St Mary's RC Primary School

# Physical Education Policy

"We aim to ensure that all children are provided with a challenging, broad and balanced curriculum."

(St Mary's Mission Statement)

## Rationale

Physical Education provides an opportunity for imaginative exploration of the body's potential. Physical education, experienced in a safe and supportive environment, is vital and unique in its contribution to a pupil's physical and emotional development and health. The physical education curriculum aims to provide for pupils' increasing self-confidence through an ability to manage themselves successfully in a variety of situations.
A balance of individual, team, co-operative and competitive activities aims to cater for individual pupil's needs and abilities. The scheme of work is based on progressive learning objectives which, combined with varied and flexible teaching styles, endeavour to provide appropriate, stimulating, challenging and enjoyable learning situations for all pupils.
The scheme of work promotes an understanding of the many benefits of exercise, through a balanced range of relevant activities and it provides each child with the opportunity for enjoyment whilst contributing to the fitness of the individual and enhancing the pupils' awareness of rules appropriate to sporting disciplines and activities. Pupils are made aware of safety and hygiene factors associated with the subject.

## Aims

- To develop an ability to plan a range of movement sequences, organise equipment and apparatus, and begin to design and apply simple rules.
- To develop an ability to remember, adapt and apply knowledge, practical skills and concepts in a variety of movement based activities.
- To promote positive attitudes towards health, hygiene and fitness.
- To foster an appreciation of safe practice.
- To develop psycho-motor skills through a range of relevant movement based activities.
- To develop a sense of fair play and sportsmanship.
- To develop communication skills, encouraging the use of correct terminology, to promote effective co-operation.
- To foster an enjoyment, and positive attitude to the subject in school
- To promote a lifelong commitment to physical activity

## Objectives

- To exercise the body and to encourage a lifelong appreciation of the value of physical fitness and activity and of the factors contributing to good health.
- To develop and extend motor skills and coordination.
- To encourage a respect for the rules of team sports and an ability to develop and adapt their own rules in a games situation.

- To encourage emotional maturity in learning how to deal with success and failure, victory and defeat. To learn to play with others as well as against them.
- To develop imaginative and aesthetic quality of movement and performance
- To encourage a love of physical activity as an end in itself
- To encourage an appreciation of the safety factors associated with the activities undertaken
- To develop versatility and originality in movement and the ability to analyse and to respond to a particular problem or stimulus.

## Organisation

- The PE programme includes Games, Gymnastics and Dance with the addition of Outdoor & Adventurous Activities, Athletics and Swimming in Key Stage 2.

    - **Invasion Games** includes football, netball, basketball, hockey, tag rugby, bench ball, handball skittle ball
    - **Striking and Fielding Games** includes cricket and rounders
    - **Net and Wall Games** includes tennis, badminton and volleyball
    - **Gymnastics** includes floor work and using small and large apparatus
    - **Dance** includes elements of a wide range of dancing styles
    - **Outdoor & Adventurous Activities** includes orienteering and activities that take place during the Yr 6 PGL trip.
    - **Athletics** includes track and field activities
    - **Swimming** includes distance swimming and life-saving skills

- All pupils in KS1 and KS2 receive a minimum of 2 hours of PE lessons per week.

- Clubs are offered in addition to PE lessons. Pupils have access to a range of extra-curricular activities. These are organised before and after school or at lunchtimes and are supervised by staff. Matches/races/events are arranged against other schools and take place after school or on Saturday mornings.

- PE lessons are taught by class teachers and Games lessons are taught Sports coaches from Moving Matters.
- Swimming lessons are delivered by teachers from Greenwich Leisure Limited and take place at Clapham Leisure Centre

## Clothing

Pupils are expected to wear appropriate clothing for each activity. The school has a uniform for Physical Education which is worn for all PE lessons.

- **For gym/dance**: t-shirt and shorts. Bare feet are recommended.
- **For indoor games:** t-shirt, shorts, plimsolls
- **For outdoor games:** t-shirt, shorts and school tracksuit(when necessary) training shoes
- **For swimming:** appropriate swimwear and a hat and goggles.

All clothing and footwear must be suitable for the activity and teachers check this regularly. All watches and jewellery is removed before any activity begins. All long hair must be tied back.

Teachers conduct P.E. lessons in appropriate footwear.

## Teaching Strategies/Schemes of Work

- Teaching strategies and lesson objectives for all PE lessons are based on the Moving Matters schemes of work
- TOPS cards, Folens Cards and Val Sabin Units are used to complement the schemes

## Differentiation

This involves:

- Making use of different groupings, e.g. ability groups, individual activities.
- using different equipment for different levels of ability, e.g. small or large ball for catching.
- giving different group/individual tasks and different allocations of time.
- Gifted and Talented Pupils have the opportunity to become involved in extra –curricular clubs to further develop skills and talents.

## Progression

Pupils may, for example:

- perform a greater variety of movements.
- find different ways to perform a task.
- demonstrate better balance.
- show greater strength.
- complete a task in less time.
- aim at a smaller target.

The National Curriculum (2014) provides a framework for progression in physical education and this is built into the scheme of work. When planning specific activities, teachers build upon the past experiences and achievements of individual pupils. They plan for progress in the difficulty and quality of a pupil's performance by providing a variety of opportunities.

## Safety Provision

Teachers are responsible for teaching PE in a healthy and safe environment with reference to appropriate risk assessments for activities likely to incur possible risks.
The teaching staff, sports coaches and PE coordinator are responsible for the supervision of PE lessons. A qualified swimming instructor is present at all times at the swimming pool. All equipment is subject to maintenance and safety checks and any faulty equipment is to be reported to the head teacher.

The PE coordinator is responsible for overseeing the planning and management of the subject and the provision of equipment.

In line with the school's Health and Safety Policy, pupils are taught to use apparatus and equipment safely.

## Assessment & Monitoring

- Children will be assessed at the end of every unit of work by the teacher responsible.
- Swimming will be assessed according to children's abilities in distance, speed and lifesaving skills.
- The PE coordinator observes lessons across the Key Stages in accordance with the School Improvement Plan.
- The P.E. coordinator ensures standards remain high in each year group through effective monitoring of the subject.

## Links with other existing policies

This policy should be read in conjunction with the following school policies:

- Behaviour
- Equal opportunities
- Race relations
- Science
- Relationship and Sex Education
- Foundation Stage
- Teaching and Learning.

## Policy Review Date

This policy was reviewed in July 2015.

It will next be reviewed in July 2017.

# Dance Appendix

In Key Stage One, the pupils receive 3 separate modules of dance lessons each year, each comprising of a half –term's duration.

In the Lower Juniors, the pupils complete 2 separate modules each year, each comprising of a half-term's duration.

In addition, the Lower Juniors use a new scheme from Inspiring Dance and complete the units on Tudor dance and Indian Dance.

In the Upper Juniors, the pupils complete 2 separate modules each year, each comprising of a half-term's duration.

All of the above information can be found in Curriculum Corner in the staff room.