



St. Nicholas C of E Primary School

Physical Education (PE) Policy

Our vision

We prepare every pupil for their best future by ensuring they reach their full potential and attain the knowledge, skills and understanding required for success as we believe that 'With God, all things are possible'. Matthew 19:26



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Reviewed by:	N. Duquesnay
Approved by Headteacher:	October 2023
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Introduction

St Nicholas Primary School recognises 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 both teachers and children to consolidate and develop a healthy outlook to both the physical and academic side of education.

Intention and Aims

- It is the intention that St Nicholas Primary school administers two hours of planned curriculum PE delivery to all their children.
- The whole school use the Lancashire Scheme for planning. A long-term plan is devised for the start of the academic year using the PE Passport App.
- A broad variety of topics will be covered in order to maximise each individual child's potential.
- During PE lessons we will aim to cater for each child's individual needs using differentiation where appropriate; and using individual and group activities. PE lessons will offer the children the opportunity to experience personal achievement, team work, fair play and understanding how skills learnt in PE can transfer over into academic lessons and the outside world.
- Children will be given a wide range of tasks to complete where they will explore different movements, tasks and challenges which they will get the opportunity to practice, develop and refine throughout their primary school careers.
- We will aim to encourage children of differing abilities to join a range of extra-curricular clubs, with the aim of improving their interest and participation in sport.
- Children who understand the importance of a health and fitness further understand the impact that has on a positive healthy lifestyle – we aim to raise our children's awareness in this topic therefore PE will crossover into PSHE lessons.
- Through the government's Sport Premium funding we aim to be involved in as many participation and competitive events as is possible, further enhancing our children's involvement in sport and general active levels. We will utilise specialist coaches for sports not covered within the curriculum. What we spend will be reviewed and published on the school website.

Specific Aims in relation to Physical Development

- Develop physical competence and confidence by acquiring and developing a range of fine and gross motor skills.
- Become aware of the different shapes and movements that can be made with the body.
- Develop knowledge, skills and understanding, and the ability to remember, repeat and refine actions with increasing control and accuracy.

- Become aware of the benefits of a fit and healthy lifestyle by understanding the effects of exercise on the body and the importance of developing strength, endurance and flexibility.
- Appreciate the value of safe exercising.

Specific Aims in Relation to Social, Emotional and Cognitive Development

- Develop a love of physical exercise.
- Develop the ability to work independently and communicate with, and respond appropriately towards, others using verbal and non-verbal communication.
- Develop confidence in 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 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 performance.
- Understand that using correct techniques will improve accuracy and performance.
- Enable performance evaluation and the ability to act upon constructive criticism.

Contribution of PE to teaching in other curriculum areas

English

PE contributes to the teaching of English in our school by encouraging children to describe what they have done and to discuss how they might improve their performance.

Information and communication technology (ICT)

We use ICT to support PE teaching when appropriate. The children can now record their performance using Ipads and use them to develop their movements and actions. The iPads are also used to record/photograph activities and these are then transferred to the assessment tool for teacher assessment purposes.

Personal, social and health education (PSHE) and citizenship

PE contributes to the teaching of personal, social and health education and citizenship. Children learn about the benefits of exercise and healthy eating, and how to make informed choices about these things.

Spiritual, Moral and Cultural development

Developing a positive attitude generally is not simply about celebrating sporting success and learning to lose well; but also encouraging children always to do their very best regardless of their ability; praising progress and achievement in a way that does not cause fear or upset for lack of performance or failure; and treating team mates, opponents and referees with respect. Essentially, using every opportunity to maintain and raise self-esteem all round.

The PE curriculum

Early Years Foundation Stage (EYFS)

In the Early Years Foundation Stage (EYFS) opportunities will be presented to the children where they can be active; develop coordination, special awareness; control and movement by practicing and developing the fundamental skills. They will also get the opportunity to handle various pieces of equipment in a working environment.

They will receive 1 hour of structured PE per week, in addition to regular outdoor play opportunities and have the prospect of taking part in festivals through our partnership with the school games network.

Key Stage 1

In key stage 1 our children will receive 2 hours of timetabled PE lessons in conjunction with government expectations. The lessons will be of high quality in line with the national curriculum and will covers aspects such as: the fundamentals of movement; skills to improve balance, agility and coordination. Furthermore they will participate in gymnastics and dance activities and will gain an introduction into team activities.

There will be opportunities throughout the year for our KS1 children to participate in extra curricular clubs before, during and after school to enhance the interest in sport a healthy lifestyle.

Festivals and competitions will be entered for specific children whether it be to engage those who are normally reluctant to engage in physical activity or to provide opportunities for competitiveness for those who are talented.

Key stage 2

Our key stage 2 children will receive 2 hours of structured timetabled PE lessons in conjunction with government guidelines.

In key stage 2 the children will have the chance to further develop and enhance their teamwork skills, learn and refine their skills in net and wall games and striking games. They will also continue to develop their gymnastics and dance skills. Athletics and OAA will also be taught in each year group.

Additionally they will be offered regular extra curricular clubs; before, during and after school, as well as regular opportunities to take part in festivals and tournaments both competitive and non competitive due to our partnership with the school games network.

Swimming

Swimming lessons are compulsory for all year 5 children and will take place at Palatine Leisure Centre.

Early intervention lessons will take place in year 4 for any child who cannot swim without swimming aids. Those children who have not met the National Curriculum requirement of swimming competently and consistently a distance of at least 25m, will have a further ½ term of weekly swimming lessons.

Implementation

We use a variety of teaching and learning styles in PE lessons. Our principal aim is to develop the children's knowledge, skills and understanding and we do this through a mixture of whole-class teaching and individual/group activities. Teachers draw attention to good examples of individual performance as models for the other children and we encourage the children to evaluate their own work as well as the work of other children. Within lessons we give the children the opportunity both to collaborate and to compete with each other, and they have the opportunity to use a wide range of resources.

Provision in PE caters for the needs of all children from the physically gifted to physically challenged through differentiation. Every child has the opportunity to achieve as high a standard as possible.

Modify activities using the S.T.E.P. method where necessary: change Space, Time, Equipment, People.

Suggestions for differentiation of challenges are alongside core tasks in PE.

Set up parallel activities, e.g. ability matched games, standing or seated activities.

Use adapted games from Youth Sport Trust's Sportsability package for children with higher support needs.

PE kit

Our school PE kit consists of a white t-shirt with the school logo and a school tracksuit. Navy short can be worn. Footwear must be either plimsles or trainers.

For extra -curricular clubs the children should wear their school PE kit which they come to school in.

Jewellery must not be worn for PE. Taping of earing is NOT permitted.

Any child needing to miss out on a PE lesson(s), the parent or carer needs to inform the school as early as possible.

Safeguarding

All adults who work with the children in our school will have the appropriate DBS check and clearance.

Equality

All topics in PE will be covered in a way that includes all children regardless of their background, gender, ethnicity or physical ability. Learning outcomes will be set in line

with the national curriculum expectations and in line with the school's special needs and equality policy.

Assessment

Assessment is collated using the PE Passport App. Photo and video evidence can be taken and stored for each lesson. Assessments should be made against specific learning outcomes for the lesson. These are also selected and recorded on the App. Children's attainment in swimming is recorded and tracked on the Swimphony App by the swimming teachers. All the data can be accessed by the school.

School Sport Network (SSN)

The school is part of the Blackpool Council Sport Blackpool Partnership and therefore has a link to local authority sporting events both competitive and non-competitive, as we have this partnership it is a further aim that the following targets will be achieved:

- Increased participation in high quality PE.
- Increased participation in high quality out of school hours learning.
- Increased participation in high quality informal activity.
- Increased attainment and achievement through PE and sport.
- Improved behaviour and attitude in PE, sport and whole school.
- Increased participation in competitive and performance opportunities.
- Increased involvement in community sport and improved quality of community life.

Health and safety

We follow Blackpool Council's Health and Safety Guidelines for PE, which works in line with the 'Safe Practice in Physical Education and sport- 2022 edition' (This can be found with the PE co-ordinator). Each teacher has a 'duty of care' for the safety in planning and executing of their classes Physical Education lessons. Teachers use the 'Triangle model for managing risks in PES' to ensure safety. If there are considerable concerns then a risk assessment should be carried out by staff, in conjunction with their Head of School. Where there are implications for lifting and handling then the appropriate policy should be followed.

The general teaching requirement for health and safety applies in this subject.

We encourage the children to consider their own safety and the safety of others at all times.

All children and staff are to wear the school PE kit for PE lessons and afterschool sporting activities.

All jewellery must be removed. Taping of earing is not permitted.

Any child who has acrylic nails cannot participate in the lesson.

At St. Nicholas CE Primary School we teach all our pupils how to carry equipment, such as mats and benches, safely. If there is any uncertainty then the teacher should seek advice from the PE co-ordinator.

Procedures for use when taking children swimming are detailed in the Swimming Policy. Staff must have undertaken full safety training organised by the LA prior to leading swimming.

All offsite activities are separately risk assessed which is then added to Blackpool Evolve.