



**Tregoze**



• Primary School •

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# Tregoze

## Physical Education Policy

*Status and review cycle:* Legally Required

Bi-Annual review required

*Reviewed:* LBG

*Ratified by governors on:* July 2019

*Next review date:* July 2021

# Physical Education Policy

## Background

Tregoze Primary School is located on the western edge of Swindon and serves the community of Grange Park from age 4 - 11. The number of pupils on entry is 30. All classes are single age group.

Physical activity encompasses physical education and all physical activity, both in school and out-of-school. Physical Education is a non-core subject of the National Curriculum. It will be allocated 72 hours at Key Stage 1 per year and 90 hours at Key Stage 2. This also allows for travel and time spent changing, prior to participation in PE lessons. We make sure that all children receive at least two hours of curricular physical education in a balanced and broad programme.

The PE lead will have responsibility for coordinating and managing the subject across the school. The co-ordinator will ensure that relevant training opportunities will be available for all those teachers leading physical activity sessions, thus, resulting in the opportunity to gain appropriate qualifications.

## Outline of facilities for physical activities

### On site facilities consist of:

- A hall, with apparatus including benches, climbing frame, ladders and mats.
- A playground with a painted netball/basketball court
- A field for football, rugby and rounders matches
- A jungle gym for playtime use at bottom of the playground.
- Markings on playground to encourage physical activity
- Separate outside area for reception that includes play equipment and garden
- Outside area for Y1 and Y2 class

### Off site facilities consist of:

- Using Lydiard Park Academy's astro-pitch, two sports halls for extra-curricular activities and matches.
- Use of Link centre for swimming pool facilities and ice skating rink.
- Use of Ridgeway School's facilities for competitions (organised by Ridgeway) and use of swimming pool for lessons.

## Aims:

Our ultimate aim is to increase the activity levels of the whole school through the provision of a supportive environment conducive to the promotion of physical activity.

We believe that Physical Education develops pupil's physical competence and confidence, and their ability to perform in a range of activities. It promotes physical skilfulness, physical development and a knowledge of the body in action. Physical education provides opportunities for pupils to be creative, competitive and to face up to different challenges as individuals and in groups and teams. It promotes positive attitudes towards active and healthy lifestyles. Pupils learn how to think in different ways to suit a wide variety of creative, competitive and challenging activities. They learn how to plan, perform and evaluate actions, ideas and performances to improve their quality and effectiveness. Through this process pupils discover their aptitudes, abilities and preferences and make choices about how to get involved in lifelong physical activity. (The National Curriculum)

## **Rationale**

The ethos of our school is to promote a healthy environment. We are very aware of the increasing obesity epidemic and decreasing levels of physical activity among children. Consequently, children receive at least two hours of curricular physical education. We ensure that there is provision for quality of physical activity opportunities both within and outside of curriculum time by:

- Considering the needs and interests of all pupils,
- Promoting positive attitudes towards the participation in physical activity,
- Enabling pupils to develop a full range of basic movement skills
- Increasing pupils' knowledge and understanding of the importance of physical activity.
- Every child matters
- School sport partnerships

## **Objectives of Physical Activity Policy**

We want to provide a consistent message in school about physical activity both within and outside the taught curriculum. We can achieve this by ensuring that the levels of physical activity are in line with the national targets. Through this we will:

- Improve self-esteem and confidence among pupils and provide them with opportunities to work together
- Increase pupils' knowledge, understanding, experience and attitudes towards physical activity.
- Provide the opportunity for pupils to develop valuable lifetime skills.
- Contribute to optimum pupil behaviour, physical fitness, growth and development assisting pupils to reach their learning potential.

## **What will be taught?**

### **Knowledge, skills and attitudes.**

At Key Stage 1 pupils:

- find out what they can do as they explore a range of basic skills, actions and ideas
- learn to practise by repeating what they have done in ways that make it better
- use movement imaginatively as they learn to communicate ideas and feelings
- watch, copy and describe what they and others have practised, to build an awareness of how to improve the way they move and play
- start to work and play with other pupils in pairs and small groups
- learn to use space safely when they work alone and with others showing increasing control over their movements

These will be taught at Key Stage 1 through:

Dance, Games and Gymnastics, Outdoor and Adventurous activities.

At Key Stage 2 pupils:

- enjoy being active and using their creativity and imagination in physical activity
- learn new skills, find out how to use them in different ways and link them to make actions, phrases and sequences of movement
- enjoy communicating, collaborating and competing with each other
- develop an understanding of how to succeed in different activities
- learn how to evaluate and recognise their own success
- know why activity is important to their health and wellbeing
- understand the rules and conventions of taking part in different activities safely

At Key Stage 2 through:

Dance, Games, Gymnastics, Swimming and water safety for Years 4, Athletics, Outdoor and Adventurous activities.

### **When do we teach it?**

In Key Stage 1, teachers will teach the core activities of Games and Gymnastics or Dance (these alternate each term) every week. Outdoor and Adventurous activities will be taught in the Summer term.

In Key Stage 2, teachers will teach games every week plus either Gymnastics or Dance (these alternate each term). This enables us to cover Outdoor and Adventurous activities during a half term in the Spring and Athletics in the Summer term. Year 4 children will follow a swimming program delivered by Ridgeway School PE staff for at least 2 terms during the year. If they have not achieved their national curriculum 25m award by the end of year 4, provisions will be made to take part in top up sessions the following year.

### **Leadership and Playground Leaders**

All pupils in Year 4,5 and 6 will be take part in a leadership unit that will provide them with the opportunities to develop communication, teamwork and organisation within a physical activity context. These leadership skills will be further developed through Playground Leader roles that Year 6 children will occupy throughout the year. Small groups of Year 6 children will organise and deliver physical activities during Key Stage 1 lunchtimes. These activities will provide structured physical activities for Key Stage 1 children whilst allowing Year 6 children to further develop their leadership skills.

### **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 Activity opportunities offered both within and outside of curriculum time:

- provide all pupils with EQUAL OPPORTUNITIES to participate and to achieve different activities.
- ensure that all children have ACCESS to a varied programme, which allows children the 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 in order to work towards achieving national curriculum objectives. The yearly curriculum has been mapped for each year group to ensure there is adequate coverage of skills and activities across the Key Stages. The scheme of work will also be supplemented by activities from the BT Tops Sport Packs and BBC's Time to Dance. Teachers will ensure that every lesson contains elements of planning, performing and evaluating.

Teachers plan effective teaching opportunities for all pupils by ensuring:

- Tasks are matched 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 boys and girls are able to participate in the PE programme (and extra curricular 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.

The achievements of all pupils are maximised by providing variations in tasks, resources, response, support and group structure.

### **How will the objectives be met?**

On the playground we provide a safe and stimulating area in which children can play and be active. We have a jungle gym and a wide variety of playground equipment that is available for pupils to use at lunchtimes and break times. This encourages the pupils to be active at these times.

We offer extra-curricular activities for all children in Key stage 1 and 2 including football (for both girls and boys), netball, tag rugby, multi-sports, tennis and hockey.

Links with qualified professionals from outside agencies, including Swindon Wildcats, The Ridgeway school team, Swindon Football and the county Sports Development Officers ensure every opportunity is given to the children to participate in out of school clubs and activities. These clubs are open to children in the School of all ages.

Children in Years 4/6 are given opportunities to attend 'Residential' weeks which cater for elements of the PE curriculum. Children in Year 6 also have the opportunity to undertake a cycling proficiency test.

Our school has travel ambassadors who promote and encourage more pupils and staff to walk or cycle to school and organise specific events including 'Active Day' to promote physical activity.

### **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,

**Music** - exploring and expressing ideas about music through dance, how music is used for 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.

### **Implementing and Monitoring**

Monitoring will take place through:

- Pupil questionnaires and interviews
- 'Child talk' with School Council
- Planning
- Photographs
- Observations of lessons
- Support from Ridgeway secondary staff focusing on delivery
- Staff reflection sheet after supported lessons

### **Assessment**

Teacher assessment is identified in short and medium term planning to ensure progression between year groups. Assessment takes place through:

- Teacher observation of pupil performance in lessons, both effort and achievement. This will then be identified in planning to support further lessons.
- Pupils responses and discussion to specific questions to judge the level at which they are working.
- Questioning pupils - what the pupils did/did not enjoy

At the end of Key Stages 1 and 2 teachers are not required to make statutory judgements about children's attainment in relation to attainment targets and level descriptions for PE. However, the national curriculum level descriptions can be used by teachers in their planning and evaluation to ensure they make progress and to inform parents.

### **Resources**

- Playground equipment is stored on the playground in a shed.
- All the equipment needed to support the PE scheme of work is stored centrally in the PE shed or the hall.
- Teachers in class units keep dance resources.
- All teachers have individual support files for games, gymnastics and swimming which contain units of work for the year.
- Teacher support texts in PE and the BT Sport support packs are available in the staff room.

### **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.

When working with equipment pupils will be taught to manage their environment 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 (jogging bottoms or shorts) should be worn by all participating in the P.E lesson, including staff. The colour of T-shirts worn for PE relates to the 'House' that the child is in.

Earrings and 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.

### **Review and evaluation of the policy**

This policy was drawn up by the Physical Education lead, working in consultation with the whole staff.

Its implementation is seen as the responsibility of all staff. Its use and effectiveness will be supported and monitored by the SLT on behalf of the Governors.

Signed .....Principal

Date .....