



Physical Education Policy

Physical Education – Curriculum Intent

Here at Whitchurch Primary School, we value the importance of Physical Education. Physical Education is key in the development of children and teaches them important life skills including; teamwork, leadership, competitiveness, communication and the role healthy exercise plays in their lives. In lessons, these skills are developed through a range of team games, paired work and individual challenges. Our aim is that the children apply these life skills, not just during PE lessons, but to all areas of their life present and in the future. We implement these skills alongside our school values of love, courage and respect. We aim to instill a life-long love of physical education and activity, allow children to have the courage to explore new sports and skills and show respect towards each other in a healthy, competitive environment.

Our goal is to not only encourage and promote a love of exercise and sport within our children but to ensure they recognise the importance of it on their bodies. We want all our children to lead healthy, active lives throughout their life. To encourage this we have added theory lessons into our PE curriculum across KS2. Our aim is that children will recognise the impact exercise has on their bodies, therefore embedding a lifelong enjoyment for being active. These lessons support the science curriculum, where they learn about their body and PSHE, where they learn about the changes in their body as they grow. We want the children to be equipped with the knowledge of how to be physically healthy but also mentally. This is vital during a time in which mental health problems such as anxiety in children are on the rise. PE provides an excellent opportunity for children to succeed in a different environment, particularly for those children who can find the academic side of school life challenging.

Through our PE curriculum, we strive to develop those key skills, which cannot necessarily be taught and utilised within the classroom, in a safe and happy environment. To ensure that children are as active as possible, we make sure that lesson time is used effectively. Our curriculum gives full coverage of the National curriculum and Early Years foundation, encompassing dance, gymnastics, games and swimming. Our planning is progressive, building on the skills taught in early years and KS1. Foundation skills allow the children to understand how their body works and moves. They begin to develop their balance, co-ordination, flexibility, strength and speed through modified team games, dance and gymnastics. Lessons in lower KS2 build upon these skills to a vast range of invasion games, teaching them sport specific skills. Within gymnastics and dance, they start to build sequences of movements responding to a stimulus and begin to use equipment. Finally, in upper KS2 the lessons allow the children to apply their prior learning of skills to competitive games, applying the basic principles of attacking and defending. The children are encouraged to lead through sports education, teaching them other roles such as referee, coach and officials. They are encouraged to challenge themselves individually and as a team. From early years, the children develop soft skills such as problem solving, communication and leadership skills, which they apply to all areas of the curriculum.

Children also have the opportunity to build their confidence in swimming and learn to perform basic, safe self-rescue in year 5.

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These skills are also taught during extra-curricular clubs which available to all children – regardless of age or ability. Coaches and teachers, offering a range of sports, run these. Children who attend the clubs are able to build on the skills they learn in lessons and apply them to competitive games. Whitchurch has built strong links with the surrounding communities to allow us to participate in tournament and leagues. To encourage children to have a love of sport, it is important that we provide the children with opportunities to compete with other teams and experience inter school tournaments.

As teachers, we aim to display a positive and enthusiastic attitude towards PE and exercise and spread this among the children. We consistently set high expectations of behaviour and effort in PE, in order to allow all children to achieve the most from their allotted 2 hours per week. Where possible, we endeavour to adapt our teaching so that we are inclusive of all children within our school and ensure that there is a wide range of sports and games, which they will play during their time at our school. In both lessons and extra-curricular clubs, we strive to inspire girls to be engaged in the games. We recognise that girls, particularly as they get older, disengage in sport. At Whitchurch, we build girls' confidence and provide many opportunities to represent the school, teaching them a can do attitude. With a high number of female staff, we make sure the girls see role models encouraging them in their sports and games.

It is our vision here at Whitchurch to have as many children as possible actively involved in sport and exercise, during their leisure time. We believe, that for the vast majority of our children, that this enjoyment and passion for sport often begins with PE lessons. We want to encourage children to step out of their comfort zone, take on new challenges and develop a better understanding of their body for a long and healthy life.

Aims of our P.E Curriculum

- *Foster a love for and enjoyment of being active.*
- *Develop 'fitness for life' through promoting the health benefits of regular exercise.*
- *Identify talents*
- *Develop self esteem, confidence and social skills.*
- *Contribute to the physical development of every child.*
- *Give children a way of expressing themselves and an opportunity to be creative.*
- *Develop a range of skills that can be applied in other contexts.*
- *Give children the opportunity to try out activities that they would not otherwise have access to.*

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Implementation of Policy

Teaching and learning style

At Whitchurch C E Primary School we use a variety of teaching and learning styles which involve a mixture of whole-class, group and individual activities. At Whitchurch C E Primary School teachers model good skills and technique and also draw attention to good examples of individual performance to use as models for the other children.

We have worked with Hampshire Advisors to create a well sequenced and progressive curriculum map containing the key concepts children need to be procedurally fluent in to work and think like sporting professionals.

The key concepts in P.E we plan a progression for are as follows:

- *Physical skills*
- *teamwork*
- *competitiveness*
- *communication*
- *understanding of healthy lifestyle*

At Whitchurch C E Primary children are encouraged to evaluate their own work as well as the work of other children. Within lessons children have the opportunity both to collaborate and compete with each other, and they have the opportunity to use a wide range of resources.

At Whitchurch C E Primary every lesson should be focused around a clear learning objective (set as a question) and a broken-down success criterion, to explain 'how' the learners will achieve their learning objective. Learners should be made aware of this at the start of each lesson and review their learning at the end of each lesson.

At Whitchurch C E Primary activities should be differentiated, appropriate to the needs and ranging abilities of the class. Each lesson must have a planned extension activity, to extend the lesson's learning objective, where appropriate for the more able children.

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At Whitchurch C E Primary dialogue and demonstration should be used as teaching tools throughout all lessons. Particular skills should be modelled and discussed. Plenaries should be used to highlight good practice and next steps in their learning.

Early Years Foundation Stage

At Whitchurch C E Primary School in the EYFS the area of learning related to Physical education provision is physical development. This area of learning aims to improve the coordination, control, manipulation and movement of children.

Key Stages 1 and 2

At Whitchurch C E Primary School the physical education national curriculum objectives for key stage 1 are:

Knowledge, skills and understanding

Teaching should ensure that when evaluating and improving performance, connections are made between developing, selecting and applying skills, tactics and compositional ideas, and fitness and health.

Acquiring and developing skills

Children should be taught to:

- a) Explore basic skills, actions and ideas with increasing understanding
- b) Remember and repeat simple skills and actions with increasing control and coordination.

Selecting and applying skills, tactics and compositional ideas

Children should be taught to:

- a) Explore how to choose and apply skills and actions in sequence and in combination
- b) Vary the way they perform skills by using simple tactics and movement phrases
- c) Apply rules and conventions for different activities.

Evaluating and improving performance

Children should be taught to:

- a) Describe what they have done

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- b) Observe, describe and copy what others have done
- c) Use what they have learnt to improve the quality and control of their work.

Knowledge and understanding of fitness and health

Children should be taught:

- a) How important it is to be active
- b) To recognise and describe how their bodies feel during different activities.

At Whitchurch C E Primary School the physical education curriculum maps are derived from national curriculum programmes of study for physical education. The curriculum map provides a structure for planning and states which areas of physical education are to be taught in each year group.

At Whitchurch C E Primary all children in key stages 1 and 2 take part in:

- *Athletics*
- *Dance*
- *Games*
- *Gymnastics.*

In addition to this, at some time in key stage 2 children will participate in swimming, athletics and outdoor and adventure activities.

Not all aspects of physical education require the same amount of time or the same degree of continuity for progress to be made. Emphasis is placed on gymnastics activities, dance activities and games activities, to provide a foundation of basic movements and understanding.

The curriculum map makes provision for children to experience all areas of activity by the end of key stage 2.

Clothing Requirements

At Whitchurch C E Primary School children are expected to wear appropriate clothing for each activity. Shorts and T-shirt or joggers and sweat-shirt are required for outdoor games. Bare feet are recommended for Gymnastic and Dance Activities.

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Inclusion

At Whitchurch C E Primary School inclusion in physical activities means that all children have access to learning opportunities regardless of race, gender and ability. We aim to create an environment in which all children learn to respect and value each other and each other's interests. This is achieved by employing the following strategies:

- *Having equal expectations of boys and girls – not letting girls opt out or boys dominate team organisation for example.*
- *Teaching mixed gender/ability groups and pairs.*
- *Structuring activities so that all are fully involved.*
- *Providing opportunities for children to present their work to others.*
- *Recognising the need to extend more able children and targeting them for school clubs/signposting to borough clubs.*
- *Anticipate needs and provide support as required. This could be the provision of specialist equipment, adult support or modified teaching programmes.*
- *Targeting particular children during playtimes and supporting them in physical play.*

Extra-curricular provision

At Whitchurch C E Primary School we offer a wide range of extra-curricular P.E. activities such as netball, football, hockey and multi-skills.

Resources

All equipment is catalogued, and a list is available from the PE leader. The equipment suitability is reviewed to ensure it is appropriate to the range of ages, abilities and needs of children in order to enhance learning. Large apparatus is inspected and serviced annually.

Children are encouraged to:

1. *Look after resources*
2. *Use different resources to promote learning*
3. *Return all resources tidily and to the correct place (Staff to supervise)*

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4. Be told of any safety procedures relating to the carrying or handling of resources.

All other resources are located in the staff room or with PE coordinator.

Planning, Assessment and Recording

At Whitchurch C E Primary School planning is to be done following the progression of key concepts on our curriculum map. Teachers will be making continual assessments of the children's abilities throughout their school life.

Further teacher assessments of the children's P.E. abilities are made whilst selecting for a school team, whether it be for athletics, cricket, cross country, running, football or netball. Overall progression in P.E. is commented upon through an annual written report to parents. Concerns or issues which may arise regarding P.E. will be dealt with in consultation with parents / guardians where appropriate.

Special Educational Needs

At Whitchurch C E Primary School PE activities are particularly effective in the education of children with learning difficulties of any kind, ranging from physical to social to emotional problems. PE is broad and 'open-ended', providing opportunities to solve problems, to work independently, to work as a group and to be responsible for self-regulation. Most PE activities work well as class lessons and are appropriate for all children of any ability.

Health and Safety

At Whitchurch C E Primary School all teachers should make themselves aware of the health and safety arrangements for the areas of activity that they are teaching.

All children must be taught how to handle apparatus, resources appropriately. They should be taught to recognise hazards, assess the possible risks and take steps to control the risks to themselves and others.

Any other adults working with the children should be made aware of individual needs of the children they are working with where appropriate.

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Role and Responsibilities of the PE Leaders at Whitchurch C E Primary School

• Support teachers to implement the P.E curriculum map effectively and providing them with support to master the content knowledge and content pedagogical knowledge required to teach P.E well.

Support and advise colleagues in the planning, delivery and assessment of P.E.

- Inform colleagues of changes that occur regarding teaching and policy.*
- Provide resources for use by staff that is accessible.*
- Keep up to date with current developments through attending courses and disseminate this information to staff through INSET and informal meetings.*
- Be responsible for auditing resources available for use in all PE activities.*
- Report any broken or 'defect' equipment to the Headteacher.*
- Order/replace any consumables, materials or resources required for the safe delivery of the PE curriculum.*
- Use, share and increase awareness in the teaching of P.E.*
- Monitor the quality, development and delivery of P.E throughout the school.*
- Produce a scheme of work with lesson ideas to support its implementation.*
- Ensure that children have the opportunity to become involved in extracurricular clubs to further develop skills and talents.*
- Monitor completion of risk assessments by staff each term.*

Equality of Opportunity

At Whitchurch C E Primary School all children have an equal opportunity to become independently active. The children's needs and interests will be protected regardless of gender, culture, ability, disability or aptitude. All children will be given the opportunity to develop their capability in the attainment targets for P.E. Quality and excellence should be the target for all children. Physical education experiences will reflect the school policy on promoting equal opportunities for all children in terms of organisation, opportunities and access to resources.

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Disability Equality Impact Assessment

This policy has been written with reference to and in consideration of the school's Disability Equality Scheme. Assessment will include consideration of issues identified by the involvement of disabled children, staff and parents and any information the school holds on disabled children, staff and parents.

Any questions or concerns regarding this policy should be made to the Head Teacher.