

Long Row Primary and Nursery School



Physical Education Policy

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Introduction

At Long Row Primary School we recognise the importance of providing all children with opportunities to engage fully in Physical Education (PE). Through PE, children acquire not only physical skills, knowledge and understanding, but also the awareness and importance of leading a healthy lifestyle and the importance of physical activity. PE embeds the values of sportsmanship, fairness and respect. We hope that, through the sporting opportunities and physical activity we offer, the children will develop a love and passion for sport and continue this into their later lives.

Aims:

- To provide a broad and balanced curriculum that satisfies the requirements of the National Curriculum.
- To provide 2 hours of high quality physical activity per week for all pupils.
- To provide an environment in which pupils enjoy and are committed to sports.
- To ensure pupils understand that physical activity is an important part of a healthy lifecycle, including social and emotional well-being.
- To provide all pupils, irrespective of ability, opportunities to experience and succeed in a wide range of sporting activities.
- To provide opportunities, within school and between schools, for pupils to participate in a range of competitions, as individuals and as part of a team.
- To provide opportunities for both pupils and teachers to work with and alongside specialist PE and sports coaches, in order to develop skills and expertise.
- To provide an out of hours programme of activities to extend and enrich curriculum provision.
- To establish good habits including an awareness of safety and hygiene and responsibility for PE equipment.

Curriculum

PE activities are built upon the prior learning of the children. While there are opportunities for children of all abilities to develop their skills, knowledge and understanding in each activity area, there is progression planned into the scheme of work, so that the children are increasingly challenged as they move up through the school.

Pupils in both KS1 and KS2 will engage in two lessons of high quality PE each week, while children in the EYFS will engage in one structured PE lesson weekly.

In the EYFS, children focus on the 3 C's (control, coordination and confidence). This is delivered to them through their curriculum, of which physical development is a prime area of learning and is recognised as fundamental to support development in all other areas. All children have the opportunity to undertake activities that offer appropriate

physical challenge, both indoors and outdoors, using a wide range of resources to support specific skills; both gross and fine motor.

In KS1, children focus on the 5 C's (coordination, confidence, competence, cooperation and challenge). They develop fundamental movement skills through a broad range of opportunities.

In KS2, children focus on the 8 c's (coordination, confidence, competence, cooperation, challenge, communication, collaboration and competition). They build on the skills taught in KS1, developing a broader range of skills and begin link these together to make actions and sequences of movement.

Swimming

Swimming lessons are taken by our pupils in Year 5 and 6. Lessons are provided by the local authority employed swimming coaches alongside class teachers. They will be held at Belper leisure Centre.

Teaching, Learning and Planning

Class teachers have the responsibility for planning, following the AVSSP' scheme of work. Schemes of work used to support the teaching of PE in school provide clear lesson objectives, success criteria, coaching tips and ideas for differentiation and assessment. They encourage pupils to be as active as possible throughout the lesson and include warm ups and cool downs. Skill development and games promote a competitive approach, and questions promote thinking about physical, social and emotional development.

Differentiation

In all classes, children have a wide range of physical ability. Whilst recognising this fact, we provide suitable learning opportunities for all children by matching the challenge of the task to the ability of the child. We achieve this through a range of strategies:

- Setting common tasks that are open-ended and can have a variety of results (e.g. timed events, such as balancing on one leg)
- Setting tasks of increasing difficulty
- Grouping children by ability, and setting different tasks for each group (e.g. different games)
- Providing a range of challenge through the provision of different resources (e.g. different gymnastics equipment).

Assessment

The process of assessment is continuous and is used to recognise and record achievements using the following methods:

- Observation
- Pupil/teacher discussion

- Pupil self-assessment reviews of their work.
- PE Assessment grids completed by class teachers which follow each year groups National Curriculum objectives of PE.

Extra- Curricular

Our school provides a range of PE-related activities for both KS1 and KS2 children at the end of the school day. These activities are led by specialist sports coaches and different members of school staff. All activities on offer encourage children to further develop their skills in a range of the activity areas. We also plays regular fixtures against other local schools and enters several competitions organised by Amber Valley School Sports Partnership. This introduces a competitive element to team games, and allows the children to put into practice the skills that they have developed in their lessons. These opportunities foster a sense of team spirit and cooperation amongst our children. Participation and success is celebrated in assemblies.

Health and Safety

Children should only refrain from physical activity during PE lessons on health grounds, if their parents/carers request this, either by direct contact with the school or in a note to their teacher. However, they may be included in a different role during the lesson such as an evaluator, scorer, coach etc.

We encourage the children to consider their own safety and the safety of others at all times. In order to minimise risk or injury:

- Children should dress appropriately in a PE kit including shorts/tracksuit bottoms and their house colour t-shirt
- Children should wear appropriate footwear - plimsols/trainers for outdoor PE and bare feet for gymnastics and dance.
- No jewellery to be worn in PE. Earrings must be removed.
- Long hair should be tied back.
- Children will be trained to lift and carry apparatus sensibly under adult supervision, which will be checked by an adult for safety before use.
- The school employs an external contractor to undertake an annual equipment maintenance check.

The Sports Premium

The sports premium is used to support the school to meet the objectives laid out in our action plan. It enables us to affiliate with Amber Valley School Sports Partnership, who provide our school with professional sports coaching, curricular support, competitive opportunities, extra-curricular activities and training for staff. The expenditure is posted annually on the school website and also to the school governors.