**Physical Education Policy**



Written/Reviewed: February 2024

Renewal Date: February 2024

**Introduction:**

This policy sets out the school's vision, aims and strategies for the teaching and learning of Physical Education. It is the basis for the development of Physical Education in our school and allow the pupils to develop a positive relationship with movements.

**Aims for Physical Education:**

The overall aim for Physical Education (P.E) is that pupils develop a passion and appreciation for their own physical health and the world of sport as well as increase their confidence in their own physical ability. In our organisation of the P.E curriculum and extra-curricular opportunities, we envisage pupils developing their knowledge of a wide variety of sports as well as a broad skill set within the sports they have learnt. Through this we will promote the positive effects physical activity can have on our mental and emotional well- being as well as our physical health.

**P.E curriculum:**

Our curriculum is supported by ‘Get Set for PE’ an online organisation which provides detailed, high quality lesson plans to support staff in the delivery of P.E. Each session has a comprehensive lesson plan which outlines; the learning intentions, success criteria, national curriculum links. The lesson plan has a list of resources the teacher will need, the key teaching points and key questions to be asked during the session, allowing the teacher to formatively assess the children’s knowledge. The lesson plan is then broken down into starter activity, activities and skill development and are supported by pictures/diagrams.

One of our aims is to raise the profile of athletes in our school, in order to do this, we have an overview of athletes throughout the year which corresponds to the sport the children are learning. Teachers introduce the athlete at the start of the block through verbal discussions or video recordings of the athlete in action. The athlete is then referred to throughout the P.E topic to embed the knowledge.

**Implementation**:

P.E is taught twice a week consisting of an indoor and an outdoor session alongside implementation through other curriculum areas where possible. Staff deliver high quality sessions with the aims of:

* Providing children with the opportunity to challenge themselves within a safe and structured environment
* Promote a healthy diet and regular exercise as an essential part of everyday life
* Provide the children with access to sports and physical activity opportunities outside their everyday PE experience
* Develop our children's stamina and general fitness levels
* Teach team building and social skills
* Develop a lifelong enjoyment of exercise and an understanding of its benefits.
* Support with positive mental wellbeing

***Swimming***

Children in Year 5 attend bi-weekly swimming sessions at the local swimming pool, Sun Lane Leisure centre. The children walk the 13-minute journey together, complete their swimming session then walk back to school. This increases the time the children are physically activity and aids their knowledge of the locality of the centre. The aims of the sessions are for children 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.

***Schools outdoor provision***

In order to encourage active break times, we have invested in a variety of activities on the playground and field for the children. Most recently we have purchased gym equipment, an adventure playground, a construction area and a scooter race track equipped with scooters and helmets.

We have also stocked an equipment shed with hockey sticks, a variety of balls
(basketballs, footballs, and tennis balls), tennis rackets and hoops. To encourage children to use skills they have learnt in their PE sessions during break times.

***Extra-curricular activities:***

As a school we offer a broad variety of extra-curricular activities including:

* Forest schools
* Zumba
* Cheer
* Football
* Hockey

All classes are offered the opportunity to participate in the different after school clubs.

**Celebrating Physical Education**

At the end of every half term we award the ‘Sports Award’ to one child from each class. This child is given a certificate based on the attributes they have shown and a medal. We also have a yearly Sports Day where Key Stages compete which promotes team work and healthy competition between classes.

**Healthy lifestyle**

As a school we encourage all children to lead a healthy lifestyle through good exercise and a balanced diet. Children in EYFS and KS1 are given a daily fruit snack with any spare fruit being distributed across the school. We offer milk to children to all children for a fee. There are many cross-curricular links with healthy lifestyle such as in our RSHE and science curriculum.

**Safe practice**

The school behaviour policy provides the framework for children’s behaviour during P.E. It is an expectation that children model and display the same behaviour outside the classroom as they would walking around school and inside class. Expectations are made clear to children inside the classroom before the P.E session and our Trackit lights system can be utilised via staff iPads during the session.

*Indoor sessions:*

When children are in the hall during their P.E session teachers need to ensure that any obstacles are removed from the area and mats have been placed down where appropriate. Children will be shown how to set up equipment and how to correctly put it away.

*Apparatus:*

Children are shown how to correctly and safely use the equipment before every session.

**Accidents:**

All accidents are dealt with in line with our first aid policy. For more information on how this is dealt with during P.E please see the first aid policy.

**Inclusion**

*Medical conditions:*

It is the responsibility of the class teacher to be aware of any medical issues children in their class have (such as asthma, diabetes or epilepsy) to ensure they plan a session which all children will be able to access. Teachers should also be aware that cold, dry weather can be a trigger for children with asthma and they should carry their inhalers with them at all times and use if/when necessary.

*Participation in sessions:*

* If a child is unable to attend swimming sessions they will still walk with the class to the leisure centre and observe in order to avoid lost learning and maintain their skill set.
* Parents should inform the office of extenuating reasons for non-participation in P.E which will then be recorded to ensure there is not a pattern occurring (including child protection issues)

**Dress code:**

Due to health and safety of all our pupils, it is important that the correct PE kit is worn for all PE lessons. Children are to come to school in their P.E kit, to maximise the time spent on physical activity.

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| --- | --- |
| **Girls** | **Boys** |
| Navy shorts/PE skirtDark blue leggings | Navy shorts |
| White t-shirt | White t-shirt |
| In winter months navy tracksuit/jogging bottoms and sweatshirt/jacket | In winter months navy tracksuit/jogging bottoms and sweatshirt/jacket |
| Trainers for outdoor PE. Gymnastics, dance and indoor games will be in bare feet | Trainers for outdoor PE. Gymnastics, dance and indoor games will be in bare feet |

**Assessment of learning**

Teachers assess children’s work in PE through observations. They record the progress made by children against the learning objectives for their lessons. At the beginning of each half term the P.E coordinator collects data on how well children are engaging in the sessions, a comparative result is then collected at the end of the half term to allow a summative assessment to be made. This data is the stored electronically.

 The class teacher keeps photographic and video evidence of children’s work and is uploaded to the Get Set for PE assessment page. This demonstrates what the expected level of achievement is in each area of activity in PE in each year of the school. The PE leader also collects pupil voice throughout the year.

**Curriculum leadership and management:**

The school’s P.E Co-ordinator Miss Hargreaves, in conjunction with the head teacher, leads the provision of P.E within the school. The P.E Co-ordinator is responsible for:

* Ensuring staff are appropriately trained in the deliverance of P.E
* Regular monitoring of the equipment to ensure it is high quality and quantities are appropriate for class sizes
* Tracking progression throughout school
* Monitoring data through school on how each class are progressing through the lessons
* Promoting a love of physical activity
* Organising and running sports day
* Communicating with external agencies to provide extra- curricular activities
* Observe staff delivering P.E to offer support where necessary as well as maintain my own knowledge of how P.E is delivered across school