

PHYSICAL EDUCATION POLICY



ST MARY'S LEWISHAM CE PRIMARY SCHOOL

Our Vision

To be a learning community that promotes the unique gifts, wellbeing and potential of every person. Our work is founded on the life and teaching of Jesus Christ, building on His message of equality, peace and justice, guided by His words '*As I have loved you, so you must love one another*' (John 13:34).

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1. Curriculum Statement

Intent

St Mary's CE Primary School recognises the value of Physical Education (P.E). We fully adhere to the aims of the national curriculum for physical education to ensure that all children:

- 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

Implementation

P.E. is taught at St Mary's CE Primary School as an area of learning in its own right as well as integrated where possible with other curriculum areas. It is taught at a minimum of one PE session a week, and two sessions per week wherever possible.

Children in Year 3 and 4 also attend swimming lessons, and there is an opportunity for Year 5 children to have sailing lessons.

A range of physical games and activities are also on offer during lunchtimes and as part of additional afterschool clubs and interschool competitions.

We teach lessons so that children:

- Have fun and experience success in sport
- Have the opportunity to participate in P.E at their own level of development
- Secure and build on a range of skills
- Develop good sporting attitudes
- Understand basic rules
- Experience positive competition
- Learn in a safe environment
- Have a foundation for lifelong physical activity, leaving primary school as physically active.

Impact

P.E is taught as a basis for lifelong learning, where the children have access to a wide range of activities in the belief that if taught well and the children are allowed to succeed, then they will continue to have a physically active life. A high-quality physical education curriculum inspires all children to succeed and excel in competitive sport and other physically- demanding activities. At St Mary's, we provide opportunities for children to become physically confident in a way which supports their health and fitness.

Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.

2. Teaching and Learning

Teaching styles and strategies provide opportunities for children to participate in a range of activities and evaluate their own performance. Careful planning ensures time is spent in organising and resourcing lessons and activities. Children experience a range of opportunities to work individually, in pairs or in groups over time.

Lesson Structure:

- At the beginning of each lesson, the PE coach explains the intention of the lesson and informs as to how the children can be successful in achieving the

lesson aims.

- There may be a 'hook' drawing children into the lesson and to engage and excite them. Lessons then commence with an introduction/warm up to prepare children physically for exercise.
- There is direct teaching of skills and subsequent skills practice by the children, under the supervision of the PE coach.
- Children are then provided the opportunity to independently and cooperatively practice the skill(s), in context (such as a game or another related area of PE).
- There may then be a celebration and sharing of individual achievements and a concluding / 'cool down' activity' to prepare children to return to a normal-state both physically and mentally.
- Finally, lessons end with a closure discussion linking directly back to the intention and success criteria shared at the beginning. This is an opportunity for children to reflect on their learning and progress.

3. Assessment

Assessment of PE is an ongoing process. As each lesson progresses, the PE coach carefully observes and assesses, intervening as necessary, to ensure that each child makes the full progress of which they are capable. Lessons are planned to ensure that lessons are fully inclusive and take account of children's differing needs and physical ability. The assessment of PE at St Mary's is in accordance with the National Curriculum 2014 attainment target for each key stage:

KS1

Children 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.

KS2

Children 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.

4. Planning and Resources

P.E. equipment is stored safely in the external P.E. cupboard. The PE cupboard is locked and only members of staff have access. The cupboard is regularly checked by the PE coach to check its tidiness and organisation. Staff are advised to inform the subject leader of broken, damaged or lost equipment so that replacements can be ordered.

The School work as a collaborative unit in terms of taking all decisions; this will include decisions on funding, resourcing and timetabling. Ultimately, decisions on funding will rest with the Head PE coach. The 'PE and Sport Premium' is designed to help primary schools improve the quality of the PE and sport activities they offer their children. Schools receive PE and Sport Premium funding based on the number of children in Years 1 to 6. Information about the school's funding allocation and how it is spent each year is published on the St Mary's CE Primary School website under 'Sport Premium'.

5. Organisation

Under the new 2014 PE Curriculum, PE is a statutory subject to be taught, although there is no statutory requirement for time spent engaging in PE lessons. St Mary's CE Primary School does however; acknowledge the DfPE recommendation of 2 hours per week. Therefore, children have access to a minimum of one P.E. lesson a week and where possible, two lessons a week. This may include swimming, gymnastics, dance or games activities incorporating areas of athletics, outdoor/adventurous and team activities.

Swimming provision

At St Mary's CE Primary School, children attend swimming lessons at the Glassmill Leisure Centre in the last term of Year 3 (Summer) and the Autumn & Spring Term in Year 4. Each class participates in 3 half-terms of weekly lessons. Lessons are taught by specialist swimming instructors who assess the children at the start and end of each half term and at the end of the swimming course.

Extra-Curricular Activities

Many of our children will access further extra-curricular activities to enhance the work that goes on in curriculum time. As a result of the unique and specialised learning environment here at the School, we work with a range of outside professionals to ensure our children have access to further opportunities for quality Physical Education provision. For example, we have a KS2 girls and KS2 boys football club, a multi sports club, a ballet club, a karate club, a dance club, and a gymnastics club to name but a few. We also take part in inter-school competitions or tournaments and have had specialist cricket coaches coming into school in the Summer Term.

6. EYFS

We recognise the importance of Physical development in the Early Years Foundation Stage as a key area of learning. There are two strands under Physical Development, Moving and Handling and Health and Self-care.

- Moving and Handling: Children learn to develop good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space.
- Health and self-care: Children learn the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe.

Children in the EYFS access time and space to enjoy energetic play daily, using large portable equipment. Furthermore, specific Physical Development lessons give children the opportunity to practise movement skills through games with beanbags, cones, balls and hoops. They participate in activities where they can practise moving in different ways and at different speeds, balancing, target throwing, rolling, kicking and catching. These skills can then be built on when children enter KS1.

7. KS1 and KS2

KS1 Attainment Target

Children 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.

Children are taught to:

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

KS2 Attainment Target

Children 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.

Children are 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 Children are

taught to:

- swim competently, confidently and proficiently over a distance of at least 25 metres
- use a range of strokes effectively
- perform safe self-rescue in different water-based situations

8. Equal Opportunities

At the School we are committed to promoting equal opportunities irrespective of socio- economic background, gender, disability and ethnicity in all areas of the curriculum. We believe that children should have equal access to and participation in a range of physical education activities. Lewisham Sports Coordinator also offer inter-school competitions aimed at children with additional needs.

9. Inclusion

At the School we are committed to ensuring that all children participate in PE and physical activity irrespective of any special educational need(s) or physical disability they may have. We believe that children should have equal access to and participation in a range of physical education activities in order to reach their own potential. Research has

shown that children ALL participating in PE together proves better outcomes for ALL than not being inclusive.

The PE coach can access resources, guidance or strategies on TOP Sportsability (free online resource) for better including all children in every PE lesson.

10. Role of the Subject Leader

Training

- As we employ a 'Fit for Sport' coach training is carried out by the company, This includes the planning, teaching, assessing, and evaluating of the P.E. curriculum.
- Fit for Sport would also provide up-to-date information for the PE coach on (online) resources in PE and new initiatives/schemes.
- Seek further training and support from specialist PE coaches and coaches.
- Over the course of an academic year, ensure all PE coaches can observe/team teach with specialist PE coaches, in order to make their contribution sustainable.

Curriculum

- Complete the Curriculum Map annually.
- Timetable specialist coaches (liaising with Head PE coach).
- Ensure the PE curriculum resources available to the PE coach are of a good standard and a quantity.
- Promote PE and Sport across the school, encouraging children's participation and celebrating both involvement and success.

Organisation

- Register the school for various inter-borough sporting events throughout the year.
- To report on school swimming attainment annually and record this online.
- Complete Risk Assessments for sporting events.
- Organise Sports Day(s) annually.
- Report to the SLT, ELT and Governors on PE.

Budgeting

- To complete the 'Evidencing the Impact of the Primary PE and Sport Premium' document annually (liaising with the Head PE coach).

11. Parents

Parents are encouraged to inform St Mary's CE if they have a certain expertise in a particular sporting area. In this instance, we can involve a parent in delivery of lessons/clubs or events. Parents are encouraged to attend Sports day to celebrate and promote physical activity, as well as support groups to travel to sporting events as support.

In terms of reporting on progress, annual reports are written about each child for parents/carers and PE is listed as a foundation subject in all reports.

12. Health and Safety

Health and good safe practice is always emphasised in each environment, including the handling of equipment. Large equipment is inspected annually. Appropriate clothing is

essential and children's attire is checked by PE coaches prior to undertaking PE activities.

a) PE Kit

Children are encouraged to wear appropriate PE clothing. Navy shorts/jogging bottoms, white t-shirts and sensible footwear for outdoor activities are recommended. Children are encouraged and regularly reminded to bring in P.E kits. In Early Years, children change into PE kit before each session, to support their development of independence and motor skills. In years 1-6, children are encouraged to change into PE kit before the lesson to support transition to secondary school and to promote good hygiene. The PE coach sends polite reminder slips home to remind parents of children who have failed to wear PE kit. *Please see Appendix 1 for a copy of this slip.*

Children who do not have their PE kits are encouraged to engage in the lesson by helping to evaluate their peers' performance or take photos to aid assessment.

Children are bare-footed for gymnastics lessons, though they must bring their shoes to the lesson and leave them at the side in case of a fire emergency.

b) Jewellery and Hair

Wearing jewellery is not allowed at St Mary's CE Primary School. Children must not wear any kind of jewellery in PE lessons, including watches. Children with medium/long hair are reminded to tie it up securely.

c) Weather

It is encouraged that outdoor PE lessons take place in all seasons and in as many weather conditions as feasible. Classes are timetabled to have an hour in the hall each week, so if the weather is not appropriate for outdoor PE, the PE lesson can still go ahead. Children are encouraged to wear clothing in line with the season and weather conditions, maximising access to all lessons.

d) Hygiene

Children are taught about the body changes that occur when they exercise along with recognition of the short and long term effects of exercise on the body. Aspects of hygiene are addressed in upper KS2.

e) Staff dress

It is important that staff should consider their own and their children's safety with regard to their own personal clothing, footwear and jewellery when involved in the teaching of any PE activity.

Policy Agreed: February 2020

Review Date: February 2023

Appendix 1

St Mary's CE School

Date:

Forgotten PE Kit

Dear Parent/Carer,

Your child was unable to take part in the class PE lesson today as he/she did not have their PE kit. This is a compulsory subject under the National Curriculum. Please ensure that their PE kit is send to school on the days that they take part.

Thank you for your continued support.