



PE Policy

March 2022

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Vision, Values and Aims

Vision:

Physical activity not only improves health, reduces stress and improves concentration, but also promotes correct physical growth and development. Exercise has a positive influence on academic achievement, emotional stability and interaction with others. Therefore both teachers and children should be aware of its importance. We provide the broad and balanced programme of physical education we believe every child should have; with activities designed to be enjoyable, vigorous, purposeful and regular. Through providing positive experiences, a lifelong interest in physical activity is encouraged. The range of physical activities is wide and includes athletics, dance, games, gymnastics and outdoor education. A high quality programme is designed to satisfy the needs, abilities and interests of all individual children.

Aims:

In support of our vision and values we aim:

- 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.
- To continue to raise standards and achievement in PE

Through our curriculum and culture, we aim to develop our children's skills and positive attitudes to learning so that we prepare them well for the opportunities, responsibilities and challenges of later life.

Principles/ Aims for PE at Southwood

At Southwood, our overall aim is to foster a lifelong love of learning through an exciting, enjoyable, challenging and motivating curriculum. We provide our children with a love for sport and physical activity. It is crucial that our children learn how to keep themselves fit and healthy. We use sport to challenge and motivate each and every child and ensure the needs of every pupil are met appropriately. Children's basic skills are developed through sport and we encourage different sporting activities for the children to experience across the school. Children have valuable, first hand, relevant and stimulating experiences that extend their physical skills and capabilities within PE. Physical Education has a direct impact on self esteem, motivation and engenders a sense of enjoyment and achievement. We firmly believe that every child deserves the very best start in life and have high aspirations for all.

Our sporting aims:

- To promote an enjoyment of physical activity and a healthy lifestyle.
- To provide children with a wide range of opportunities and experiences which will equip them with enthusiasm and enjoyment required to develop lifelong healthy habits.
- To increase activity levels both within and beyond the curriculum.
- To develop a knowledge and understanding of health and safety factors within physical education.

Through our curriculum, we aim to develop our children's skills and positive attitudes to learning so that we prepare them well for the opportunities, responsibilities and challenges of later life.

Objectives

- To provide a minimum of two-hours high quality physical activity **within** and beyond the curriculum. (KS1)
- To develop physical skills with increasing control and co-ordination.
- To develop children's physical competence and confidence.
- To promote creativeness and competitiveness and provide challenges for individuals and groups through house point teams.
- To provide regular opportunities for children to develop and practise skills across a range of dance, gymnastics and games skills activities.
- To enable the children to work as individuals, in pairs and as small groups to develop skills of creativity and co-operation.
- To provide regular opportunities for children to evaluate their own and other children's performances.
- To provide a safe and appropriate environment in which all children can successfully fulfil their potential.
- To raise the profile of physical activity throughout and beyond the school curriculum.

Teaching and Learning

PE is taught across the school using the National Curriculum and Early Year Foundation Stage requirements, through specific teacher led planning linked to the topics covered each half term.

Get Active (outside sports company) teach PE for an hour a week to both Year 1 and 2 children. This is planned by the specialist coaches who are well established within the school.

Early Years children will be taught skills and attitudes through the Physical Development strand of the Early Learning Goals. All year groups will experience games, dance and gymnastics twice throughout the year with the addition of athletic activities in the summer term. These are blocked and recorded on the PE long term plan. Children will have at least 60 minutes of timetabled physical activity in the hall or outside during the week. Early Years children also have continuous access to the outdoor area throughout the school day.

Health and Safety

The safety and well being of the children is of the utmost priority during all physical education sessions.

Children must

- Be concerned with their own and others' safety in all undertaken activities
- Recognise and follow rules and safety procedures for each activity
- Respond immediately to instructions

- Understand the importance of wearing appropriate clothing, and footwear if applicable- Shorts and t-shirts for indoor PE, trousers and a jumper and appropriate sports shoes (pumps or trainers) for outdoor PE
- Remove all jewellery- no earrings to be worn (or tape used to cover these up) and tie up long hair
- Know how to lift, carry and store equipment safely, aware of how many children to carry equipment

Teachers must

- Have appropriate staff training to ensure they are aware of the legal requirements for handling equipment and apparatus
- Teachers will be refreshed on safety with the apparatus every 2 years. New staff will also be trained
- Wear appropriate clothing for PE lessons

Links to Other Curriculum Areas

Audio-visual equipment, digital cameras and video recorders can be used in PE where appropriate to support teaching, help motivate learning and provide assessment opportunities.

SMSC

Spiritual, moral, social and cultural development is promoted in PE by encouraging team work in games. During our dedicated Art weeks children experience and participate in a variety of sports from different countries around the world. We make links with the local community and invite sporting experts into school. These opportunities are fundamental to developing SMSC and we believe it is the heart of what education is all about - helping pupils grow and develop as people.

SEN and Higher Attainers

All children are entitled to access the PE curriculum. It is essential that activities are tailored to enable all children to participate as fully as possible.

Teachers may need to consider

- Differentiating activities to meet the needs of the individual
- Offering additional activities that are accessible to all
- Adapting equipment to meet the needs of the individual
- TAs/LSAs provide appropriate support during PE sessions

Where children are identified as having a particular aptitude in or talent area of PE, e.g. a specific sport or discipline we will seek to mature and develop this in consultation and conjunction with parents and any external sporting organisations.

Assessment

- Short term assessments are an integral part of every lesson and are closely linked to the teaching objectives. These are not formally recorded but inform short term planning and progression of skills.
- Medium term assessments are to be carried out every half term. This involves highlighting the Key Performance Indicators from the unit of work and recording progress and attainment.

- PE assessments should be handed to the PE subject leader/co-ordinator to enable them to track the progress of all children.
- Parents will receive information about their children's attainment and effort in PE as part of the end of year reports.

Roles and Responsibilities

- The PE coordinator is responsible for monitoring and improving standards in PE.
- The PE coordinator will observe lessons taught across the school.
- The PE coordinator is responsible for ordering and monitoring PE resources and ensuring that health and safety issues are dealt with.
- All teaching staff are responsible for providing a safe and appropriate environment in which their pupils can perform to the best of their ability.
- All teachers, under the guidance of team leaders, are to provide their pupils with their full entitlement of PE.
- All staff are to ensure they are appropriately dressed for PE sessions – staff to wear sports clothing and appropriate footwear.
- All staff are encouraged to undertake training opportunities to develop the range of activities offered to children.
- All staff are responsible for implementing and supporting the policy.

Extra curricular opportunities

- Outside agencies provide extra-curricular clubs for children at Southwood: Judo, running and gymnastics. We also have an outside dance company called YEM to teach street dance and ballet. These are available from September to all children across the school.

This policy should be read in conjunction with our Curriculum and Teaching and Learning policies.

Mrs Ruth Blowers
(PE co-ordinator)