

Ellel St John's C of E Primary School Physical Education (PE) Policy

Our Mission statement:

Loving, living and learning in the light of Christ.

This policy document aims to reflect the philosophy of Ellel St John's CE Primary School in relation to how P.E is both taught and learnt. It provides a framework through which all staff can approach PE and gives guidance in areas such as curriculum content planning and assessment.

This policy is intended to be used in conjunction with the Lancashire P.E scheme of work. This identifies which areas of the curriculum are covered by each class and to what extent. It is intended that this policy and the Lancashire P.E scheme of work will form the basis for the teaching of PE.

The scheme covers:

- Invasion games
- Net/wall games
- Striking and fielding games
- Dance
- Gymnastics
- Swimming and water safety (KS2 only)
- Outdoor and Adventurous Activities

Aims - Foundation Stage

We encourage the physical development of our children in the reception class as an integral part of their work. As the reception class is part of the Foundation Stage, we relate the physical development of the children to the objectives set out in the Early Learning Goals, which underpin the curriculum planning for children aged three to five years of age. We encourage the children to develop confidence and control of the way they move, and the way they handle tools and equipment. 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 specific skills. Target support groups for P.E are timetabled weekly depending on the needs of the children.

Aims-KS1

Children should develop fundamental movement skills (FMS), become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operate physical activities, in a range of increasingly challenging situations.

Children should be taught to:

- Master basic movements including: running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.
- Participate in team games, developing simple tactics for attacking and defending.
- Perform dances using simple movement patterns.

Aims-KS2

Children should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own successes.

Children should be taught to:

- Use running, jumping, throwing and catching in isolation and in combination.
- Play competitive games, modified where appropriate [for example: badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending.
- Develop flexibility, strength, technique, control and balance [for example: through athletics and gymnastics].
- Perform dances using a range of movement patterns.

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- Take part in outdoor and adventurous activity challenges both individually and within a team.
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Swimming and water safety:

Provided to children in Years, 3, 4, 5 (and in some cases continues in Year 6)

Children should be taught to:

- Swim competently, confidently and proficiently over a distance of at least 25metres.
- Use a range of strokes effectively [for example: front crawl, backstroke and breaststroke.
- Perform safe self-rescue in different water-based situations.

Curriculum and School Organisation

Our curriculum covers the areas set by the National Curriculum. The P.E curriculum will be planned to ensure suitable progression through the programme of study devised for each class. We will endeavour to achieve a wide coverage of the National Curriculum programmes of study as children move through the school. Detailed planning of P.E work will take place on a half termly and weekly basis by the class teacher and will be seen in medium and short term plans. Detailed curriculum content and progression can be found in the school scheme of work for P.E and in individual teachers planning files. The PE co-ordinator will monitor and evaluate the P.E curriculum annually and draw up a development plan based upon findings. The development of the P.E curriculum will involve all members of staff, including teaching assistants. The subject development plan for the year can be found in the P.E Subject leader file, alongside previous years plans.

Clothing for PE Activities

Indoor/Outdoor games, athletics dance and gym:

- Plain cotton T-shirt, cotton gym shorts (not cycling or football shorts), short socks, indoor pumps
- When participating in outdoor coaching/OAA children are allowed to wear their own sports kit (suitable jogging bottoms, trainers and jumpers) especially during the winter months.

Swimming:

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- Swimming costume or trunks, named swimming cap (if hair is long).
- Goggles (with parental consent).

No jewellery or watches to be worn for any physical activity.

Staff dress:

Staff are required to wear suitable P.E kit (in line with the schools Staff Handbook) In order to participate in activities with comfort and safety. For example: Tracksuit/jogging bottoms and a t-shirt/top with appropriate footwear - trainers.

Extra-Curricular Activities

Playtimes:

Children are provided with different playtime toys to encourage active play. A football rota is provided for KS2 children for morning break and lunchtime and for KS1 children in the afternoon.

Competition:

The school provides a range of PE-related activities including netball, football, cricket, athletics, cross country and squareball 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 at the beginning of each term. The school also plays regular fixtures against other local schools (Level 2 competition) and participates in area knockout competitions. 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 co-operation amongst our children whilst also developing a sense of good sportsmanship.

Time Allocation

Each class receives at least two hours of timetabled PE each week.

Assessment and Record Keeping

Teachers assess children's work in PE by making assessments as they observe them working during lessons. They record the progress made by children against the learning objectives for their lessons. At the end of a unit of work, teachers make a judgement as to whether the child has met, exceeded or is working towards the expectations of each individual unit. The core tasks set out in the Lancashire scheme of work offers teachers a criterion which scaffolds and supports the assessment process. They record the information in their assessment files and use the information to plan the future work of each child. These records also enable the teacher to make an annual assessment of progress for each child, as part of the child's annual report to parents. The teacher passes this information on to the next teacher at the end of each year.

Resources

There is a wide range of resources to support the teaching of PE across the school. We keep most of our small equipment in the PE store, and this is accessible to children only under adult supervision. We also keep outdoor sports equipment in the P.E shed, this is locked and all teaching staff hold a key. The hall contains a range of large apparatus, and we expect the children to help 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 playground and the playing field for games and athletics activities and the local swimming pool for swimming lessons.

Equal Opportunities

At Ellel St John's CE Primary School we recognise the responsibility of all schools to provide a broad and balanced curriculum for all pupils. In P.E. the National Curriculum is the starting point for planning a curriculum that meets the specific needs of individuals and groups of pupils. We have adopted the statutory inclusion statement on providing effective learning opportunities for all pupils. When planning teachers will modify, as necessary, the National Curriculum programmes of study to provide all pupils with relevant and

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appropriately challenging work at each key stage, in order to provide a more inclusive curriculum which:

- sets suitable learning challenges
- responds to pupils' diverse learning needs
- overcomes potential barriers to learning and assessment for individuals and groups of pupils

All children should have equal access to resources and activities enabling them to develop their skills to the best of their personal ability. The SENCo and P.E. Co-ordinator jointly advise teachers on the support which can be provided for individual children with particular educational needs, including high ability pupils.

Forest School Provision

Forest School is a unique approach to learning which offers participants the opportunity to learn through experience in a woodland setting. Forest School takes place regularly, on a weekly basis, with the same group of learners, over an extended period of time. Each year group participates in two blocks of Forest School over the academic year (to experience two different seasons).

Sports Premium Funding

As a school community, we were delighted when the Government announced that every primary school in the country would receive a substantial (and ring-fenced) sum of money to improve the quality of sport and P.E. for all our pupils.

What is the Sports Premium?

The government is providing funding of £150 million per annum for all primary schools to provide new and substantial primary school sport funding. The funding is being jointly provided by the Departments for Education, Health and Culture, Media and Sport, and will see money

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going directly to primary school headteachers to spend on improving the quality of sport and PE for all their children.

Our Primary School Sport's Funding will enable us to continue and extend our provision through employing additional sports professionals, entering into more competitive sports competitions and training our staff to deliver in-house quality PE sessions. As a result, we aim to enable pupils to develop a healthy lifestyle.

Policy updated: Autumn 2023

Jo FitzGerald - Headteacher

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