



Linthorpe Community Primary School

Everyone is equal, everyone is different, everyone is welcome and everyone achieves their best.

Physical Education Policy

2023-2024

	Term	Year
Last Review Date/Policy Adopted	Summer	2023
Next Review Date	Summer	2024
Lead	Mr Albeson	

Physical Education (PE) Policy

Policy Statement

‘We can only achieve our goals when our bodies and minds are healthy and strong’

How do we approach PE at Linthorpe?

PE is a statutory requirement of the National Curriculum and an essential contributor to the development of the whole child. Through a high quality PE programme pupils develop physical competence and confidence and are given opportunities to be physically educated and become physically literate. Through a combination of entitlement and choice of activity, the PE provision will contribute to the personal development, health and well-being, enjoyment, success and achievement of all pupils across the whole curriculum and beyond.

PE provides pupils with the opportunity to be creative, competitive and face up to different challenges as individuals and in groups and teams. It promotes positive attitudes towards a healthy and active lifestyle. Pupils learn how to think in different ways and make decisions in response to creative, competitive and challenging activities. They learn how to reflect on their performance, plan, perform and evaluate actions, ideas and performances to improve the quality of their work.

PE helps pupils develop personally and socially. They work as individuals, in groups and teams, developing concepts of fairness and of personal and social responsibility. They take on different roles and responsibilities, including leadership, officiating and coaching. Through high quality PE pupils discover their aptitudes, abilities and preferences and make informed choices about how to get involved in lifelong physical activity.

Our PE Curriculum follows the National Curriculum Programmes of study. It is delivered from Nursery all the way through to Year 6 following the scheme GETSET4PE. This enables us to monitor the progress of each child throughout school clearly.

Curricular Aims and Objectives

The School’s aims for Physical Education have been developed to support the aims of the New Physical Education National Curriculum:

The national curriculum for physical education aims 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.

The objectives of PE at Linthorpe are:

- to enable children to develop and explore physical skills with increasing control and coordination;
- to encourage children to work and play with others in a range of group situations;
- to develop the way children perform skills and apply rules and conventions for different activities;
- to increase children's ability to use what they have learnt to improve the quality and control of their performance;
- to teach children to recognise and describe how their bodies feel during exercise;
- to develop the children's enjoyment of physical activity through creativity and imagination;
- to develop an understanding in children of how to succeed in a range of physical activities and how to evaluate their own success.

Teaching and learning style

Our principal aim is to develop the children's knowledge, skills and understanding of physical activity and we do this through a mixture of whole-class teaching, individual and group activities. Children are presented with opportunities to be creative, competitive, co-operative and to face challenges as individuals and in small groups or teams. They learn how to think in different ways to suit the different challenges. Children are then given the opportunity to demonstrate their learning, using a range of communication styles. Children are encouraged to evaluate their own work as well as the work of other children. This supports effective assessment.

Differentiation

In all classes, there are children of differing physical ability. Recognising this, we provide suitable learning opportunities for all children by matching the challenge of the task to the ability of the child. We achieve this through a range of strategies:

- setting common tasks that are open-ended and can have a variety of results, e.g. timed events, such as an 80m sprint;
- grouping children by ability and setting different tasks for each group, e.g. different games;
- providing a range of challenge through the provision of different resources, e.g. different gymnastics equipment.

PE curriculum planning

PE is a foundation subject in the 2014 National Curriculum. Our school uses the national scheme of work as the basis for curriculum planning in PE. We have adapted the national scheme to the local circumstances of the school. Within the Foundation Stage the subject is taught following foundation stage guidelines. As required by the 2014 National Curriculum, we teach gymnastics, dance and team games at Key Stage 1. In Key Stage 2, gymnastics, competitive games, dance, outdoor and adventurous activities and athletics as well as compulsory swimming and water safety in Year 5 are taught.

The curriculum planning in PE is carried out in three phases (long-term, medium-term and shortterm). The long-term plan maps out the PE activities (both indoor and outdoor) covered in each half term for each year group with reference to the national curriculum for each Key Stage. Planning ensures a balance of PE units to be covered throughout the year.

Our medium-term plans set out the learning objectives for the units of work to be taught during a half term and the progression throughout the year groups. Expected learning outcomes are clearly defined. We follow a published scheme created by Get Set 4 PE from EYFS to Year 6.

Class teachers follow planning from selected schemes of work and are able to annotate and personalise the plans for each PE lesson to ensure all learning needs are addressed. These list the specific learning objectives for each lesson and give details of how the lessons are to be taught. The class teacher keeps these individual plans, and the class teacher, subject leader and key stage leader often discuss them on an informal basis.

We plan the PE activities so that they build upon the prior learning of the children. While there are opportunities for children of all abilities to develop their skills, knowledge and understanding in each activity area, there is planned progression built into the schemes of work, so that the children are increasingly challenged as they move up through the school.

Each class has an average of two hours of PE per week and are taught by their class teachers and a PE Coach from Reception onwards.

The Foundation Stage

We encourage the physical development of our children in the nursery and reception classes as an integral part of their work. As the reception class and the nursery is part of the Foundation Stage of the National Curriculum, we relate the physical development of the children to the objectives set out in the Early Learning Goals, which underpin the curriculum planning for children aged three to five years of age. We encourage the children to develop confidence and control of the way they move, and the way they handle tools and equipment. We give all children the opportunity to undertake activities that offer appropriate physical challenge, both indoors and outdoors, using a wide range of resources to support specific skills. Indoor PE takes place in

the hall with appropriate resources and the outdoor classroom provides fixed climbing frames, wheeled toys and balancing and self-assembly challenges.

Resources

There is a wide range of resources, which are regularly upgraded and replaced to support the teaching of PE across the whole school. Schemes of work are kept centrally by the PE leaders and teachers have access to schemes of work online. We keep most of our small equipment in the PE store or the lower school hall and this is accessible to children only under adult supervision. The Upper School hall contains a range of large apparatus, and we expect the children to help set up and put away this equipment as part of their work. By so doing, the children learn to handle equipment safely. The children use the school field for games and athletics activities, the three playgrounds for some games activities, especially in wet weather, and the local swimming pool for swimming lessons. Any shortages, damaged equipment etc. are reported to the PE Leaders

We provide playtime and lunchtime equipment for activities which have been timetabled for each year group. We have trained a group of Year 6 Play Leaders and School Sports Organisers to support the children with these activities. We also have a climbing frame/play area to use throughout the day to provide challenging physical development.

Be healthy and stay safe

The general teaching requirement for health and safety applies in this subject. We encourage the children to consider their own safety and the safety of others at all times. We expect them to come to school ready in their PE clothing (Linthorpe branded PE top, plain white t-shirt, black or shorts, plain black jogging bottoms and plain white/black trainers) for each activity area. If the children are doing a lesson in bare feet (gymnastics) they must wear something on their feet on their way to the hall especially if they are using the stairs. The governing body expects the teachers to set a good example by wearing appropriate clothing and trainers when teaching PE. The policy of the governing body is that no jewellery is to be worn for any physical activity with the exception of stud earrings, which must be covered with tape if they cannot be removed. Long hair must always be tied back before starting any activity. Teachers are required to carry out a safety check before the start of all lessons. This check includes checking of clothing, checking floor is clear and dry, equipment is securely positioned, attached and in good order and that the field area being worked in is clear of glass and rubbish. When participating in offsite tournaments or during the summer children are asked to drink water for re-hydration. In addition, when engaged in outdoor tournaments or after school activities, children are asked to provide a healthy snack.

Monitoring and review

The monitoring of the standards of children's work and of the quality of teaching in PE is the responsibility of the PE subject leaders for the appropriate Key Stage. The work of the subject leaders involves supporting colleagues in the teaching of PE, being informed about current

developments in the subject, and providing a strategic lead and direction for the subject in the school. In-set training is planned and delivered regularly to match the needs of the staff. Surveys are carried out with parents, children and teachers to establish continuity, maintain standards and identify areas of future development. The PE subject leaders give the Headteacher/SLT/members of the Local Council an annual summary report in which they evaluate the strengths and weaknesses in the subject and provides an action plan for the forthcoming year.

Assessment

Formative assessment is carried out by teachers in the course of the normal class activity. Self and peer assessment play an important role in lessons. These assessments are monitored by the teacher within lessons and units to adapt future planning and tailor activities to suit the needs of individuals. Summative assessments take place at the end of the year based on key skills the children need to achieve and are recorded centrally.

Extra-Curricular PE Provision

The school provides a wide range of PE-related activities for children from Reception to Year 6 at the end of the school day ranging from multi-skills to gymnastics to basketball and more. These encourage children to further develop their skills in a range of the activity areas. The school sends details of available clubs, some of which are free and others which are charged, for the next half term to parents. A system is in place to record the children who are taking part in clubs to provide PE leaders with information about children to target for future clubs.

The school also plays fixtures against other local schools as part of festivals and tournaments. This introduces a competitive element to team games and allows the children to put into practice the skills that they have developed in their lessons and clubs. These opportunities foster a sense of team spirit and co-operation amongst our children and give our school teams the opportunity to compete in bigger events. In addition, a range of PE activities are arranged throughout the year such as 'Health and Fitness Week' in July, Run a Mile events and sports day. The aim of these sessions is to foster an interest and possibly an involvement in a new area of physical development and to promote an active, healthy lifestyle.