

Physical Education

Addendum to the Teaching and Learning Policy

Purpose

A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.

Aim

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.

Attainment Targets

By the end of each key stage, pupils are expected to know, apply and understand the matters, skills and processes specified in the relevant programme of study.

School curriculum

We are currently using the Val Sabin scheme of work to deliver our Physical Education national curriculum. We are working from a two year rolling program for mixed age classes. Key stage 1 will cover dance, gymnastics, games and athletics. In addition to this Reception, Year 1 and 2 are currently swimming for one term a year. Key stage 2 will develop a broader range of skills in dance, gymnastics, games and athletics. Each KS2 class will have swimming lessons for one term a year. Every year the Year 5 and 6 children will have the opportunity to attend a residential centre to take part in outdoor and adventurous activities. We aim to deliver two hours of PE a week. Every day we aim to engage the children in being active for 30 minutes a day. To achieve this we have our play leaders leading games at break/lunch times, adult play leader to support the play leaders, active time in and out of class through dance or fitness outside. We have also redeveloped the playgrounds to allow the children the opportunity to be more active and have purchased team building equipment to encourage collaborative play.

Our long term plan outlines in more detail what aspects of PE will be covered for each class. A whole school sports day will also take place every year.

Some of the sports premium money has been used to bring in specialist PE coaches to help staff build up their own skill set.

Swimming and water safety

All schools must provide swimming instruction either in key stage 1 or key stage 2. (see above)

In particular, pupils should be taught to: swim competently, confidently and proficiently over a distance of at least 25 metres

- use a range of strokes effectively such as front crawl, backstroke and breaststroke
- perform safe self-rescue in different water-based situations.

Planning

We currently use the Val Sabin planning for each unit of work and teachers will annotate the plans to suit the needs of the children in their class. As we have mixed age classes in our school, the key assessment criteria for each year group will need to be consulted to ensure the pitch and expectation is suitable.

When a class is being taught by a specialist coach in PE, the coach will provide lesson plans outlining the key skills, teaching point of the lesson and also showing progression throughout the sessions.

Assessment and evidence

There are key skills to be assessed for each year group. Each teacher will keep a record of achievement and progression within their assessment books. As Physical Education is a practical subject, evidence can be gathered in other ways for example, photographs, observations, peer assessment or using a tablet.

Clothing

PE kit is a plain white T-shirt and navy shorts or jogging trousers in the winter. Children can wear plimsolls or trainers for games, outdoor sport and athletics. However for dance and gymnastics bare feet are more suitable.

Health and safety

- Children should dress in PE kit when participating in physical exercise.
- Children will work in bare feet or pumps for all indoor and apparatus work.
- Long hair must be tied back.
- Jewellery is not to be worn. Watches and ear-rings should be kept safely in the classroom.
- Children will be trained to lift and carry any apparatus sensibly. The teacher will check apparatus before use.
- Children who are not taking part in PE due to injury or illness, must have a note in their home school link book from their parent or their parent must speak to the appropriate class teacher.

Date: October 2019

Review: October 2021

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