



Policy for Physical Education



The most important thing about **PE** is enjoyment

We are healthy and active

We learn to work as a team

We learn to compete with respect

And we develop the fundamental skills, becoming increasingly confident and competent in a range of disciplines

But the most important thing about **PE** is enjoyment

Date: February 2021

Review Date: February 2024

Our vision:

To enable all children to reach their full potential through PE in line with our vision of 'Shine bright and reach for the stars.' To provide academic excellence and skills for life which prepare children for modern Britain. We will instil a love of learning in a happy, stimulating environment which inspires challenge, and independence; where children feel secure to take risks and learn from their rich experiences. Their journey through school will be underpinned by Christian values whilst being inclusive of all. Our school will be a place that the whole community is proud of.

We teach our children the importance of keeping themselves healthy, active and making the right choices. Our annual sports week provides sport in a diverse way to aim to involve as many pupils as possible in activity. Some sports we offer include: wheelchair basketball, archery, table tennis, golf, Zumba, pro scootering, pro skateboarding, visits from inspirational speakers such as Olympians or individuals who have challenged themselves against all odds to achieve in sport. Weekly we have a qualified sports coach who trains our staff and teaches PE at our school for all classes. PE sessions are based upon our star challenge approach with children all participating in regular high quality exercise and sport/PE skill development leading to competitive team game participation. Our children receive high quality PE provision and regularly compete against other schools (See sports section). There are a wide range of sports clubs on offer for all age children (see club list) as well as opportunities to represent the school in a range of sporting teams including: football, netball, dance, rounders, tag rugby, cross country, district sports and sports hall athletics.

Overall Policy Statement

Physical Education will form an important part of the total education of the child and will have an effect on physical and mental performance together with social development in all aspects of daily life.

Aims

1. To develop the body physically and to achieve fitness, strength, stamina and co-ordination.
2. To develop skill, confidence and enthusiasm.
3. To develop awareness and understanding of the body to surroundings, and to other people including sensitivity and quality in movement.
4. To develop imagination and provide opportunities for co-operating with others, meeting practical challenges and expressing ideas.
5. To develop character through initiative, self-reliance, self-discipline and perseverance.
6. To give enjoyment and satisfaction together with a sense of achievement.
7. To encourage links between physical education and other curriculum areas, in the maintenance of good health.
8. To help children co-operate and work within a team situation.
9. To encourage positive attitudes towards physical activity which contribute to a healthy lifestyle.
10. To link with other schools and community sports groups through competition and challenges for talented pupils in sport.
11. To ensure safe practice by teaching -
 - a. how to respond readily to instructions
 - b. how to follow rules and safety procedure
 - c. about the safety risks of wearing inappropriate clothing, footwear and jewellery
 - d. how to lift and carry equipment/safe use
 - e. how to warm up and recover from exercise

We want therefore, to lay a broad foundation of developing games skills, dance, gymnastics, swimming, athletics and outdoor activities.

PE within the National Curriculum at AK

Physical Education is as important as academically based subjects. Work must be both progressive and challenging. Lessons must occur regularly and frequently enough for previous work to be recalled and built upon. Continuity is important to secure sequential development through practice, knowledge and understanding. Practice must be demanding enough to effect recognisable improvement in performance rather than mere repetition. Opportunities for competition and for children to strive to perform to a high level must be made available. In addition, we value the importance of developing children as Sports leaders through programmes with local secondary schools and in our school.

Sports Premium (See Action Plan on our school website).

Sports Premium funding was introduced by the Government in September 2013. It was designed to give additional money to support schools in developing Physical Education in Schools and build an 'Olympic Legacy'. At Ashton Keynes we spend the sports funding on improving their provision of PE and sport, but have the freedom to choose how they do this. We continue to place a high priority on our PE provision and, as such, have invested in additional coaching and resources to further enhance the PE curriculum and after school sports clubs. We are working to ensure that the funding is best used to deliver all aspects of sport within the National Curriculum.

At Ashton Keynes the funding is being used to deliver the following projects:

- Providing qualified sports coaches to work with all of our children. Through our partnership with *iCan sports* the school is able to provide high quality P.E. and Sports whilst enabling all our children to experience and take part in physical education and competitive sport.
- Our teachers receive Continuous Professional Development (CPD) from the PE specialists via observation, staff training and team teaching.
- Competitive sport has an even higher profile than before. To account for this, our sports specialists offer competitive sport clubs with opportunities for children to represent the school in a range of sport teams entering competitions against other schools.
- The sports specialists provide lunchtime sessions 'Play for all' to encourage all children to play actively and together. On Mondays and Fridays a range of equipment is available for the children to choose from along with some organised team games to train the children to play these games independently.
- Since September 2015, we have been using the *Real PE* programme with the aim of *Giving all children the physical literacy, emotional and thinking skills to achieve in PE, Sport and life.* (Real PE).
<http://www.createdevelopment.co.uk/solutions/real-pe/>
- Our sports specialists have already under taken the first part of the training. Once completed, all teaching staff will be trained to use this exciting programme and deliver it alongside the specialists at Ashton Keynes. This fits with our school's star challenge, extending to learning behaviours within PE and always offering a challenge.

Areas of Activity within the National Curriculum

GYMNASTICS
GAMES (invasion, net/wall, striking and fielding)
DANCE
ATHLETICS
SWIMMING
OUTDOOR/ADVENTUROUS ACTIVITIES - orienteering/ watersports

We value the importance of physical activity and ask parents to inform us if a child is unable to participate in physical education. If children do not have an appropriate P.E. kit in school a letter will be sent home requesting that one is sent in ready for the next lesson. (See Appendix 1.)

Key Stage 1

Children build on their natural enthusiasm for movement. Using it to explore and learn about the world. They start to play and work with other children in pairs and small groups by watching, listening and experimenting with movement and ideas. They develop their skills in movement and their co-ordination, and enjoy expressing and testing themselves in a variety of situations.

Key Stage 2

Children enjoy being active and using their creativity and imagination in physical activity. They learn new skills, find out how to use them in different ways and link them to make actions and sequences of movement. They enjoy communicating, collaborating and competing with each other. They develop an understanding of how to succeed in different activities and learn how to evaluate and recognise their own success.

Planning

When planning our curriculum we aim to provide opportunities:

- to explore and express ideas and feelings,
- to appreciate the needs and interests of others and to encourage taking responsibility for oneself and for others.
- to enhance physical activity through cross-curricular links
- to achieve success and increase confidence through positive reinforcement
- to consult children to find out which types of physical activity they would like access to.
- to participate in competitive sports and to value others contribution
- to provide challenge in PE
- to enable our children to become sports leaders

After School and Lunch Time School Clubs

Children also have the opportunity to take part in a variety of after school clubs including netball, tennis, rounders, martial arts, multi skills and multi sports, football and athletics. Each term Zumba for Kids with a qualified instructor is provided for the whole school.

AK Sports Week

Each year a week is dedicated to Sports and Healthy lifestyles. This week ends with the community sports day and offers a range of exciting and different sports activities including: wheel chair basketball, fencing, football, archery, abseiling, water sports, martial arts, tennis, Zumba, Healthy smoothie cycling, cricket. In addition, we aim to inspire the children by including an Olympic or elite athlete. We aim to offer a wide range of activities to try to enable all of our pupils to find a sport for them. In addition to the sports, healthy diet, lifestyle choices are in focus.

Kingshill Sports Partnership and TWC (Together we can) cluster group

We are one of 8 primary school attached to Kingshill Sports College. The aim of the partnership is to increase the quantity and quality of PE in primary schools by calling on the facilities and expertise of secondary school practioners. We are a solid member of this partnership and are benefiting by having:

- CPD offered in all areas of PE
- Competitions and tournaments organised
- Secondary students come into school to work with primary children.
- Funding for many of the above areas.

We work closely within our cluster of school in Wiltshire (TWC) to provide PE CPD, meetings, share resources and arrange competitive sports and sports festivals for our pupils.

Good Practice

1. Progression of physical tasks, developing logically and giving experience of a variety of skills and activities.
2. Emphasis on good quality of movement – challenging activities at each level.
3. Balance between different areas of activity.
4. Work in a variety of groupings – class, pairs, individual, and teams.
5. Always encourage a good team spirit and fairness within class.
6. Warming up and cooling down. Purpose of warm up is to raise body temperature, oil joints and give opportunities for gentle stretching. Cooling down is also very important at end of lesson.
7. Demonstrations are very important. It should be pointed out to the children what to look for. During a lesson, look for what children are performing well and tell them. Allow children to give feedback during a demonstration.

Safety

- Make sure floor is clear of dangerous obstructions – chairs, drawing pins, food.
- Children should have correct clothes/footwear (see below).
- All children should be trained to put out and put away apparatus. Apparatus should be carried and not dragged. Children should work in groups.
- Sports coach/teacher to check all apparatus before it is used.
- Noise levels to be within limits of safe working conditions.
- All accidents to be reported, following school procedures. Sensible first aid precautions need to be observed.
- Staff have the responsibility of working within the WWC booklet – ‘Safety in Physical Education’.

Safety issues regarding hall and outdoor activities

- a) Importance of a warm up and cool down.
- b) Checking safety of equipment in the Hall before the children go on the equipment. On the playground and field, check for obstructions and damaged surfaces.
- c) Children taught to land safely.
- d) Children made aware of the maximum number of children allowed on each piece of equipment at a time.
- e) Importance of quiet, discipline and self-control
- f) Taught how to carry the equipment correctly.
- g) Activity is appropriate for children and modified for specific children’s needs if necessary. Adult support given for specific activities.
- h) Children expected not to interfere with others but to support them if needed
- i) Equipment checked annually or more frequently.

Away matches/activities

We are aware of the necessity to complete the Risk Assessment Form when engaging in physical activities (in school time and as after school) on other sites.

Rules of Dress

- All long hair should be tied back and jewellery removed. Pierced ears need to either have earrings removed or taped.
- School House colour t-shirts should be worn along with navy shorts/cycling shorts/jogging bottoms. Socks and daps for dance/ bare feet and bare feet for gymnastics. Trainers are encouraged for KS1 but essential in KS2. No tights are to be worn under shorts.
- Staff should also be suitably dressed, trainers should be worn.

Assessment

Watching children work, and children assessing each other, talking to them about what they are doing and listening to them describe their work will generate useful assessment information.

Assessment will:

1. Assist the child in the learning process.
2. Evaluate programmes of work by the teacher.
3. Provide information for others – parent, teachers, etc.
4. Meet the statutory requirement to report progress at the end of each year and to write a commentary about each child's attainment and achievement.

Most assessments are carried out within the lesson by observation, discussion, positive reinforcement, practising, revisiting and building on past experience. Planning of subsequent lessons is dependent upon the assessments that have been made during the lesson.

At KS2 the pupils aim to improve their ability and stamina and to work co-operatively within a team. By the end of Key Stage 2 children are expected to be able to swim at least 25m.

Termly assessments are undertaken to record how children have achieved in specific areas of the P.E. curriculum. An assessment is made about the pupils annually, considering both effort and achievement and the parents receive this in the annual end of year report.

PLANNING, PERFORMING, EVALUATING + Health Education.

The sports coaches regularly assess pupils using NC statements (emerging, expected, exceeding) and feeds back this information the class teacher for pupil progress updates to parents via annual reports. Planning is regularly adapted based upon assessment findings.

Equality of opportunities

We provide a programme of activities which is available to all children, regardless of their gender, culture and ability. We endeavour to improve quality, co-ordination, confidence, health & fitness as well as making them more aware of social and safety issues. We provide opportunities for them to experience other cultures through dance from different areas/cultures of the world. We also link dance and sport from other cultures through our annual World Awareness week. There are opportunities for extending their social education by taking part in competitive sports (football, netball, athletics & swimming) and by hosting and visiting other schools and centres. All of Year 6 are offered the opportunity to take part in the Young Leaders scheme and if places are available Year 5 are also able to join the scheme.

To encourage children to be physically active a member of staff is employed to provide active play sessions twice a week during the lunchtime break.

It is school policy to subsidise swimming lessons to ensure that all pupils from Years 4 to 6 inclusive are able to attend 10 weeks of swimming lessons.

Special Needs

There is a list of children who have medical problems and the medication they receive. We liaise regularly with parents regarding any changes. We encourage the pupils to be responsible for their inhalers, depending upon their stage of development.

Resources

We use a range of resources to teach PE. We plan according to the needs of our pupils and adapt plans accordingly. We use the REAL PE sports scheme to teach all of our PE and sports at our **school**.

Promoting of Physical Activity at AKPS

Parents receive regular newsletters informing them of the sporting activities taking place within and outside of the curriculum. The school website also details sporting events the children have competed in.

The effectiveness of this policy will be monitored and evaluated by the Head teacher/Deputy Head teacher and will be reviewed in three years.

The Governing Body agreed this policy on

Date:

Signed

teacher

Chair of Governors

To be reviewed

Date:

Head