

Updated September 2021

Review September 2022

Mrs L Bull



Love Your Neighbour
As Yourself

PHYSICAL EDUCATION POLICY

Holy Trinity C of E Primary School



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A whole school policy for Physical Education

Holy Trinity C of E Primary School believes that Physical Education, experienced in a safe and supportive environment, is vital and unique in its contribution to a pupil's physical and emotional development and health. The PE curriculum aims to provide pupils with increasing self-confidence through an ability to manage themselves successfully in a variety of situations.



Rationale

Physical Education is a way of learning through action, awareness and observation. Pupils should be equipped with the necessary skills and understanding of them to participate with confidence and enjoy individual and team activities at school and in the wider community. They should also be helped to appreciate the place for regular exercise and understand the importance of physical development in relation to strength, balance, flexibility and cardiovascular and muscular endurance.

Curriculum intent

- ❖ Inspire - offer a broad curriculum and interest pupils in different sports
- ❖ Achieve - half termly assessments of progress
- ❖ Empower - teach pupils values and qualities like teamwork, respect, tolerance etc.

Curriculum implementation

- ❖ Long term planning - we have our year plan for each teacher and group showing the sports they're learning each half term.
- ❖ Medium term planning - schemes of work for each sport that have been updated due to Covid-19 and are progressive and sequential with half termly assessments.
- ❖ All planning and schemes of work will be in line with 'Progress in PE.'

Aims

- ❖ To provide a diverse and engaging curriculum for all ages linked to the 6 National Curriculum Areas: Running and Jumping (Athletics, Races and Team Games), Throwing and Catching (Team Games, Netball, Rugby, Basketball), Balance, Agility and Co-ordination (Gymnastics), Games – Attacking and Defending, Striking and Fielding (Tennis, Football, Cricket, Rounders), Dance and Movement Patterns (Dance, Skipping) and Achieving my Personal Best and Healthy, Active Lifestyles (Cross Country, Fitness Circuits).
- ❖ To develop physical competence and help promote physical development.
- ❖ To develop psychomotor skills through a range of relevant movement-based activities.
- ❖ To develop an ability to remember, adapt and apply knowledge, practical skills and concepts in a variety of movement-based activities.
- ❖ To promote the importance of a healthy active lifestyle and encourage the children to make active choices that will impact on their personal well-being throughout their life.
- ❖ To help develop self-esteem, confidence and foster an enjoyable, positive attitude towards the subject in school.
- ❖ To develop a sense of fair play and sportsmanship.
- ❖ To develop communicational skills, encouraging the use of correct terminology and effective co-operation.

Objectives

- ❖ Children will take part in a range of movement activities in order to develop physical competence and physical development. (Physical)
- ❖ Children will be made aware of their body orientation in relation to others and aim to promote the quality of movement. (Kinesthetic)
- ❖ Children will be made aware of simple physiological changes that occur to their bodies during exercise. (Physiology)
- ❖ Children will be given the opportunity to develop imagination and co-operation to achieve shared goals. (Teamwork)
- ❖ Children will be given the opportunity to enjoy and succeed in the subject as well as being motivated and challenged. (Problem solving)
- ❖ Children will be given the opportunity to develop areas of an activity of their choice in an extra-curricular opportunity.
- ❖ Children will be given the opportunity to make full use of the facilities to prepare them mentally and physically for Key Stage 3 and beyond.

Entitlement

At Holy Trinity we provide the opportunity for two hours of PE per week for all children. Additionally, throughout the year, all children will have access to attend extra-curricular sporting clubs – before school, at lunchtime and after school clubs. We have provided training for all teaching staff to equip them with the knowledge and methods to ensure active Maths and Literacy lessons where appropriate.

Organisation

The curriculum in this subject has been organised to ensure children in both key stages have access to all areas specified in the National Curriculum and go beyond the statutory requirement.

Equal Opportunities and Inclusion

All children regardless of gender, race or ability will have the opportunity to access the full range of the PE Curriculum and extra-curricular opportunities. Planning/assessments will identify GAT (Gifted and Talented) and SEND (Special Education Needs) children to cater the learning to address this, either through an adapted task, additional support or suitable equipment selection. Our Change4Life club will be offered throughout the year for targeted children, with the key focus to promote physical activity and enjoyment in sport. These children then become leaders and support future groups. They enjoy activities such as healthy cooking and food preparation, physical activities, team games, PSHE based activities on emotions and mental health and well-being.

Assessment

It is the responsibility of class teachers to continually assess the progress of all children throughout different 'Progress in PE' statements that are differentiated for each year group; this will be a continuous process of observations and a termly assessment of progress throughout each year group carried out by the PE Co-ordinator. The children are also encouraged to constantly assess and evaluate their own and peers learning/performances, and set personal fitness challenges 'Personal Best'. Assessment is key to informing next steps in planning and to plug any gaps in skills/learning. Sessions should be skill based, working towards performance and evaluation. Children are encouraged to independently evaluate their own progress.

Monitoring and Evaluating

Subject monitoring is carried out by the PE Co-ordinator on a half-termly basis. This is carried out through; discussions with external sports coaches and class teachers, general observations of children's sporting skills and techniques, both throughout P.E lessons across Key Stages and outside of the classroom i.e. breaktimes/ lunchtimes/ competitions/ sports festivals, using pupil voice to focus on the needs and suggestions of pupils, meeting with children from each year group to discuss PE sessions from that half term, taking into consideration their suggestions and feedback, regular meetings with our link governor (Mr. A Kane) to discuss progress, developments and impact, tracking children's participation levels and using 'Progress in P.E' statements to assess progress made by each child in each year group.

Healthy and Safety

All equipment used must have passed its annual safety check and teachers must be satisfied the equipment is safe prior to commencement of work. Children do not wear jewellery of any kind whilst taking part in PE lessons and those with long hair must have their hair tied back. We have high standards and expectations with regards to PE kit to ensure everyone is smart and equal.

Staff Development – Continuous CPD

External training opportunities are highlighted to staff and they can attend if they believe it is an area they should develop in. External coaches are also provided to deliver development opportunities for staff and they are encouraged to observe the sessions delivered in School to further their skills and knowledge. Staff audit- this is carried out annually to highlight areas of need for CPD. PE-Coordinator attends regular cluster meetings to ensure they are kept up to date with developments in the subject and any upcoming CPD/festival opportunities. These updates are then shared with staff back in School.

Use of External Coaches

All coaches must hold an up to date DBS, these coaches, who can range from secondary PE teachers to sporting association affiliated coaches can deliver sessions within curriculum time and as extra-curricular opportunities. External coaches will not be used to cover PPA sessions, they will work alongside school staff to upskill their knowledge in sporting areas. From September 2022, it will be a legal requirement that all external coaches must hold the 'Yes! Coach,' coaching children and young people award.

Learning Environment

The school has the main hall and three different outdoor spaces to deliver PE sessions including our large field. It is the teacher's responsibility to ensure that the lessons and area are safe and fit for purpose before the session. Any unsafe areas must be reported to the School Business Manager/Caretaker immediately.

Equipment and Resources

Our school has a large selection of equipment that is stored in the hall cupboards. Children must not collect or return equipment unsupervised. Children are encouraged under supervision to organise large apparatus. Each teacher must ensure all equipment is safe to use before each session. Termly checks of equipment from PE Co-Ordinator ensures equipment is safe to use and resources are up to date. Due to Covid-19, all equipment must be signed in and out and sanitised before use with another bubble or class. A 'wish list' is also made available for staff to note down extra resources they require.

Extra-Curricular Opportunities

A range of extra-curricular clubs are offered weekly to all children from Reception to Year 6. External coaches deliver sports clubs alongside members of staff. To attend a club, children must return a permission slip, have a suitable change of clothing and be collected prompt from the clubs after school. Competitions are also held both internally and externally. To attend a competition, children must return a permission slip and have suitable clothing and footwear, water bottles are provided.

Cultural Capital

At Holy Trinity C of E Primary, we recognise that for pupils to aspire and be successful academically and in the wider areas of their lives, they need to be given rich and sustained opportunities to develop their cultural capital. As a sporting cluster we recognised the six key areas of development that contribute to the sum of a pupil's cultural capital. These are; personal development, social development (including political and current affairs awareness, physical development, spiritual development, moral development and cultural development). Each subject makes its own contribution towards cultural capital and this can be found through PE with; healthy eating policies and catering provision, anti-bullying and safeguarding policies and strategies, Extra-curricular activities relating to sports and well-being, the celebration of sporting achievement including personal fitness and competitive sport, activities available for unstructured time (lunch, break times and after school clubs), activity based residential, the life skills based programme related to food preparation and nutrition, advice and guidance to parents on all aspects of pupil lifestyle and the promotion of walking or cycling to school.

British Values/ SMSC and PE

Within Holy Trinity C of E Primary we believe that effective learning takes place where there is acceptance and mutual respect as set out in the Equality Act. Students are encouraged to see how their progress towards their own individual goals can be both impinged and improved by the action of both the teacher and their peers. Mutual respect and an atmosphere of acceptance help to produce an environment that is conducive to individual progress. PE provides an excellent opportunity to discuss and make explicit the need for such rules and laws governing conduct, as well as the concepts of interdependency and mutual co-operation. During PE, children are encouraged to see how their progress towards individual goals can be improved during PE lessons.

PE Coordinator: Mrs L Bull 2021/2022

Parent Link Governor: Mr. A Kane 2021/2022

SSCO: Mr. J Murray

SGO: Mrs K Robinson