operative physical activities.**
- **Able to use running, jumping, throwing and catching in isolation and in combination**
- **Played competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending**
- **Developed flexibility, strength, technique, control and balance through athletics and gymnastics.**
- **Performed dances using a range of movement patterns.**
- **Taken part in outdoor and adventurous activity challenges both individually and within a team.**
- **Self-evaluated- compare their performances with previous ones and demonstrate improvement to achieve their personal best.**
- **Taught to swim competently, confidently and proficiently over a distance of at least 25 metres, using a range of strokes effectively.**
- **To be able to perform safe self-rescue in different water-based situations.**

## SUBJECT CURRICULUM CONTENT

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### Early Years (Reception)

Whilst Early Years classes do not have a specific PE curriculum to follow, pupils in Reception will be taught P.E. in order to develop their early physical literacy in a range of physical activities and games aimed specifically at their physical development levels. Such activities will include games, races, dances and basic gymnastics. The children will also be taught key skills through team games such a dodgeball and Tag Rugby.

### **Key stage 1**

Pupils should 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. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Pupils will be taught to:

- Master basic movements including running, jumping, throwing and catching, as well as developing their physical ABC's (Agility, Balance 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 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 should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Pupils 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.

### **Swimming and water safety**

We will provide swimming instruction in key stage 2 (Year 3).

In particular, pupils will be 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]

Catch up swimming lessons are available in years 4, 5 & 6 for any children who cannot swim 25 metres.

## **ASSESSMENT**

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Crewe Alexander coaches assess the children using PE Passport alongside the teachers. A half termly update is available to view on PE Passport. Assessments at the end of the year will be used to inform the section about PE on each child's end of year academic report.

Swimming is taught and assessed by fully qualified swimming coaches.

## **CROSS-CURRICULAR LINKS**

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Children's entitlement to a balanced curriculum requires the recognition of Physical Education as a valuable contribution to cross-curricular work. Staff will consider the links P.E. has with other subjects and how it can enhance these subjects and vice versa.

From time to time theme days may be applicable for specific topics. Teachers and Premier Sports coaches will work together to explore opportunities and links e.g. circuit training may make a link to a Police based topic.

## **P.E. LESSONS**

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Each class will receive two PE lessons per week, including both indoor and outdoor activities throughout the school year. Class teachers will advise parents on which days their PE lessons will take place.

All pupils are expected to take a full and active part in all PE lessons unless there is an acceptable reason why they should not participate, for example an illness or injury that prevents a specific activity being undertaken. In such cases parents should inform the class teacher either verbally or through a note. In the absence of such parental advice all children will be expected to participate in the PE lessons.

Lessons will either be taught by the class teacher, a specialist instructor or, at times, by a combination of both teacher and instructor.

### **Non-participation**

If a child has been excused from PE or fails to bring their correct kit, then they are encouraged to watch and observe lessons; helping coaches/teachers with tallying, organisation and refereeing.

## **P.E. KIT**

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Children are permitted to come to school in their PE kit on days they have PE. If the children need to change into kit based on the discretion of the teacher, the kit should be in a bag clearly labelled with the child's name, and all items of clothing and footwear should also be clearly labelled with the child's name.

Indoor PE Kit comprises of:

- Pumps or plimsolls
- A pair of shorts
- A "House" t-shirt
- A pair of socks

Outdoor PE kit comprises of:

- A pair of trainers
- A pair of jogging bottoms, tracksuit bottoms or leggings with pair of shorts
- A "House" t-shirt
- A tracksuit jacket or sweatshirt (not a hoody)
- A pair of socks
- During the winter, a pair of gloves and a hat (not a peaked cap) is also strongly recommended for when the weather is cold.

PE staff will write a simple note in the children's diary if full kit is not in school.

## **PUPIL SAFETY**

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In order to minimise the risk of injury to themselves and others, pupils are not allowed to wear jewellery during PE lessons. This includes earrings, necklaces, bracelets and watches. "Fitbits" and similar fitness tracking devices may be worn provided that they do not have a buckled strap.

Earrings should either be removed or covered with micropore tape before participating in PE lessons (including swimming).

Long hair should be tied back when participating in PE.

Correct and appropriate clothing must be worn – see P.E. Kit section above for details.

Children will be trained to lift and carry any apparatus sensibly into position under adult supervision, which will be checked by a teacher before use.



## **HEALTH AND SAFETY**

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First aid is available in school at all times. All staff are aware of who the designated first aiders are in school (as displayed on posters). All coaching staff are first aid trained.

Coaches check resources and equipment prior to use to ensure that it is safe to use. Any equipment that is not up to standard or broken will be reported to the subject leader Luke Wakefield

## **EXTRA-CURRICULAR OPPORTUNITIES**

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All pupils will be given the opportunity, and be encouraged, to take part in extra-curricular sport and physical activities throughout the school year. These opportunities may be at lunchtime or after-school and may be delivered by school staff or specialist external providers.

Details of these activities will be shared with parents at the start of each term.

After school activities may require a parental financial contribution, which will be payable to school at the start of each term or half termly. The school can financially support children who are in receipt of pupil premium or free school meals to access such clubs.

## **COACHING**

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During extra-curricular clubs, sports coaches will provide specific coaching so that children can develop skills further.

For example (football):

- Passing and dribbling
- Shooting
- Set pieces
- Intercepting the ball

Children who access clubs may also be selected to represent the school in local competitive sports events.

## **INTER-SCHOOL COMPETITIONS**

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School is a member of the Crewe & Nantwich School Sports Partnership and is keen to enter as many of the Partnership's inter-school competitions as possible in order to offer pupils the opportunity to compete in a range of sports and activities against pupils from other

schools in the Crewe & Nantwich area. We promote competitiveness and encourage children to compete to the best of their ability in these competitions. We plan our curriculum to match the Crewe & Nantwich School Sports competition calendar in order to teach the children the skills needed to participate in these events.

Teams for the competitions will be selected in conjunction with specialist PE/Sports coaches working with our pupils using the following criteria:

- Attitude and engagement during PE lessons and extra-curricular activities
- Commitment to attend specific extra-curricular activities provided ahead of the competitions
- Team work, respect and leadership evidenced in PE lessons and extra-curricular activities
- Knowledge and understanding of the rules of the sport or activity
- Availability to attend the event
- Competence within the sport or activity

Where possible, we will enter more than one team in these competitions in order to give as many pupils as possible to opportunity to challenge themselves against their peers from other schools.

Most competitions take place outside of the normal school day so parental support will be required in order to transport their children to and from these events.

### **P.E. & SCHOOL SPORT PREMIUM**

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The P.E. & School Sport premium is ring-fenced funding provided to schools in order the help to improve provision of physical education (PE) and sport in primary schools in England.

Each year, School is awarded a sum of funding based on an agreed formula and the Head Teacher and the Local Advisory Board (LAB) will agree and decide how best to spend this funding to maximise it's impact. Each year School will publish details of the funding on the school website including; how it has been spent and the impact this has had on our PE and sport provision.

## **POLICY REVIEWING PROCESS**

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*Reviewed May 2018*

*Reviewed November 2020*

*Reviewed January 2021*

*Reviewed January 2022*

*Reviewed September 2023*

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