ST PETER'S CE PRIMARY & NURSERY SCHOOL WEM

'Underpinned by our Christian values, we create a happy, caring environment. This empowers each and every unique person to dream, believe, achieve and flourish.'

'In the same way, you should be a light for other people.
Live so that they will see the good things you do'

Matthew 5:16 (ICB)

PHYSICAL EDUCATION POLICY SUMMER 2024

Reviewed by: J Laffey, Summer 2024

Date of next review: September 2026

1 POLICY STATEMENT

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At St Peters we have a passion for Physical Education and sport that lasts a lifetime, both in school and in the wider community. We hope to provide high quality physical education, experienced in a safe and supportive environment, which is a unique and vital contributor to inspire children's physical development and well-being. For all children to receive an equal opportunity to engage in activities that they have an enthusiasm for. We are keen to develop healthy competition to promote high standards and sporting success in all types of sporting activities.
That all children will understand the importance of other aspects of physical well-being, such as making healthy lifestyle choices and sportsmanship. This will be a part of their lives, not only in school, but at home as well.

2 CURRICULAR AIMS

At St Peters we aim to ensure all pupils:

- enjoy physical activity for sustained periods;
- acquire and develop skills, performing with increasing physical competence and confidence in a range of physical activities and contexts;
- learn how to select and apply skills, tactics and compositional ideas to suit activities that need different approaches and ways of thinking;
- set targets and take initiative for themselves; compete against others, individually and as members of a team;
- make informed decisions about the importance (and value) of exercise in their lives and build firm foundations for life-long participation in sporting activity;
- develop positive attitudes towards participation in physical activity;
- have access to a variety of after school clubs for all age groups
- develop positive self-esteem through achievement;
- develop resilient and confident individuals through mental and physical health activities;
- understand the impact of making healthy food choices on personal well-being;
- appreciate and demonstrate fair play, honesty in competition and good sporting behaviour; provide opportunities to enable all children to swim 25 metres before moving to KS3. develop competence to excel in a broad range of physical activities.
- Include school values and School Games values in all sporting activities

3 OBJECTIVES

1. To develop skilful use of the body, the ability to remember, repeat and refine actions and to perform them with increasing control, co-ordination and fluency (**acquiring and developing**).
2. To develop an increasing ability to select, link and apply skills, tactics and compositional ideas (**selecting and applying**).
3. To improve observation skills and the ability to describe and make simple judgements on their own and other's work, and to use their observations and judgements to improve performance (**improving and evaluating**).
4. To develop an understanding of the effects of exercise on the body, and an appreciation of the value of safe exercising (**knowledge and understanding of fitness and health**).
5. To develop the ability to work independently, and communicate with and respond positively towards others. To grow in self esteem and gain satisfaction and pleasure from physical activity (**working alone and with others**). 6. To promote an understanding of safe practice, and develop a sense of responsibility towards their own and others' safety and well-being (**applying safety principles**). (Appendix 2)
7. To develop an understanding of personal well being and the importance that exercise plays in individuals lives for future development.
8, Follow guidelines set by the National Curriculum
9. To make planned links with other subject areas and contribution to the whole curriculum including:
    - Developing gross motor skills
    - Developing fine motor skills
    - Personal, Social and Health education
    - Spiritual, Moral, Social and Cultural development (including citizenship) Creativity

- Investigation
- Numeracy
- Language and Literacy
- Science
- Outdoor lesson links

4 ENTITLEMENT AND ACCESS

- All pupils are involved in acquiring and developing skills, selecting and applying, evaluating and improving performance, knowledge and understanding of fitness and health.
- At Key Stage 1 pupils are taught Games, Gymnastics, Dance, Athletics and Outdoor Education.
- At Key Stage 2 pupils are taught Games, Gymnastics, Dance, Swimming, Athletics and Outdoor and Adventurous Activities.
- By following the Progression document enable all children to access PE activities appropriate to age and skill level.

Organisation

Time allocation: - at least 2 hours of PE is taught each week over the year in all year groups. All classes follow the school's PE Programme of activities. Each class participates in a daily 15-minute Challenge Equal Opportunities

PE lessons place emphasis on the individuality of pupils and needs. All children have equal access to the curriculum regardless of gender, race or ability. (Advice should be sought with regard to clothing and jewellery conducive to particular religions with regard to safety.)

Additional support is provided for pupils with physical disabilities.

Children with SEN

Pupils with SEN are integrated into the programme and given equal opportunity and access to activities. This can include:

- Physical difficulties (including poor co-ordination and body management) Sensory difficulties
- Emotional and behavioural difficulties
- Cognitive difficulties

Where necessary work is differentiated as appropriate in order to meet their special educational needs; this may include using a teaching assistant to access such activities.

Exceptionally Able

Children identified as exceptionally able are monitored and additional support provided, through local clubs or agencies where appropriate to ensure their talents are fostered and advanced accordingly. Children who perform at county or higher level are acknowledged and their achievements celebrated.

5 WAYS OF WORKING

Teaching and Learning

A range of teaching methods will include: -

- direct teaching
- children teaching/coaching each other
- modelling activities where appropriate- use ICT to assist
- guided discovery through questioning and exploration of ideas
- children demonstrating good practice
- acquiring and developing skills
- selecting and applying skills
- evaluating and improving performance
- demonstrating knowledge and understanding of fitness and health. CPD

Through CPD- teachers appreciate the opportunities to:

- Receive new ideas, to make more engaging PE sessions
- increase confidence for all staff and pupils
- became able to assess the children and know what the next steps are in PE

- appreciate the range of ideas for starters, warm ups and coaching techniques
- gain teaching ideas from demonstrated lessons which enable them to extend and consolidate skills
- assist the removal of the fear associated with teaching PE

Assessment and Record Keeping

The main form of assessment is the continuous process of observation based on the teacher's knowledge of the children. Wherever possible, opportunities are built into the lesson for the children to assess their own and others performances

Children record daily challenge in personal booklets.

The P.E. coordinator liaises with the secondary school to enable smooth transition with regard to Physical Education.

Monitoring and Evaluation

The co-ordinator will monitor plans on a termly basis and has the opportunity to assess and assist colleagues with lessons. Through discussion appropriate CPD is negotiated with sport providers. An online PE portfolio containing photographic evidence of achievements is organised and reviewed annually to demonstrate progression and high level expectations. Health and Safety

- Appropriate clothing, footwear and acceptable behaviour is expected in PE.
- First aid packs and inhalers should be carried with the class for every activity.
- The apparatus is checked annually to ensure it is safe.
- The Server holds the risk assessment files for teachers to use as necessary. There are risk assessments for all activities.
- Clubs list are held at the office with contact lists (in line with Safeguarding Policy) Expectations in lessons.

Pupils are reminded regularly about when PE days are. Teachers have spare kit to loan out if necessary. Pupils who persistently forget kit are given a reminder. If kit continues to be forgotten, the child's parents will be telephoned directly by the class teacher or the Headteacher. During PE lessons children are be encouraged to:

- listen to instructions;
- move quietly and carry out activities with minimum of noise;
- show awareness of others when moving and working;
- warm up / cool down appropriately;
- move apparatus appropriately and correctly.