



Longford Park School

Believe • Belong • Become

PE Policy

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Next Review :

Approved by Governing
Signed
Body :

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Rationale: To follow the National Curriculum and optimise health and well-being.

Aims & objectives

Children should learn to: -

1. **Plan** their work, beginning from exploring, imaging and adopting ideas through to carrying out their individual, pair, small-group or team activities.
2. **Perform** with increasing personal competence and confidence, a wide variety of physical skills, including gaining control and coordination and learning to improvise, refine and adapt movement.
3. **Evaluate** their own and others work to develop their skills of observation, self-assessment and comparison, with the ability to communicate suggested improvements fairly.
4. Gain a **sense of achievement** and develop **positive attitudes towards** themselves, others and the environment through motivation, recognising individual differences and developing the skills of co-operation and fair play.
5. Understand that physical exercise and enjoyment of the activity helps improve and maintain a **healthy lifestyle**. They will also learn and gain a better understanding of their own bodies.
6. Implement the principles of **safe practice** by developing an awareness of health and safety, understanding the need for rules and **taking responsibility for their actions as much as they safely can**. Pupils to learn the safety aspects of setting up and using equipment.
7. Be involved in intra & inter games sessions.

Objectives

1. To develop the aims of *planning, performing, evaluating*, positive attitudes, and understanding of a healthy lifestyle and safe practice through a varied and progressive programme of curriculum lessons in the core areas of activity: -
 - Gymnastics
 - Dance
 - Games
 - Swimming
 - Striking and fielding
 - Outdoor and adventurous activities
 - Athletics
2. To offer an enjoyable and stimulating programme for all pupils to: -

Work individually and in groups with the opportunity to develop individual strengths and interests as the foundation for a lifelong participation in activity.

3. PE and school sport should be underpinned by the schools core values of ***Believe, Belong, Become.***

Funding and Grants

Primary School PE and Sport funding is a government initiative to improve provision of physical education and sport in primary schools.

This additional funding will mean that we can invest in our provision of high-quality PE and school sport opportunities for the pupils at our school.

A budget plan is created at the start of each financial year, to be used in the following key indicators:

- The engagement of all pupils in regular physical activity – the Chief Medical Officer guidelines recommend that all children and young people aged 5-18 engage in at least 60 minutes of physical activity a day, of which 30 minutes should be in school.
- The profile of PE and sport is raised across the school as a tool for whole-school improvement.
- Increased confidence, knowledge and skills of all staff in teaching PE and sport.
- Broader experience of a range of sports and activities offered to all pupils.
- Increased participation in competitive sport.

Full details of our investment will be posted on the school's website alongside our swimming data.

Class organisation

- **PE Kit** – Pupils and parents should understand the hygiene and safety requirements for wearing appropriate clothing and footwear.
- **Gymnastics and dance** – pupils should wear T-shirts, shorts and have either bare feet or appropriate pumps/trainers. Children with long hair must have it tied back and no jewellery should be worn.
- **Games** children can wear trainers.

Health and Safety

- Proper clothing and footwear are essential in all PE and games lessons. Children change out of school uniform into PE kit.
- Children should not take part in physical activities when wearing stockings or tights. They should either be barefoot or in pumps/trainers as appropriate.
- Pupils are not allowed to wear jewellery or must cover each item with a plaster.
- Any child who is unwell should not be allowed to take part in PE.
- Teachers should make sure that all the equipment is in good order and safe to use. Damaged equipment should be removed from the area.
- The arrangement and storage of equipment should be carefully planned and considered in view of Health and Safety guidelines.
- PE activities should be continuously supervised.
- Responsibility for Health and Safety remains with the class teacher when additional external teaching or coaching is included in PE sessions. Staff must supervise these sessions.
- Children should not be out of view unattended.

Learning experiences for the children

- To offer a wide range of PE and sport facilities.
- To help pupils grow through exercise, understanding, teamwork, keeping healthy.
- To develop skills of coordination, control, manipulation and movement.
- To enhance appropriate areas of health and fitness.
- To develop personal qualities of commitment, fairness and enthusiasm.
- To develop their thinking, appreciation and evaluation skills.
- To build confidence and self-esteem.
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Assessment, recording and reporting

- Assessment will be mostly continuous. Teachers will observe and record pupil's progress termly throughout the year.
- Pupils will be questioned about the work they are doing and the skills they are developing.
- Methods of recording include photographs, discussions, questions and answers and assessment sheets.

Differentiation of recording

- Material can be chosen from earlier key stages.
- Focusing on one aspect, or a limited number of aspects, of the age-related programmes of study.

- To create different learning environments.
- To teach knowledge, skills and understanding in ways that suit pupil's abilities.

Equal Opportunities

At Longford Park School we aim to develop in all children their physical strengths and use of their bodies, ranging from agility and gracefulness to strength and endurance.

All children will have access to the same physical education curriculum and enjoy equal opportunities within it.

The following code demonstrates how we ensure equality of opportunity within the physical education curriculum:

- All children are taught the same ball skills, hand/foot skills, striking skills and racquet skills.
- All children develop creative and expressive movement skills.
- All children learn new skills in mixed groups.
- All pupils to identify ways to prepare physically for activities.
- All children take part in co-operative games.
- All children take part in non-competitive games.
- All children play mixed games.
- All school teams are accessible to boys and girls.
- All children are encouraged to develop the whole range of physical education activities.
- A range of inter-school sporting events to be offered each year.

Cross-Curricular Links

- Communication by promoting verbal and non-verbal communication skills when explaining what they intend to do, giving feedback, teamwork, giving instructions and signals, and using gesture.
- Application of number, using different forms of measuring e.g. Jumps, heart rates, temperatures, and stopwatches etc. Collecting data e.g. development in accuracy, observation, collation of information, recording and timing to find their average goal scores.
- ICT collecting and analysing data, recording their performances in charts and spreadsheets
- Working with others.
- Improving own learning and performance.
- Problem solving.