



Name of Policy:

Physical Education (PE) Policy

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Intent

At Wallace Fields Junior School, we recognise the value of Physical Education (PE). We see PE as an important aspect of school life, which should inspire our children to become healthy, active learners. Our curriculum aims to ensure that all pupils access engaging and inclusive lessons that enable the children to become physically confident and achieve their best. This is through a range of sports, which teach various physical skills as well as promote teamwork, leadership and resilience in an alternative setting to the classroom. We believe that our PE lessons must serve to lead children to healthy bodies as well as healthy minds.

Implementation

PE is taught at Wallace Fields Junior School as an area of learning in its own right, as well as being integrated within dedicated wellbeing days. Through engaging PE lessons, Wallace Fields Junior School serves to provide each child with the opportunity to enjoy physical exercise, no matter what their starting point.

Our pupils access a range of physical activities and sports, which are mapped across each year group with careful consideration to ensure that children build and develop their knowledge and skill progressively. The children receive two hours of P.E a week, taught by class teachers and a designated sports coach. Our staff teach the key elements of the National Curriculum and allow for them to be applied in a practical, sporting context. In addition, pupils have the opportunity to attend extra-curricular clubs and lunchtime activities, which serve to inspire, broaden and further the children's sporting and physical experience.

Activities in our curriculum include:

- **Netball, football, tag-rugby, hockey, cricket, rounders and tennis** - These sports teach children how to develop attacking and defending principles as well as allow them to learn about the requirements of teamwork and tactics in a game.
- **Gymnastics and Dance** - Our indoor activities allow children to learn and develop skills including flexibility, coordination, strength, posture, technique, control and balance.
- **Athletics** - Our athletics sessions create the opportunity for children to be inspired in a range of track or field events. Pupils are taught to develop their technique, control and balance through a range of throwing, jumping and running activities.
- **Fitness and Circuit Training** - Pupils are taught about the importance of physical exercise to ensure they have the knowledge of the impact of exercise on the body. They develop fundamental movement skills by performing a variation of exercises which involve agility, balance and coordination.
- **Swimming** - Pupils are taken to external grounds to attend 8 swimming sessions, learning different swimming techniques, developing their stamina and taking away an understanding of water safety.
- **Competitive Sporting Events** – We have a range of connections and links to the local community which allow the children to attend external sporting competitions, including athletic events, football, netball, hockey and even golf tournaments! Children can either volunteer to join our teams or are put forward by staff members to ensure this is an inclusive aspect of school-life.
- **Sports Crew** - Each year a group of Year 6 children are invited to take on this role. They develop into sporting role models for the younger children, assisting with lunch-time clubs and other sporting activities.
- **Residential Trips** - Throughout Years 4, 5 and 6, all pupils are given the opportunity to take part in residential school trips, which involve outdoor or adventurous activity. These activities require teamwork, individual resilience and challenges which the children learn to face, overcome and most importantly, enjoy!

PE curriculum planning

PE is a foundation subject in the National Curriculum. In Key Stage 2 we teach dance, games, athletics and gymnastics, plus two other activities: swimming and water safety, and athletics. Outdoor and adventure activities are covered during the Isle of Wight residential trip in Year 5.

The curriculum planning in PE is carried out in two phases (long-term and medium-term /short-term) and informed by a whole-school progression map. The long-term plan maps out the PE activities covered in each term during the key stage. The PE subject leader works this out in conjunction with teaching colleagues in each year group.

Our medium-term plans and short-term plans give details of each unit of work for each term. These plans define what we teach and ensure an appropriate balance and distribution of work across each term. The subject leader keeps and reviews the medium-term plans as well as allows time for teaching staff to review lesson objectives of these too.

Class teachers complete a lesson plan for each PE lesson, creating short-term plans. These list the specific learning objectives for each lesson and give details of how the lessons are to be taught. The class teacher keeps these individual plans, and the class teacher and subject leader are able to discuss them on an informal basis.

We plan the PE activities so that they build upon the prior learning of the children as evident on the progression map. While there are opportunities for children of all abilities to develop their skills, knowledge and understanding in each activity area, there is planned progression built into the scheme of work, so that the children are increasingly challenged as they move up through the school.

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. We also promote key vocabulary throughout lessons to allow the children to identify increasingly ambitious vocabulary in use. Key vocabulary is also outlined on the progression map to guide teaching staff on the expected subject-specific vocabulary to use and model..

Computing

We use computing to support PE teaching when appropriate. In dance and gymnastics, technology is employed to model good technique through video clips where appropriate and enhance children's performances (such as playing music).

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. This also lends itself to cross curricular links with science.

Spiritual, moral, social and cultural development (SMSC)

The teaching of PE offers opportunities to support the social development of our children through the way we expect them to work with each other in lessons. Groupings allow children to work together and give them the chance to discuss their ideas and performance. Their work in general enables them to develop a respect for other children's levels of ability, and encourages them to co-operate across a range of activities and experiences. Children learn to respect and work with each other, and develop a better understanding of themselves and of each other.

Teaching PE to children with special needs (SEND)

We teach PE to all children, whatever their ability, as PE forms part of the school curriculum policy to provide a broad and balanced education to all children. Teachers provide learning opportunities that are matched to the needs of children with learning difficulties, and work in PE takes into account the targets set for individual children in their Special Education Needs Plan. We provide a range of activities and levels of support in PE lessons as well as during other opportunities in the school day (including whole-school events and sessions held at lunch times). All children are able to show their brilliance in PE through a range of opportunities at Wallace Fields Junior School.

Resources

There is a wide range of resources to support the teaching of PE across the school. We keep most of our small equipment in the PE store, and this is accessible to children only under adult supervision. The hall contains a range of large apparatus, and we expect the children to help set up and put away this equipment as part of their work. By so doing, the children learn to handle equipment safely. The children use the school field for games and athletics activities and the local swimming pool for swimming lessons.

Health and safety

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. The governing body expects the teachers to set a good example by wearing appropriate clothing when teaching PE and modelling the safety considerations before completing a task. No jewellery is to be worn for any physical activity.

Monitoring and review

The monitoring of the standards of children's work and of the quality of teaching in PE is the responsibility of the PE subject leader. The work of the 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 PE and Games Lead gives the Headteacher an annual summary report in which they evaluate the strengths and weaknesses in the subject and indicates areas for further improvement. The PE subject leader has allocated management time in order to interview children and undertake lesson observations of PE teaching across the school.

Extra-curricular activities

The school provides a vast range of PE-related activities for children throughout the school. These encourage children to further develop their skills in a range of the activity areas. The school sends details of the current club activities to parents at the beginning of each term. The school also plays regular fixtures against other local schools. This introduces a competitive element to team games and allows the children to put into practice the skills that they have developed in their lessons. These opportunities foster a sense of team spirit and co-operation amongst our children.

The school's sports leader coordinates the inter-school competition, games and tournaments. The sports lead coordinates the school's involvement in direct sports and borough wide events such as the cross country and football competitions. The sports lead also organises the local dance festival and the school takes part every year.