

Stockham Primary School - Physical Education (PE) Policy

Statement

Stockham School recognises that Physical education is a statutory requirement of the National Curriculum and an essential contributor to the development of the whole child. We aim to provide a high quality Physical Education programme allowing pupils to develop personally and socially. At Stockham, children learn how to plan, perform, lead and evaluate actions, ideas and performances to improve the quality of their work. The physical education provision will contribute to the personal development, health and well-being, enjoyment and success of all pupils across the whole curriculum and beyond. Through a range of high quality physical education sessions, we aim to help pupils discover their aptitudes, abilities and preferences and make informed choices about how to get involved in lifelong physical activity.

Aims and objectives

Through a high quality physical education programme Stockham Primary School aims to enable pupils to become:

- successful learners,
- confident individuals
- responsible citizens
- independent learners,
- creative thinkers,
- reflective learners,
- team workers,
- effective participators.

Our objectives in the teaching of PE are:

- Provide a broad and balanced curriculum that satisfies the needs of the National Curriculum.
- Develop an understanding for the need to keep clean, fit and healthy through regular exercising.
- Plan for, organise and deliver lessons which offer children the opportunity to demonstrate their knowledge, understanding and competence and further develop individual potential.
- Develop an appreciation for the concepts of fair play, honest competition and good character.
- Allow pupils the opportunity to take part in a range of competitive, creative and challenge-type activities, both as individuals and as part of a team or group.
- Develop competence and control in the gross and fine motor skills that pupils need in order to succeed in PE and sport.
- Develop an understanding in children of how to succeed in a range of physical activities, and how to evaluate their own success, setting targets for themselves.
- Develop pupils' stamina, suppleness, strength and the mental capacity (determination and resilience) to keep going.
- Provide a wide range in intra-school tournaments, including sports day, allowing all children to participate while working to the best of their ability.

- Provide pupils with opportunities to express and communicate ideas, solve problems and overcome challenges.
- Provide specialist support where individual children have particular gifts or talents.
- Provide an out of school hours' programme of activities which enables pupils to extend and enrich their curriculum provision.
- Develop leadership skills and initiate active play through 'sports leaders'.
- Work with outside agencies to take part in inter school competitions, provide staff with opportunities to develop their subject knowledge and have clubs led by professionals.
- Establish community links and pathways for pupils to encourage life-long participation.
- Provide links to other areas of the curriculum and wider school, county and national agendas.

Teaching and learning style

We use a variety of teaching and learning styles in PE lessons. Our principal aim is to develop the children's knowledge, skills and understanding, and we do this through a mixture of whole-class teaching and individual or group activities. The learning environment will enable all pupils to recognise their own and others' strengths and areas for improvement and provide them with appropriate tasks to improve and succeed. Teachers draw attention to good examples of individual performance as models for the other children and we encourage the children to evaluate their own work as well as the work of other children. Within lessons, we give the children the opportunity both to collaborate and to compete with each other, and they have the opportunity to use a wide range of resources. 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.

PE Curriculum Planning

It is Stockham's aim that children take part in PE or physical activity for at least 2 hours a week. Classes have timetabled use of the hall and playground during the year and field slots in the summer.

As required, topics covered by each Key Stage are as follows –

KS1 - dance, games, gymnastics, athletics and swimming*

KS2 - dance, games and gymnastics, swimming and water safety, athletics and OAA (outdoor adventure activities).

*Swimming and water safety continues into Key Stage 2 because our children do not complete the full requirements of this activity during Key Stage 1. In this way year groups 1, 3,4,and 5 receive approximately 11 weeks of swimming a year and all pupils are given the opportunity to achieve the expected levels of performance as set out in National Curriculum descriptors.

PE Curriculum Teaching.

Children are expected to be taught throughout the strands of the national curriculum, these are placed under four headings:

- 1) Acquiring and developing skills.
- 2) Selecting and applying skills, tactics and compositional ideas.
- 3) Evaluating and improving performance.
- 4) Knowledge and understanding of fitness and health (science and PSHCE link).
- 5) Experience a range of roles – performer/coach/official/leader.

At Stockham, we plan the PE activities so that they build 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.

Gifted and Talented

At Stockham, we believe in the importance of recognising and nourishing children who show particular talents in sporting contexts. To support their development we work closely with the local sporting secondary school, Kind Alfred's to run additional 'Gifted and talented' sessions led by an experience PE coach. As well as providing opportunities for all children to take part in sporting competitions, gifted and talented children are always encouraged to represent the school competitively. We also encourage children showing particular talents to continue these sports in local clubs.

The Foundation Stage

Physical development is a prime area of the Foundation stage curriculum. We encourage the physical development of our children in the Foundation class as an integral part of their work. We plan for and assess the physical development of the children in relation to the objectives set out in the Early Learning Goals. We encourage the children to develop confidence, control of the way they move, and care in the handling of tools and equipment. We also enable children to develop their understanding of safe and healthy practises. We give all children the opportunity to undertake activities that offer appropriate physical challenge, both indoors and outdoors, using a wide range of resources to support and develop specific skills.

Contribution of PE to teaching in other curriculum areas

- **English** - PE contributes to the development of Speaking and Listening skills by encouraging children to:
 - follow instructions – understand and respond to instructions
 - understand the task and terminology used to express it
 - act on advice given
 - learn from others – ideas exchanged, team tactics, peer evaluation
- **Personal, social and health education and citizenship (PSHE)** - Children are taught the benefits of exercise, healthy eating, and how to make informed choices about their lifestyle. In PE children are encouraged to work cooperatively across a range of activities and experiences. They learn to respect the views and abilities of others.
- **Maths** - Children learn to apply; numeracy skills when counting, measuring and timing. They are also encouraged to use mathematical terminology for shapes, space and position.
- **ICT** - Information and communication technology enhances the teaching of PE, where appropriate, in all key stages. In dance and gymnastics, children make video recordings of their performance, and use them to develop their movements and actions. Older children compare each other's performances from recordings, and use these to improve the quality of their own work.
- Links to other curriculum subjects are made where meaningful.

Equal opportunities.

In our school, we strongly believe that all children, regardless of ability, gender or race deserve and are entitled to equal opportunity. This is shown throughout our out of hours clubs.

Assessment

Teachers assess children's work in PE by making assessments as they observe them working during lessons. Older pupils are encouraged to evaluate their own work and to suggest ways in which to improve. Teachers record the progress made by children against the learning objectives for their lessons. Records are selective and brief and teachers should have a clear reason for recording information. Significant achievements or weaknesses may be noted on an evaluation of a lesson and used to inform future planning for themselves or a new class teacher. ICT can be used in a variety of ways to aid teaching, learning and assessing.

Teachers will make judgements about attainment and progress against PE objectives. This information is used to pass on information to the next teacher at the end of the year.

Equipment and Resources

There is a wide range of resources to support the teaching of PE across the school. The equipment suitability is reviewed to ensure it is appropriate to the range of ages, abilities and needs of children in order to enhance learning. We keep most of our small equipment in the PE store, and this is accessible to children only under adult supervision. The hall contains a range of large apparatus and we expect the children to help to set up and put away this equipment as part of their work. By so doing, the children learn to handle equipment safely. The children use the school field for games and athletics activities, and the local swimming pool for swimming lessons.

Health and safety

It is the general teaching requirement for health and safety that applies to this subject. We encourage the children to consider their own safety and the safety of others at all times.

Jewellery – Children should only be wearing watches and stud earrings to school. These are removed and studs are covered with plasters if removal is not possible.

Clothing and footwear – For indoor PE lessons children should wear black shorts and a white t-shirt. Plimsolls must be worn during impact PE lessons. Bare feet are essential for apparatus work in gymnastics. Outside lessons in the winter require children to wear jogging bottoms (dark in colour) and a white t-shirt. Trainers should be worn for outdoor field and playground work. Teachers are expected to set a good example by wearing appropriate clothing when teaching PE lessons.

Swimming – Girls must wear a one piece and a hat. Boys must wear trunks or short which finish above the knee. Goggles can be worn but children must provide a letter or permission from a parent. A voluntary contribution is asked for to contribute towards the school's cost of the pool, swimming coaches and transport. Non swimmers must accompany their own class to the pool and watch.

Non – participation – If a child is unable to take part in PE lessons due to illness or injury, this should be supported by a letter from a child's parent. If a child repeatedly forgets their PE kit, the relevant teacher will make contact with the child's parent. Children will support lessons by helping with leadership and equipment.

Extra-curricular activities and links to outside clubs.

The school provides a range of PE-related activities for children at the end of the school day. These encourage children to further develop their skills in a range of the activity areas. The school sends details of the current club activities to parents and carers at the beginning of each term. Club opportunities vary but can include –

Cross Country, Netball, Football, Kwik Cricket, Athletics, Tennis, Fencing, Dance, Archery and Gymnastics.

The school also plays regular fixtures against other local schools arranged by the secondary education sports school, King Alfred's. 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.

At Stockham, we also run internal competitions (largely led by our own pupil sport leaders). These opportunities foster a sense of team spirit and cooperation amongst our children.

Staff Development

At Stockham, we believe in the importance of staff development to ensure high quality PE lessons are delivered and sustained. The PE Coordinator should ensure that all teaching staff are aware of the development opportunities available from the secondary education sports school, King Alfred's, and local sports professionals. Staff will work alongside professionals to improve their own subject knowledge and teaching practise. The PE Coordinator will ensure that any development opportunities undertaken by staff are disseminated throughout the school where necessary to further enhance the quality of PE.

Signed - _____
(PE Coordinator)

Date - _____

Signed - _____
(Headteacher)

Date - _____

Reviewed Septemeber 2016