

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 2022

Review Date: February 2025

Our vision:

At AK, we recognise the significance of Physical Education. Through our Shine Curriculum, PE forms an important part of the total education of each child. We fully adhere to the aims of the National Curriculum for Physical Education to ensure that all pupils:

- Develop competence to excel in a broad range of physical activities
- Are physically active for sustained periods of time
- Engage in competitive sports and activities
- Lead healthy, active lives

Intent:

To enable all children to reach their full potential through PE in line with our vision of 'Shine bright and reach for the stars.' We 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.

In PE, the key knowledge and skills of each topic are mapped across each year group. This ensures that children develop their knowledge of games, dance and gymnastics and (from KS2) athletics and outdoor and adventurous activity progressively. The skills in these areas are also therefore developed systematically, with the programme of study (REAL PE) for each year group building on previous learning and preparing for subsequent years. Knowledge and skills are informed and linked to enable achievement of key stage end points, as informed by the 2014 National Curriculum.

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.

Implementation - PE within the National Curriculum at AK:

At AK, in line with the National Curriculum, PE is taught as part of the Shine Curriculum using the RealPE as our vehicle for delivery. We chose this scheme specifically because it provides the framework to allow our specialist coaches to challenge students and we able to track progression. The twelve RealPE skill areas each have 7 coloured skill challenges that range from Foundation level (Yellow) all the way to KS3 (Black). In Class R and KS1, we use the story-telling format which is extremely effective. We then build on and reinforce these skills through more traditional sports drills, games and activities.

Across the school, RealPE skills are embedded into PE sessions in different ways, such as:

1. Whole group - starting with an appropriate basic skill level colour, the whole group are shown the same high quality demonstration by an iCan Sports coach, with key points highlighted. There are opportunities for the children to reflect on their learning and ask questions before mastering the skill themselves. Through coach observation and self-evaluation, differentiation is offered to the group in line with our Shine Curriculum. Pupils are encouraged to challenge themselves. After a set time, the group are brought back in, the next challenge is set and the process continues. As the session becomes more challenging the coach offers alternatives and adaptations to set skills to enable the whole group to access the learning.
2. Split group - the whole group start practicing a skill and through coach observation and target based self-evaluation, the group will be split into two or three 'set' groups. All sets will progress through the same skills however the higher sets will be expected and supported to progress at a faster pace and 'master' the skill. The lower groups will be given more specialist support to ensure they achieve and enjoy their learning journey.
3. Carousel - a number of skill stations are set up with all the information and equipment in place ready for the pupils. Each group is given a set number of minutes to progress through the challenge cards at their station before moving on to the next station when the time has elapsed.

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.

Substantive and disciplinary knowledge in PE

Substantive knowledge in PE is based on deliberate practice and development of specific skills that can be used in a variety of disciplines, sports and games e.g.:

- Running, jumping, throwing and catching
- Tactics within a team game e.g. different strategies for attacking and defending
- Being able to perform specific actions, balances and movements in line with year group expectations
- Being able to swim confidently and competently over 25 metres
- Being able to perform a safe self-rescue in water

Disciplinary knowledge in PE comes through opportunities for the children to choose and apply their own actions, balances, movements and skills. At AK, once the children have mastered the specific skills, they have

opportunities to apply these within sports and games and therefore have to choose different strategies and the best way to approach different challenges which are progressive across the school; as children move through our school, their skills and knowledge around tactics become more complex and involves working collaboratively to make decisions. At AK, we also ensure there are lots of opportunities for the children to evaluate their performances and reflect on how they will improve next time.

Sports Premium funding (see our 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.

There are 5 key indicators that we should expect to see improvement across: the engagement of all pupils in regular physical activity - the Chief Medical Officer guidelines recommend that all children and young people aged 5 to 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.

As part of the funding criteria we are required to publish details (on our website) of how we plan to spend the monies and a review of the impact on pupil outcomes.

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 PE 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 opportunities.
- Competitive sport has a high profile at AK. 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 as well as intra-school competitions at AK.
- The sports specialists provide lunchtime sessions 'Play for all' to encourage all children to play actively and together on Tuesdays, Wednesdays and Thursdays. Playground equipment is also 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 as a vehicle to deliver our PE Shine Curriculum, 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/>

Areas of Activity within the National Curriculum

GYMNASTICS

GAMES (invasion, net/wall, striking and fielding)

DANCE

ATHLETICS

SWIMMING

OUTDOOR/ADVENTUROUS ACTIVITIES (orienteering/watersports – residential visits)

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.

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

Through our Shine Curriculum, in PE 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 in the summer term is dedicated to sport and healthy lifestyles where our annual 'Sports Week' takes place. The week 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. Local sports clubs support the week which allows children to have taster sessions and consider joining outside of school. 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. The week ends with the community Sports Day which the children thoroughly enjoy.

Cotswold School Sports Network and North Wiltshire Cluster Group

We are one of 8 primary schools that are attached to the CSSN (Cotswold School Sports Network). 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 practitioners. 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 (role modelling play leaders and exemplary PE behaviours)
- Funding for many of the above areas.

We work closely with the CSSN and participate in PE CPD, meetings, sharing of resources and arranging 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 the 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

- Children can come to school wearing their PE kit ready to take part in PE and maximise learning time.
- 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.

- New AK PE hoodies can be worn to school on a PE day.
- Staff should also be suitably dressed, trainers should be worn.

Assessment

Assessment of PE is an ongoing process at AK. As each lesson progresses, the coach carefully observes and assesses, intervening as necessary, to ensure that each child makes the full progress of which they are capable. Lessons are planned and adapted to ensure that lessons are fully inclusive and take account of children's differing needs and physical ability. The assessment of PE at AK is in accordance with the National Curriculum 2014 attainment target for each key stage.

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. Shine 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 feedback this information to 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.

Impact:

At AK, the children complete each key stage with a high proficiency in each aspect of PE. Children are aware of the link between physical activity and good mental health and understand it's significance as part of a healthy lifestyle. The school achieves well in a number of sporting activities and achieved an active school award at bronze level in 2018-19 (award not available in 2019/20) in recognition of its PE provision and children's access to competitive sports, which the school has maintained.

The Governing Body agreed this policy on

Date: February 2022

Signed

Head teacher S.Saville

Chair of Governors M.Bromelow

To be reviewed

Date: February 2025