



# Physical Education Policy

## Rationale

Shiremoor Primary School recognises the vital contribution of physical education to a child's physical, cognitive, social and emotional development as well as the role it can play in a child's spiritual, moral and cultural development. We aim to provide a broad and balanced P.E. curriculum to aid children's increasing self-confidence in their ability to manage themselves and their bodies within a variety of movement situations. Through a balance of individual, paired and group activities, we aim to cater for the different strengths, needs and preferences of each child, using differentiated activities where appropriate. We believe that through the variety of opportunities that PE offers, children can develop a sense of personal achievement, fair play, teamwork and an understanding of the ways in which sport can transcend social and cultural boundaries. We plan a range of activities that aim to provide children with a broad base of movement knowledge, skills and understanding, which they can refine and expand throughout their school years. All children are encouraged to join clubs and extend their interest and involvement in sport. Children are taught to appreciate the importance of a healthy and fit body, and begin to understand those factors which affect health and fitness. This work is closely aligned with our policy on Personal, Social and Health Education (PSHE). Through the Government Funding for sport we will offer varied experiences for different age groups ensuring all will get a range of appropriate challenges as they move through the school.

## Aims

### **Physical development:**

- To develop physical competence and confidence by acquiring and developing a range of fine and gross motor skills.
- To be aware of the different shapes and movements that can be made with the body.
- To develop knowledge, skills and understanding, and the ability to remember, repeat and refine actions with increasing control and accuracy.
- To promote fitness and a healthy lifestyle by understanding the effects of exercise on the body and the importance of developing strength endurance and flexibility.
- To appreciate the value of safe exercising.

### **Social and emotional development:**

- To develop a love of physical exercise.
- To develop the ability to work independently and communicate with, and respond appropriately towards others using verbal and non-verbal communication.
- To develop confidence in their own skills and abilities.
- To promote an understanding of safe practice, and develop a sense of responsibility towards the safety of themselves and others.
- To realise that the right exercise for you can be fun and will give you energy for other things in life.
- To create and plan games and teach them to one another.
- To develop a sense of fair play.

### **Cognitive development:**

- To develop decision making and problem solving skills.
- To develop reasoning skills and the ability to make judgements.
- To develop an increasing ability to select, link and apply skills, tactics and compositional ideas.
- To develop the ability to communicate non-verbally with the body

- To improve observational skills, the ability to describe and make simple judgements on their own and others' work, and to use this knowledge and understanding to improve their own performance.
- To understand that using the correct technique will improve accuracy and individual performance.
- To be able to evaluate performance and act upon constructive criticism.

### **Implementation of the Policy**

At Shiremoor Primary School we use a variety of teaching and learning styles which involve a mixture of whole-class, group and individual activities. At Shiremoor Primary School teachers model good skills and technique and also draw attention to good examples of individual performance to use as models for the other children.

At Shiremoor Primary School children are encouraged to evaluate their own work as well as the work of other children. Within lessons children have the opportunity both to collaborate and compete with each other, and they have the opportunity to use a wide range of resources.

At Shiremoor Primary School every lesson should be focused around a clear learning objective (set as a question) and a broken down success criteria, to explain 'how' the learners will achieve their learning objective. Learners should be made aware of this at the start of each lesson, and review their learning at the end of each lesson.

At Shiremoor Primary School activities should be differentiated and appropriate to the needs and ranging abilities of the class. Each lesson must have a planned extension activity to extend the lesson's learning objective where appropriate.

At Shiremoor Primary School dialogue and demonstration should be used as teaching tools throughout all lessons. Particular skills should be modelled and discussed. Plenaries should be used to highlight good practice and next steps in their learning.

### **Shiremoor Primary School Approach to PE**

In Early Years opportunities are provided for children to be active and to develop their co-ordination, control and movement through moving and handling activities which involve the use of a range of equipment and involve different spatial experiences. Structured lessons and opportunities for outdoor physical activity amount to at least two hours each week.

Pupils in both KS1 and KS2 engage in two hours of high quality PE during the course of each week. In KS1 the curriculum focuses on fundamental movement skills to develop agility, balance and co-ordination. Curriculum content includes ball skills and team games, gymnastic and dance activities. At KS2 pupils continue to apply and develop a range of skills and units of work include a range of invasion, net / wall, and fielding and striking games, gymnastics, dance, athletics and swimming. We also enrich children's experiences through opportunities for outdoor and adventurous activities. A range of resources are used to support progression across the curriculum including: TOP sport resources and Val Sabin Dance and Gymnastics.

#### **Swimming**

At Shiremoor Primary, swimming lessons are compulsory for all children in Year 5. Children learn to swim with qualified swimming coaches on a weekly basis for a 30-minute session or in a four week block of daily lessons. Hats and goggles can be worn although they are not compulsory. The recommend appropriate swimwear is a one-piece costume for girls and trunks (not shorts) for boys.

#### **Curriculum Differentiation**

Shiremoor plans and delivers P.E around the principle of 'STEP' for adjusting lesson activities for differentiation. Some children with particular needs may require different activities, for example with a particular focus on fine motor skills if hand to eye coordination is a challenge. S- change the space available; T- change the time allowed; E - change the equipment, e.g. softer or larger balls, different sized bats, etc; P -change the people, e.g. size of the groups.

#### **KS1 pupils 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.

### **KS2 pupils 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 success.

### **Pupils 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
- 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.

### **Time Allocation**

Government stipulates all children should have a “Five hour offer” of PE and Sport. This is: 2 hours of PE lessons per week in curriculum time, an additional 1 hour through clubs and extra-curricular activities on the school site and a further 2 hours through a mixture of school and community/club organised sport. At Shiremoor Primary School each class receives 2 hours of physical activity per week. In Autumn and Spring terms these include one outdoor and one indoor session. The summer term is 2 outdoor sessions. All children follow the PE and Sport Curriculum Provision Overview to ensure a good coverage of sport; health and wellbeing. In addition, children have access to a range of sports extra-curricular clubs and also all children participate in termly intra-competitions and sport taster sessions. Children also receive theoretical PE lessons to help support mental health and awareness of positive impact of being mentally and physically fit.

### **Staffing/Staff development**

Each class teacher takes responsibility for planning, teaching and assessing the PE curriculum for their class. Staff use the PE Curriculum Overview to ensure they are covering the correct content for their year group. All staff take part in professional development to ensure secure subject knowledge and awareness of health and safety procedures. Staff should be comfortable and competent in the area of activity being taught. Staff should indicate where they feel they need support so that appropriate support can be given by either the subject leader, specialist sports coaches or outside providers through INSET. All staff who attend CPD courses must provide feedback/ disseminate the information. Due care and attention is taken when organising the timetable so that the most efficient use of facility and pupil time is taken into consideration, e.g. consecutive gym lessons when using equipment.

### **Personal Development**

At Shiremoor Primary School pupils are given the opportunity to develop a positive attitude to themselves and we feel that through our PE curriculum pupils are given the chance to develop spiritually, morally, socially and culturally. Through PE they experience a range of differing activities and realise that physical activity doesn't have to be about winning a competition - doing your best is as important. They are able to encourage others and give praise for their achievements so that when children perform they do not fear failure. Children learn that they should treat their team, the opposition and the referee with respect and they have opportunities to raise self-esteem through opportunities to celebrate sporting success.

### **Differentiation**

At Shiremoor Primary School we aim to encourage all children to reach their full potential through the provision of

varied opportunities. We recognise that our curriculum planning must allow children to gain a progressively deeper understanding and competency as they move through our school.

### **More Able Learners**

More able learners will be identified as part of our formative and summative assessment procedures. We will provide for their needs through a framework of high quality first teaching which focuses on ensuring the children are challenged appropriately. In addition, we will focus on developing their learning behaviours, including greater reflection. . The progress of more able learners will be rigorously tracked to ensure more able children reach their full potential

### **SEND/Inclusion**

Children who are identified as being on the SEND register will be given support as identified on their Individual Provision Map. A variety of support materials are available from SENDCo, Mrs A Irving. Children are supported in the first instance through quality first teaching. Lessons will be differentiated in line with the individual needs of the children. All provision for pupils with SEND is in line with the school's SEND policy.

### **Equal Opportunities**

At Shiremoor Primary School the curriculum for PE will develop enjoyment of and commitment to stimulating the best possible progress and the highest attainment for all our pupils irrespective of social background, culture, race, gender, differences in ability and disabilities. All of our pupils have a secured entitlement to participate in the PE Curriculum and our teaching approaches ensure the avoidance of stereotyping when planning work or organising groups. All the teaching staff agree that when using reference materials, they should reflect social and cultural diversity and provide positive images of race, gender and disability.

### **Assessment**

At Shiremoor Primary School we assess the children's work in Physical Education by making informal judgements as we observe the children during lessons.

Gathering qualitative evidence by speaking to pupils, scrutinising pupil's work and observing lessons gives the subject leader a clear overview of standards across school.

Evidence for teacher assessments is stored digitally including photos and videos on a secure Ipad or on the school network.

### **Safety**

As with all physical activity it is important that the following procedures are followed to minimise risk of injury.

- Children should dress in shorts, tracksuit bottoms and t-shirts.
- Children will work in bare feet for all dance and gymnastic apparatus work. Plimsolls or trainers to worn for all other indoor lesson.
- Trainers are to be worn for outdoor games, together with tracksuits if it is cold.
- Jewellery is not to be worn. If a child is wearing earrings, they must be able to independently remove the earrings before commencing in the activities. Watches should be kept safely in a container in the classroom.
- Long hair should be tied back and rigid headbands should be removed.
- Children will be trained to lift and carry any apparatus sensibly into position under adult supervision. The teacher will check it before use.

### **Medical Conditions**

It is the responsibility of the teacher to take note of any medical conditions of individual children in their class (such as asthma, diabetes or epilepsy) so they can participate safely and as fully as possible. It should be noted that cold dry weather will exacerbate breathing problems for asthmatics and they should have their inhalers at hand if necessary.

### **Safeguarding**

All adults working with children in school are to be checked for appropriate DBS clearance. This includes coaches working for a term at a time as well as staff working on a one off basis or with clubs. Children in Year 5 and 6 are not expected to change together.

### **Out-of-School-hours Learning**

Our extra-curricular programme compliments and supplements the range of activities covered in curriculum time. The planned programme for PE and sport reflects a breadth and balance across the NC areas of activity, including dance, games and athletics. We follow a range of inter-school fixtures, tournaments and festivals within the partnership. At the beginning of each term, we publish a documented timetable of clubs. The extra-curricular content aims to be varied – including competitive and non-competitive and team- and individual based clubs appropriate for all pupils.

### **School Club Links**

The school seeks to make links with local community clubs whenever possible, e.g. local football and rugby clubs and also promotes activities at local clubs via the school newsletter and noticeboard.

### **School Sports Partnership (SSP)**

Shiremoor Primary School is a member of the North Tyneside SSP. Shiremoor Primary School accesses curricular support, competitive opportunities for our pupils and training for staff via the partnership. As a school, we aspire to the 7 High Quality National Outcomes which guide the work of all SSP's. These are:

- Increased participation in High Quality Physical Education.
- Increased Participation in High Quality Out of School Hours Learning.
- Increased Participation in High Quality Informal Activity.
- Increased attainment and achievement through PE and Sport.
- Improved behaviour and attitude in PE, Sport and whole school.
- Increased participation in competitive and performance opportunities.
- Increased involvement in community sport and improved quality of community life.

### **Monitoring and Evaluation**

At Shiremoor Primary School the PE Coordinator monitors planning and assessments – evaluating medium term plans and taking note of annotations, amendments and suggestions made by class teachers. They ensure that the curriculum has been covered and that there are no gaps.

Photographs/ videos of sessions and displays are kept digitally by the Coordinator as a portfolio, in order to monitor and support the raising of standards in PE within the school. The coordinator takes responsibility for addressing any needs or concerns that arise as a result of this monitoring.

To monitor and evaluate PE the PE subject co-ordinator does the following:

- Purchases and organises the appropriate resources.
- Supports colleagues in the teaching of PE.
- Keeps up-to-date on the use of PE in the curriculum and attends any training for subject leaders held by the LA and feedback new information and ideas to staff.
- Conducts work scrutiny to assess the standards of Teaching and Learning through the children's work.
- Regularly reviews and updates the PE Policy and contributes to the school's self evaluation programme.
- Analyses cross school summative assessment data.
- Manages the Sports Premium funding

