

Shaw CE Primary School Physical Education Policy

INTENT

To ignite children's passion for Physical Education, through experience of a wide variety of sports and physical skills. To equip them with knowledge and opportunities to become physically fit. To promote self-esteem and develop a Lifelong Healthy Lifestyle Mindset.

IMPLEMENTATION

Physical Education Policy Background

At Shaw CE Primary School, we ensure all children receive at least two hours per week of physical education through a broad and balanced programme. The PE lead is responsible for coordinating and managing the subject across the school.

Outline of facilities for physical activities

On site facilities consist of: - A hall, with apparatus including benches, mats, climbing frame with attachable ladder and pole. - A playground with a painted netball court - A field for a variety of physical activities - A play trail next to the playground. - Markings on playground to encourage physical activity – Scrap store resources for children to engage in imaginative active play - Separate outside area for reception that includes play equipment – A Forest School Area. Off-site - Use of the Melksham Blue Pool, for swimming pool facilities- Use of Melksham Oak Community School's facilities for competitions (organised by MOCS).

What will be taught?

A warm-up, at the beginning of each PE lesson, to prepare pupils physically for exercise and develop endurance fitness levels.

Knowledge, skills, and positive mindset taught through six key principals – Questioning, Challenge, Feedback, Practice, Modelling and Explanation. End points carefully considered through planned and sequenced lessons. Children encouraged to better themselves as learners and develop skills in how to be successful by Trying New Things, Pushing Themselves, Improving, Imagining, working hard, Understanding Others, concentrating and Not Giving Up.

At Key Stage 1 pupils develop the Fundamental Movement Skills to improve Agility, Balance, and Coordination. These will be taught through: Dance, Games Yoga and Gymnastics. Pupils can master basic movements including running, jumping, throwing, and catching and apply these in a range of activities through Multiskills lessons.

At Key Stage 2 pupils learn to apply and build upon the Fundamental Movement Skills learned in KS1. They experience competitive games which include basketball, cricket, football, hockey, netball, tag rugby, lacrosse, tennis, rounders, dodgeball, and bench ball. Through these sports children can apply the basic principles of attacking and defending. They develop flexibility, technique, strength and control through dance, gymnastics, yoga, and fitness lessons. Children are taken on a residential trip in each of the KS2 classes, where they experience outdoor and adventurous activities to challenge both individually and as part of a team. Swimming lessons teach pupils to swim a range of strokes competently and proficiently over 25m and perform self-rescue in different water-based situations.

When do we teach it?

Early Years Foundation Stage

Physical activity is woven throughout the Early Years curriculum, which complies with the Early Learning Goals, laid out in the EYFS Statutory Framework and the Development Matters document 2020. The key areas of learning are Personal, Social and Emotional Development, Physical Development and Expressive Arts and Design. EYFS children at Shaw CE Primary also experience a discrete session of PE on a Friday morning.

In Key Stage 1

Teachers will teach the core activities of Games and Gymnastics and Dance. Children receive 2 x 1-hour sessions each week. The PE lead teaches 1 hour of PE per week to Y2 children.

In Key Stage 2

The curriculum map continues to ensure that all National Curriculum areas are taught and developed throughout KS2. The PE lead teaches year three and year four once a week and both year 5 and year 6 twice a week.

The summer term enables us to cover Outdoor and Adventurous activities through residential field trips. Year 4 children will follow a swimming program delivered by Melksham Blue Pool staff for at least two terms during the year. If they have not achieved their National Curriculum required 25m award by the end of year 4, provisions will be made to take part in top up sessions before the end of year 6. Children in Year 6 can also undertake a Bikeability course and test. Small groups of Year 6 children will organise and deliver physical activities during lunchtimes. These activities will provide structured physical activities for years 1-5, whilst allowing Year 6 children to further develop their leadership skills. Pupils in Y5 and Y6 have further lunchtime football or dodgeball, held on the school field in the summer term.

Equal Opportunities

All pupils in this school, including those with special needs, are entitled to a comprehensive programme of physical activity which: -fulfils the statutory National Curriculum requirements -takes into account their individual needs and interests -provides them with opportunities to pursue activity beyond school. The Physical Activities ensure that all children have access to a varied programme, which provides opportunity to meet the national expectations as outlined in the PE National Curriculum. Ensuring Progression/Differentiation, teachers will follow progressive units of

work from the Primary PE Planning scheme, which builds on previous skills to work towards achieving National Curriculum objectives. The yearly curriculum overview map ensures there is adequate coverage of skills and activities across the Key Stages. Teachers will ensure that every lesson contains elements of planning, performing, and evaluating. Teachers plan effective opportunities for all pupils by ensuring: - Tasks are suited to pupil's different abilities, needs and interests - balancing challenge with the likelihood of success. - Ensuring pupils at different starting points all make progress. - Ensuring that both boys and girls can participate in the PE programme, and lunchtime activities, thus overcoming potential barriers to learning and assessment for individuals and groups of pupils -ensuring children with special physical needs can participate through modification to allow for limitations imposed by their condition/specialised supporting equipment. Ensuring that teaching is differentiated and takes account of all levels of ability. Variations in tasks, resources, support, and group structure ensures achievement for all. On the playground we provide a safe and stimulating area in which children can play and be active. We have a play trail and log cabin play area, and a wide variety of scrap store play equipment that is available for pupils to use at lunchtimes. This encourages the pupils to be active at these times. We offer extra-curricular activities for all children in Key stage 1 and 2, led by the Y6 Young Sports Leaders, as well as football/dodgeball sessions, led by year 4,5 and 6, for Y4,5 and 6.

Links across the curriculum

We continually aim to raise the profile of physical activity throughout the school by encouraging cross curricular links. English – speaking clearly, fluently, and confidently to different people individually and as a member of a group. Science – keeping healthy through exercise, circulation, skeletons and muscles, Maths – estimating and measuring distance and angles, using stopwatches, Music – exploring and expressing ideas about music through dance, responding to a range of musical starting points. ICT – using videos of movement and action to develop ideas and quality. Geography – using maps and plans with varying scales. PSHE – working with others, collaboration with others in teams and groups, developing an understanding of fair play and fairness through knowing and applying rules, developing respect for, and positive attitudes towards the environment and their own health and safety.

Resources

All the equipment needed to support the PE scheme of work is stored centrally in the PE shed or the hall. All teachers have access to support files, using the Primary PE Planning Scheme, for games, dance and gymnastics.

Health and Safety

Please refer to the School's Health and Safety policy and the up-to-date Safe Practise in Physical Education manual produced by British Association of Advisors and Lecturers in Physical Education. A copy of the manual is kept in the staff room for reference. Pupils are taught to manage equipment to ensure the health and safety of themselves and others. It is essential that teachers eliminate dangers to the safety, wellbeing, and health of their children by checking clothing, footwear, facilities, and apparatus. P.E. Kit (appropriate sports clothing) should be worn by all participating in the P.E lesson, including staff. All jewellery should be removed when possible or covered with tape which parents should provide. Long hair must be tied-up with hair ties provided by parents. Sun hats and sunscreen (to be applied by the child) should also be provided by parents. Pupils are responsible for bringing

filled water bottles to each lesson to ensure they are kept hydrated. Risk assessments should be conducted by teachers in the event of adverse weather conditions.

Monitoring

Physical Education at Shaw CE Primary School is monitored through lesson observation, pupil assessment data, feedback from staff, and pupil voice.

IMPACT

Assessment

Teacher assessment, in short- and medium-term planning, ensures progression between year groups. Assessment takes place through: - Teacher and Teaching Assistant observations of pupil performance in lessons, both effort and achievement. This will then be used in planning to support further lessons. - Pupils responses and discussion to specific questions to judge the level at which they and others are working. - Questioning pupils – what the pupils did/did not enjoy and what they have learnt in relation to the Key Learning. Where the PE Lead Specialist teachers PE, assessment is recorded in a central location for all teachers to access.

Our high-quality PE curriculum provides a safe and supportive environment and is vital in its contribution to a child's physical and emotional development, and health and well-being. Pupils leave primary school with the knowledge and understanding to lead physically healthy lifestyles. We provide opportunities for children to compete against themselves and others and develop key values including fair play, respect, communication, collaboration, commitment, leadership, and teamwork.

Review and evaluation of the policy

This policy was drawn up by the Physical Education lead, working in consultation with staff. Its implementation is seen as the responsibility of all staff.

Signed Date