



## **ST. ANDREW'S CE PRIMARY SCHOOL**

### **PHYSICAL EDUCATION POLICY** **(ref: Teaching and Learning Policy)**

This policy reflects St. Andrew's Church of England Primary School's Christian ethos and mission statement. At St Andrew's CE Primary School, we aim to bring children to a place where they can realise their full potential. Our Christian values are the foundation of all we do and each one is a facet of the central value, love, which 'always protects, always trusts, always hopes, always perseveres.' (1 Corinthians 13:7)

#### **Rights of a child**

Article 29—develop every child's personality, talents and abilities to the full.

#### **Aims**

To unleash every child's athletic potential within every aspect of Physical Education in both curricular and extracurricular activities.

To enable the children to have the mindset of taking on a challenge and approaching it with positivity. Physical education includes fundamental movement skills (FMS) and athletic motor skill competencies (AMSC) and games, gymnastics, dance, swimming and water safety, athletics, and outdoor adventure activities.

Moreover, it involves thinking, selecting and applying generic skills. It promotes positive attitudes for a healthy lifestyle and enables the children to make informed choices about the importance of physical activity throughout their lives.

#### **Objectives**

The National Curriculum objectives for PE are to:

- ✓ promote a positive and informed attitude towards healthy lifestyles and encourage a lifelong involvement in physical activity
- ✓ enable children to develop and explore the FMS skills with increasing control and co-ordination
- ✓ encourage children to work and play with others in a range of team situations
- ✓ develop core skills of running, jumping, throwing and catching, along with balance, agility, co-ordination, space awareness, decision making and co-operation in a range of different physical activities, as well as developing mobility, flexibility, strength and control
- ✓ increase children's ability to use what they have learnt to improve quality and control of performance
- ✓ teach children to recognise and describe how their bodies feel during exercise: e.g. heartrate and lung capacity
- ✓ develop the children's enjoyment of FMS and AMSC through creativity and imagination
- ✓ develop an understanding in children of how to reach their full potential, evaluate their own success and participate in any sport competently using a range of equipment
- ✓ to develop social co-operation and positive attitudes towards others and to compete with a sense of fair play

#### **Planning**

PE is a foundation subject in the National Curriculum and requires 2 hours of physical activity per week. The children follow a scheme involving FMS and AMSC devised by the physical education staff, considering the OFSTED requirements for Primary School Physical Education. It concentrates on introducing and developing the basic generic movement skills. It is therefore not sports specific but enables the children to build up their movement vocabulary and hence develop every aspect of movement development. Children develop their FMS (fundamental movement skills) in the PE lesson.

FMS can be divided into three sets of skills:

- ✓ Locomotion - e.g. running and jumping
- ✓ Stability – e.g. Balance and Twisting
- ✓ Manipulation – e.g. Throwing and catching

The specialist PE teaching staff have created a scheme of work based on scientific evidence to enrich every child's long-term athletic development. The AMSC (Athletic motor skill competencies) are continually developed in each PE lesson. Every child is exposed to a breadth of movement vocabulary throughout each Key Stage. All sports are a secondary focus in the PE lessons as the primary focus is to continually improve the acquisition of high-quality movement.

Fundamental movement skills are initially developed in the first year of school (EYFS – early years foundation stage), and from these building blocks, more complex movement skills develop throughout the Key Stages (1 and 2.) The children at St Andrew's continue to develop, refine, and practise FMS in increasingly complex situations. The timetabled lessons provide all pupils with high quality teaching, appropriate instruction, and planned activities to further develop their FMS. The content of these lessons is constantly reviewed, differentiated and adapted during each lesson where appropriate.

The children's development physically, intellectually, socially, and emotionally is of utmost importance in the planning, and the children are provided with progressive challenges but realistic experiences. The cross curricular links are very important, highlighting numeracy and literacy. Their progression develops rules, strategies and tactics, as appropriate for the class.

Healthy participation leading to healthy lifestyles are nurtured from the early years. Once the FMS and the AMSCs are learnt, it enables the children to develop confidence and competence to enjoy specific sports that they choose to participate in and experience. Competition, team work and fostering the importance of fair play is always encouraged during Physical Education activities throughout the Key Stages at St Andrew's Primary school. The EYFS team have timetabled sessions in the hall for PE. Although they work a more flexible day, they do have timetabled PE sessions each week with PE specialists. Key stage 1 and 2 children experience dance and gymnastic lessons in the hall, where they can continue to develop their movement skills within a structured creative framework with their class teacher.

Clear, high expectations are expected within Physical Education relating to kit, behaviour, trust and fair play as well as following simple rules for the benefit of individuals and the class.

Social skills are integral to PE development due to the need for co-operation, collaboration, team work and communication. It also provides opportunities for the children to appreciate different traditions and cultures. Dance enables the children to explore and express ideas in relation to lesson themes, as well as dance from different cultures and traditions.

### **Equal Opportunities and Inclusion**

All children are taught PE, whatever their ability, as PE forms part of the school curriculum policy to provide a broad and balanced education to all children (*see Equal Opportunities Policy and SEN Policy*).

Children should only miss P.E. lessons on health grounds if this is requested by their parent or carers.

Children who persistently forget their P.E. kit should be reminded and if necessary a letter should be sent to their parents asking for their co-operation.

### **Assessment, Recording and Reporting**

Children's work in PE is assessed by making informal judgements during lessons and these are used to plan future work. Teacher assessment is used to inform their judgement of each child's work in relation to age related expectations. Annually, class teachers complete an assessment for their year group showing whether the children are at the emerging, expected or exceeding level. The Subject Leader and PE specialists analyse the data for attainment and progress and an evaluation is made against national standards.

There is an opportunity for parents to receive an oral report on their child's progress twice a year at parents' evenings and there is also a written report annually.

### **Resources**

There are a wide range of resources to support the teaching of PE across the school. Most of the small equipment is kept in the PE stores and this is accessible to children only under adult supervision. The two halls contain a range of large apparatus, and children are expected to help set up and put away this equipment safely as part of their development. The children use the school field and playgrounds for PE lessons and athletics activities and the St. Andrew's Community Swimming Pool is used for swimming lessons. In partnership with the Chinnor Tennis club, all the children participate in taster tennis sessions each year which is organised by the school's PE specialist. The children are also offered free cricket and hockey coaching opportunities as they arise.

### **DfE PE Funding**

In September 2013, the Government introduced a two-year funded initiative for primary schools aimed to raise the standard and profile of PE. St. Andrew's has two PE specialist teachers who supports pupils' learning in Gymnastics, leadership in PE, CPD for teachers and lead a range of clubs and tournaments during the year. The school also employs athletic development specialists.

### **Health and Safety**

The general teaching requirement for health and safety applies in this subject. Teachers encourage the children to consider their own safety and the safety of others at all times. They are expected to change for PE into the agreed PE kit for each activity area. Teachers set a good example by wearing appropriate clothing when teaching PE. No jewellery is to be worn for any physical activity except where permission has been given to allow ear studs. When this is the case the studs should be taped over.

### **Monitoring and review**

The PE subject Leader shares the responsibility with the Teaching and Learning Leader for monitoring standards of children's work and for the quality of teaching in PE. The work of the PE subject Leader also involves supporting colleagues in the teaching of PE, being informed about current developments in the subject, and providing a strategic lead and direction for the subject in the school. The Leader meets the link governor regularly to discuss the development of PE in school. The PE Leader has non-contact time allocated in the monitoring schedule for lesson observation to monitor the quality of teaching and learning in PE.

### **Extra-curricular activities**

The Thame Partnership of Schools often provides sports opportunities beyond the school curriculum, e.g. dance Festivals, rugby tournaments, football matches, cricket events and swimming galas. The school plays regular fixtures and tournaments against local schools. This introduces a competitive element to team games and allows the children to put into practice the skills they have developed in their lessons. These opportunities foster a sense of team spirit and co-operation amongst our children. The school organises out of hours clubs which offer a range of sporting activities including those run by outside providers, e.g. after school sports clubs for FS/KS1/KS2 and dance clubs for KS1/KS2.

Date: March 2023

Review Date: March 2026

Signed: ..... (Chair of Governors)