



PHYSICAL EDUCATION Policy

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1. Overview & Vision

Physical Education (PE) contributes to the overall education of all children by helping them to lead full and valuable lives through engaging in purposeful and high-quality activity. It promotes active and healthy lifestyles, physical skills, physical development and knowledge of the body in action. PE enables children to learn confidence, perseverance, team spirit, positive competitiveness and organisation. Children must engage in a programme of PE that encourages fitness, improves their strength and teaches them the rules of games. PE is an integral part of school practices allowing all children in the school to gain a sense of achievement and develop positive attitudes towards themselves and others.

In PE, we want to inspire children to participate in and enjoy physical education and sport. Through physical activity we aim to improve health and wellbeing, to promote active participation and develop high self-esteem and high expectations within every child. At St John's Church of England Academy we believe PE and sport plays an important role in making our vision statement a reality for every pupil, with the potential to change young people's lives forever.

2. Funding

Schools receive PE and sport premium funding based on the number of pupils in years 1 to 6. This funding must be used to make additional and sustainable improvements to the quality of PE and sport we offer. We use the premium to:

- Develop or add to the PE and sport activities that we already offer.
- Build capacity and capability within the school to ensure that improvements made now will benefit pupils joining the school in future years.

There are 5 key indicators that we should expect to see improvement across: the engagement of all pupils in regular physical activity - the Chief Medical Officer guidelines recommend that all children and young people aged 5 to 18 engage in at least 60 minutes of physical activity a day, of which 30 minutes should be in school;

- The profile of PE and sport is raised across the school as a tool for whole-school improvement.
- Increased confidence, knowledge and skills of all staff in teaching PE and sport.
- Broader experience of a range of sports and activities offered to all pupils.
- Increased participation in competitive sport.

As part of the funding criteria we are required to publish details (on our website) of how we plan to spend the monies and a review of the impact on pupil outcomes.

3. Aims & Objectives

In order to promote active and healthy lifestyles all children should:

- Be physically active.
- Adopt the best possible posture and appropriate use of the body.
- Engage in activities that develop cardio vascular health, flexibility, muscular strength and endurance.
- Understand the need for personal hygiene in relation to vigorous physical activity.
- In order to develop positive attitudes all children should.
- Follow the conventions of fair play and honest competition.
- Cope with success and limitations in their performance.
- Persevere with and consolidate their performances.
- Be mindful of others in their environment.

Strategies at St John's, PE will be taught through;

- Exposition (demonstration, explanation and instruction) by the teacher to the class, groups or individuals.
- Practical activity and related discussion.
- Co-operative group work.
- Consolidation and practice of fundamental skills.
- Opportunity to discuss and reflect on their work through a plenary.
- Use of professional/qualified coaching to enhance current provision within school.
- Links made to Mental Health and Healthy Schools.
- Extended high-quality provision through after school activities making use of professional / qualified coaches.
- Use of community facilities – local swimming baths Children are entitled to high-quality PE lessons.

*See below for time entitlements. Individual class timetables make reference to the lesson times for PE lessons. These are reviewed annually.

4. Curriculum

The areas of physical activity; games, gymnastics, dance, athletics, swimming and outdoor activities, are set out in the Foundation Stage Curriculum and National Curriculum 2014. The PE curriculum at St John's is based on these requirements and is detailed on the annual LTP. St John's have adopted the Primary PE Planning Online scheme for delivery of quality lesson, Schemes of Work and CPD opportunities for class teachers.

Each year group will learn PE in accordance with the long term planning. This will ensure continuity and progression through school in order to continue to improve standards in PE.

Areas of activity Early Years Pupils should be taught:

Games

Spatial awareness.

Basic motor skills.

Co-ordination and control.

Aiming, predicting and estimating.

Dance

Using their imagination in art, design, music, dance, imaginative role-play and stories.

| Year Group | PE Entitlement Outdoor | PE Entitlement Indoor |
|------------|---|-----------------------------------|
| Nursery | Unlimited opportunity for outdoor play experiences. | Sticky Kids |
| Foundation | Unlimited opportunity for outdoor play experiences. | 1 hour |
| Year 1 | 1 hour | 1 hour |
| Year 2 | 1 hour | 1 hour |
| Year 3 | 1 hour | 1 hour |
| Year 4 | 1 hour | 1 hour |
| Year 5 | 1 hour | 1 hour inc. 1 term of Swimming |
| Year 6 | 1 hour | 1 hour inc. 0.5 terms of Swimming |

Gymnastics

Travel around, under, over and through balancing and climbing apparatus.

Pupils in KS1 & KS2 should be taught:

Games (KS1 and KS2 (Agility – Balance - Coordination))

Simple competitive games.

A variety of ways to send, receive, strike and travel with/without a ball.

Games, which include running, chasing, dodging, avoiding and awareness of space and other players.

To develop core skills in attacking, defending, invasion, striking and fielding.

To play small-sided and simplified versions of net/wall and target games.

Gymnastics (KS1 and KS2)

To use technical vocabulary.

To perform basic actions of travelling (turning, rolling, jumping, balancing, climbing)

To link movements on the floor and apparatus.

To repeat movements / develop sequences.

To develop complex movements.

Dance (KS1 and KS2)

To compose and control movements by varying shape, size, direction, level, speed, tension and continuity.

Investigate different genres of dance.

To express feelings moods and ideas.

To respond to various stimuli including music.

Athletics (KS1 and KS2)

To develop and refine basic running, jumping and throwing techniques using a variety of equipment.

To measure, compare and improve their own performance.

Swimming (KS2)

To swim unaided, competently and safely for at least 25m.

To develop confidence in water.

To develop floating skills and support positions.

To develop an effective and efficient swimming strokes on the front and back.

To understand and follow basic water safety and survival skills.

Outdoor Activities (KS2)

To perform outdoor and adventurous activities in a variety of environments.

To face physical and problem solving challenges individually and collaboratively.

5. Role of the Subject Leader

With the Principal, to share a role in the monitoring and evaluation of the PE curriculum throughout the school.

- To encourage other members of staff in their teaching of PE and to give support where appropriate.
- To encourage staff to work within the guidelines laid down in 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 and Long Term Plan and resources on a regular basis.
- To assist the Head teacher and Governors in the development of the School Improvement Plan.
- With the Principal, to manage a budget to purchase in line with the school's needs.

- To support members of staff in the use of effective planning, assessment and recording systems.
- To oversee an annual inspection of all PE equipment (audit the quality and quantity).
- To maintain a high standard of PE teaching in his/her own classroom and ensure that PE keeps a high profile within the school, through sports activities, external support, etc.

6. Outcomes

We are committed to improving the overall health and well-being of our children here at St John's and to instilling them with the knowledge of the benefits of physical exercise to their mental and physical health. Using the new Primary PE Planning resource tool this year – an ever developing resource – has brought some new activities to our curriculum, showing that a variety of physical exercises can be introduced, attempted and evaluated throughout the year, by the children. This resource further supports all staff in their planning, and should encourage confident and informed teaching of Physical Education here at St John's. Lesson plans and full schemes of work (found on the PPP website) show more detailed learning objectives and differentiated activities. Our high-quality lessons should include: -

- A statement of the learning objective.
- A whole class risk assessment.
- Teaching the children to warm up safely.
- The teaching of skills and techniques.
- The application and adaptation of learnt skills in games activities.
- Modelling of correct technique.
- Use of correct and specific technical vocabulary.
- Performance and evaluation of each other's work.
- Work, which reflects the learning objective.
- Teaching the children to cool down safely.
- Teaching the children the impact PE has on their bodies

7. Monitoring & Evaluation

The Primary PE Planning online resource tool, will be used throughout school for Y1 – Y6. Assessment will be completed throughout the term and data for progression in each area will be stored on further completion of each half termly activity undertaken. Full schemes of work, lesson plans and objectives criteria can be found and adapted accordingly. Children are assessed to be; working towards; at expected; above expected or most able for their age in each activity undertaken.

Summative and formative assessment in PE is carried out by class teachers and Mrs Bell the PE Lead:

- Informally during the course of teaching through observation.
- Children to complete a self-assessment at the end of each unit of work. This self-assessment tool to be used to support children in being reflective in their lessons and with their achievements – Target Assessment sheets from PPP website.
- At the end of each unit of work teachers to complete pupil assessments (PPP website) in order to update the children's attainment and progress in that area of PE.
- These are used to assist in reporting to the parents and passed on to the following class teacher.
- To inform future planning.

8. Inclusion

In accordance with the school's Inclusion Policy, PE activities are differentiated to meet the needs of each pupil. More Able and Talented pupils and children with Special Educational Needs and Disability will be identified through a range of activities. Their needs will be met through the development of individual or group programmes that encompass a range of learning styles and are designed to enrich the curriculum. Equality Teachers will ensure that all pupils have fair access to the PE curriculum, regardless of gender, race, or ability, in accordance with the school's Equality Policy.

9. Resources

All teachers have access to centrally stored PE resources. Resources are kept in two locations; online on the Primary PE Planning website (each staff member having individual access) and in the PE store situated in the hall. All physical PE resources are checked regularly to ensure that they meet health and safety requirements, and in addition to this, all resources are audited annually.

10. Health & Safety

Everyone has a duty under health & safety guidelines to ensure PE activities are carried out with due regard to the safety of staff and pupils in line with school, Local Authority and Health & Safety Policies. Advice can be sought from the Local Authority's adviser, or the staff members responsible for Health & Safety.

Reference should be made to the school's Risk Assessments. All staff have a copy of the Health and Safety Policy in school documentation file.

Staff should carry out risk assessments with the children at the start of all PE lessons.

- All equipment, apparatus and environment should be checked before the start of every lesson by teacher/coach and is the responsibility of the teacher/coach.
- Children should be given health and safety guidance through the lesson.
- All jewellery should be removed and stored safely before each lesson.
- If children wear stud earrings they should be taken out by the child. Children must place and remove the earrings independently.
- All long hair should be tied back off the face (boys and girls).
- Suitable clothing should be worn for each lesson (see school policy for correct clothing)
- Children should not engage in physical activity without correct kit.
- For indoor PE children should walk to the hall with suitable footwear on (pumps/trainers or school shoes)
- All children taking part in indoor PE should be bare foot or suitable footwear for indoor PE (pumps not trainers)
- For gymnastics when the apparatus is being used suitable footwear should be worn (pumps or barefoot only)
- All children with verrucas should wear pumps.
- Children who do not have a PE kit will take part in the lesson as an observer rather than a participant. Parents will be informed after two consecutive occasions of no PE kit.
- Every child must attend in their PE kit on the day of their PE session.

When travelling to sporting activity, the appropriate risk assessments are completed and the followed issues addressed:

- All children wear seat belts.
- All supervising adults to be aware of risk implications.
- All supervising adults that attend swimming to hold a current DBS.
- All transporting adults to be fully insured.
- Parent permission for taking children out of school obtained.
- Parent permission for children to be transported by other parents.
- After school competitions children to be transported by their parents or a responsible adult who the child's parents have given permission. School to be informed. Safe-practice standards are consistently applied by staff, students and other visitors, across all aspects of the school.

11. Out of Hours Provision

Depending on the time of the year, St John's provides opportunities for children in wide variety of areas. These after school clubs are updated and changing according to the interests of the children. After school clubs are available for children to attend from Reception to Year 6 and if required there is a subsidiary

available where finance may be an issue. All sports clubs are open to both girls and boys and are delivered by qualified coaches or teachers who deliver high quality lessons. The provision of Out of School Hours sports clubs is reviewed annually and registers are kept to ensure opportunities are provided for all children.

12. Links with other policies

This policy is linked to our:

- Behaviour policy
- Equal Opportunity policy
- Health & Safety policy
- National Curriculum for Physical Education
- SEN policy
- SNMAT Assessment policy