



Physical Education (PE) Policy

Learning together for personal success

Governors minute number: _____

Policy Updated by Marie McCuaig and Katie Turner Autumn 2020

Adopted by Governors: Autumn 2020

Presented to Staff: Autumn 2020

Signed:

PE Coordinators

Chair of Governors



Physical Education (PE) Policy

Aims and Objectives

At Alfreton Park we value and support pupils in all areas of Physical Education (PE). We develop knowledge, skills and understanding so that they can perform with increasing competence and confidence in a range of physical activities, as well as improving muscular strength, body movement and accessibility to a wide range of sports and physical activities.

We aim to differentiate tasks and activities to enable all pupils to participate, motivate and develop their individual potential, regardless of age, gender, cultural and ethical background.

In order to promote an active and healthy lifestyle all pupils should be: -

- Physically active
- Engage in activities that develop cardio vascular health, flexibility and muscular strength
- Have access to positive role models
- Understand the importance of healthy eating and physical exercise
- Understand the need for personal hygiene in relation to physical activity
- Develop positive attitudes towards physical activity
- Build a sense of team work through team games
- Be mindful of others in their environment
- Able to recognise how their bodies change during exercise
- Engaged and motivated during physical education through creativity and imagination

Teaching and Learning style

We use a variety of teaching and learning styles in our PE lessons. Our principle aim is to encourage pupils to engage in PE sessions and develop, knowledge, skills and understanding of both activities and how our bodies change during physical activity.

We mix some classes for PE sessions to enable pupils to be in a group of similar physical abilities where lessons can be differentiated and inclusive for all. Teachers draw attention to good examples of performance as models for the other pupils, and encourage pupils to evaluate their own work where possible.

Pupils will learn how to think in different ways to suit the different levels of challenge, using a range of communication strategies allowing for effective assessment.

Every PE lesson at every Key Stage should include elements of:

1. Acquiring and developing skills and understanding.
2. Evaluating and improving own skills and those of others.
3. Knowledge of fitness and health.
4. Selecting and applying tactics and compositional ideas.
5. Competitiveness at an appropriate level.

Teachers are aware of a range of teaching and learning strategies and are encouraged to use these during PE sessions. Ensuring each pupil has their needs met. Implementing pupils preferred schema, communication, interaction and implementation of tasks. Teachers can seek support in this area from the PE leads and SLT when/ where needed.

Lessons will be well balanced, sequential and will provide a breadth of skills to be learnt over the year. Ensuring that pupils continue to progress to the best of their ability.

Entitlement

All pupils are entitled to high quality PE lessons throughout their time at school. It is compulsory that all pupils have access to a PE session during the week.

See below for time entitlements which are recommended by the Department for Education – times may change per individual classes depending on the need of the pupils.

Year Group	PE Entitlement inside and outside
Nursery & Reception	2 hours minimum per week Unlimited opportunities for outdoor play opportunities.
Year 1 – Year 6	2 hours minimum per week
Year 7 onwards	2 hours minimum per week

Role of the Curriculum subject lead

- Monitor and evaluate the teaching, delivery and assessment throughout school.
- To encourage and support other members of staff in their teaching of PE and support and source training and CPD where needed.
- To encourage staff to work within the guidelines of the PE Policy.
- To keep up to date with current good practice and with national changes within the PE curriculum.
- To evaluate and update the policy, schemes of work and resources on a regular basis.

- To assist the Head Teacher and the Governors in planning PE into the school development plan.
- To manage a budget (primary sports premium) alongside the school business manager to purchase resources, CPD, training, outside professionals, equipment etc in line with the schools need.
- To support members of staff in the area of planning, assessment and recording systems.
- To ensure PE equipment is to a safe standard and that teaching staff aware to notify the coordinators when equipment becomes broken or unusable.
- To maintain a high standard of PE ensuring that a high profile within the school continues and to be a positive role-model for others.
- To provide opportunities for pupils to be a part of competitive sports and events.
- To ensure the PE curriculum folder and PE display is up to date, with current information.

Curriculum planning

Each Key Stage (or class due to the nature of how our school is set up) has a long-term plan in place for PE, which considers the requirements of the National Curriculum 2014. Teachers are responsible for completing medium term planning on the school format each term and short term planning each week.

EYFS

Throughout EYFS and KS1, the focus will be on the development of Fundamental Movement Skills. Teachers will use the PE curriculum map for primary and teach skills according to the specified area each half term.

EYFS pupils are included and reference is made to EYFS physical development curriculum.

Early learning goals:

- Children show good control and co-ordination in large and small movements.
- They move confidently in a range of ways, safely negotiating space.
- They handle equipment and tools effectively, including pencils for writing.

KS1

The above will be taught through:

- The mastery of agility, balance and coordination skills (ABCs).
- The sporting skills of running, jumping, throwing and catching (RJTC).
- The teaching of swimming, games and dance.
- Personal targets.

KS2

In each year of KS2 the focus will be on:

- The continued development of fundamental movement skills as in KS1.
- The development of linking and sequencing skills.
- Development of physical fitness.

- Development of communication skills and collaboration skills.
- An ability to evaluate and improve on their own performance and that of their peers.

This will be achieved through the teaching of:

- RJTC combinations.
- Competitive and recognised games.
- Athletic and gymnastic activities.
- Dance.
- Outdoor and Adventurous activity.
- Swimming.
- Personal targets.

KS3 and KS4

Throughout KS3, pupils should build on and embed the skills learnt in KS1 and KS2. Teachers should use the three, year rolling programme for teaching PE and the relevant documentation.

AREAS OF ACTIVITY: To be accessed at the pupil's individual level of ability.

1. Games

Pupils should be taught:

- To play competitive invasion, net and striking/fielding games, using techniques that suit the games.
- To use the principles of attack and defence when planning and implementing complex team strategies.
- To respond to changing situations in the games.

2. Dance

Pupils should be taught:

- To create and perform dances.
- To use a range of dance styles.
- To respond to a variety of stimuli.

3. Gymnastics

Pupils should be taught to:

- Create and perform sequences on the floor and using apparatus.
- Include variations in level, speed and direction in their sequences.

4. Athletic Activity

Pupils should be taught to:

- Take part in and design challenges and competitions that call for precision, speed, power and stamina.
- Use running, jumping and throwing skills.

5. Outdoor and Adventurous Activity

Pupils should be taught to:

- a. Meet challenges in outdoor activities.
- b. Use a range of orienteering and problem - solving skills and techniques.

For our PMLD pupils who cannot access PE sessions fully, they participate in weekly Sherborne sessions which allow pupils to stretch, move and develop awareness of our bodies and movement.

Swimming and Water safety

All schools must provide swimming instruction either in KS1 or KS2. At Alfreton Park we offer swimming opportunities for all classes, that being in our own pool or at the local leisure centre.

For pupils for are not physical ready for instructional swimming lessons, we offer water safety and Halliwick sessions.

Where possible we try to accommodate all primary pupils so that they have 1 swim slot each week. This will either encompasses swimming skills, Halliwick, water safety or cross curricular sessions.

Swimming data is recorded for the pupils who participate in swim sessions at the local leisure centre.

Assessment and Reporting

Assessment is carried out by teachers during the PE lessons, which means they can observe the pupils and inform planning for the next session.

Teachers and Teaching assistants take wow notes and observations during the sessions. Summative assessment takes place via inputting data into the BSquared assessment tool which we use as a whole school.

Where a pupil has a physical target linked to their ILP, this can also be seen being assessed during P.E lessons and recorded within their ILP folder.

Teachers are observed by the Head Teacher or PE coordinators and offer feedback on observations made of individual class teachers.

Dress code and Safe practice

All teachers should make themselves aware of the health and safety arrangements for the activity that they are teaching and ensure the necessary staff required are present before the start of an activity.

We encourage pupils to consider their own safety and the safety of other at all times where possible. Teachers should check any equipment that is being used prior to the session.

All pupils other than PMLD pupils are required to change clothes for PE lessons. Parents/Carers are asked to send in a PE kit consisting of t -shirt and shorts or tracksuit bottoms for outdoor use and trainers or plimsolls. Pupils should be encouraged to be in bare feet for gymnastics lessons. Hair should be tied back and any jewellery removed.

Teachers and teaching assistants, should also change for PE lessons or come into school in a PE kit, on the day when PE is taught.

Alfreton Park School adheres to The Health and Safety Policies published by Derbyshire Local Authority.

Equality and Inclusion

Pupils have differentiated work, are supported appropriately and are given equal opportunities through this support to access the PE programme fully.

See equality policy

In accordance with the school's Inclusion Policy, PE activities are differentiated to meet the needs of each pupil.

See Inclusion Policy

Resources

All teachers have access to centrally stored PE resources. Resources are kept in the hall for physical activity and all documents and paper-based resources are kept in the meeting room.

All PE equipment is checked regularly to ensure they meet the health and safety requirements.

Each year resources are checked and new equipment sourced if required.