

PE

Policy



This Policy was reviewed: December 2020

Signed Governors: J. Anderson

Signed Head Teacher: M Battersby

Next Review Date: Sept 2022

Loving God and each other
We work together to be the best we can be

Aims

The national curriculum for physical education aims 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.

Attainment Targets

By the end of each key stage, pupils are expected to know, apply and understand the matters, skills and processes specified in the relevant programme of study.

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 should be taught to:

- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, 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 should 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

All schools must provide swimming instruction either in key stage 1 or key stage 2.

In particular, pupils should 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]
- perform safe self-rescue in different water-based situations.

Safe Practice

- Children and adults must wear appropriate dress wear (inc. sports shoes). Trousers, shirts, coats etc. should not be worn by adults taking PE.
- Where children have lost/forgotten their kit, attempts should be made to find a suitable replacement.
- If children have forgotten/lost their PE kit, they must not be excluded from partaking in the session.
- Children are permitted to wear outdoor trainers but must not be excluded if they only possess indoor trainers (plimsolls).
- Jewellery must not be worn. (This takes into account the school's policy on stud earrings, which should be taped up for all contact sports, e.g. football, rugby etc).
- Staff should familiarise themselves with the various risk assessments relating to PE. These can be found in the staff shared folder under PE- Risk Assessment.
- At least 2 suitably sized persons (where at least 1 is an accredited trampoline coach) are required in the setting up and putting away of the trampoline.
- Under no circumstances must unqualified staff attempt to lead a trampoline session.

Staffing

- It is recommended that at least 2 members of staff are required in attendance of any interschool competitions and/or events.
- Staff should inform parents/carers if their child is selected to represent the school for any activity/event. At least 48 hours notice should be given. NB. Event activity form, risk assessments and parent consent letters are in staff shared – PE – Risk Assessments
- Where teachers have a regular TA, the TA is expected to support the teacher in all PE lessons.

Assessment

In line with the whole school approach to assessment, it is important that all pupils are regularly monitored and assessed during their PE lessons. The main method of gathering evidence and assessing achievement in physical education will be made through lesson observation and listening to pupils' answers, discussions and evaluations etc. Physical Literacy testing will be carried out twice yearly, through physical testing with our partner organisations.