

Whitecote Primary School



Physical Education and Physical Activity Policy

Agreed: June 2022

Review: July 2023

Physical Education and Physical Activity Policy

PHYSICAL EDUCATION (PE)

Intent

Our PE curriculum will develop physical and mental resilience through the rehearsal, practice and refinement of basic skills and supplementary knowledge, incorporating engagement in competitive sport. Children will enjoy being active in different ways for longer periods of time and understand how this positively impacts on their physical and mental health.

Aims and objectives

Our aim is also for children to enjoy being active in different ways for longer periods of time and to understand how this positively impacts on their physical and mental health.

Physical education develops the children's knowledge, skills and understanding, so that they can perform with increasing competence and confidence in a range of physical activities. These include dance, games, gymnastics, swimming and water safety, athletics and outdoor adventurous activities.

Physical education promotes an understanding in children of their bodies in action. It involves thinking, selecting and applying skills and promotes positive attitudes towards a healthy lifestyle. Through PE, we enable children to make informed choices about physical activity and safety throughout their lives.

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

Teaching and learning style

We use a variety of teaching and learning styles within PE sessions. Our aim is to develop the children's knowledge, skills and understanding of a healthy lifestyle through a range of taught sports. These sessions will be led through a mixture of whole-class teaching and individual/group activities. Teachers draw attention to good examples of individual skills and encourage children to evaluate their own progression as well as the development of others. Whilst recognising that all children's physical development will be at a variety of stages, we provide learning opportunities for the whole class with differentiation to challenge and support individuals.

PE curriculum planning

PE is a foundation subject in the National Curriculum 2014. Our school follows a long term plan, based on The PE Hub schemes of work; however, these units are amended as necessary to meet the needs of individuals, groups or classes. As required by the National Curriculum, we teach dance, games and gymnastics at Key Stage 1 and in Key Stage 2 we teach dance, games, gymnastics and athletics.

The PE curriculum has been planned to allow for progression of skills across and between year groups. Early on, children begin to develop basic skills involving locomotion, body management

and object control. These are then refined and children begin to use these skills in some recognised sports.

We also enhance our PE offer with visits and visitors, such as Balance Ability for year 1, Bike Ability for year 6, Brownlee Triathlon for year 5, Lineham Farm for year 4 and Junior Warrior for year 6. We are also looking into opportunities for other year groups.

We currently teach swimming to children in Year 4, who walk to Bramley Baths each week.

Early Years

We encourage the physical development of our children in early years as an integral part of their daily development. We relate the physical development of the children to the objectives set out in the Early Learning Goals and Development Matters, which underpin the curriculum planning for children aged three to five years of age. We encourage the children to develop confidence in and control of the way they move and 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. We also teach indoor PE lessons to the Reception children (from The PE Hub scheme) in order to deepen the physical skills that they develop within the continuous provision.

Teaching PE to children with special needs

We teach PE to all children, whatever their ability. Teachers provide learning opportunities that are matched to the needs of all children and take into account the needs of individuals.

Budget and Resources

A range of resources are used to support the teaching of PE across the school. Resources are stored in a PE store, with large equipment remaining in the hall. Children are taught to move the large equipment in lessons. By so doing, the children learn to handle equipment safely. The children use the playground and school field for games and athletics.

The PE & Sports Premium Grant expenditure is used to support the PE & PA curriculum and copies are posted on the website at the end of each year.

Health and Safety

Risk assessments are carried out in accordance with the school's Health and Safety policy and with reference to AfPE Safe Practice in Physical Education & Sport guidelines.

Staff do a visual check of the area to be used for hazards and ensure the area is safe for the PE lesson. If hazards are noted, staff put measures in place, before the lesson can commence or continue. They should be familiar with and check any equipment they will be using.

Equipment

1. Large PE Equipment is annually checked by appropriate agencies.
2. Staff also check equipment that they will be using.

We also encourage the children to consider their own safety and the safety of others at all times. We expect them to change for PE into the agreed clothing for each activity or area.

The basics to be applied are as follows:

- No jewellery (inc watches and earrings) is to be worn for PE lessons.
- The wearing of glasses is dependent on whether or not they are needed for individual children.

- Indoor PE is generally done in bare feet if it is dance or gymnastics. Other activities may require trainers, e.g. when balls are involved.
- In gym, mats should only be used for floor work or to provide a more cushioned landing when jumping, not as a 'safety net' for apparatus.
- Children should be taught how to manage themselves safely on apparatus without believing the mat will protect them.
- Standard Accident procedures will be followed if an accident occurs within a PE session.

Assessment

Teachers assess children within each lesson and use this information to support and challenge them. Children are also assessed during each unit of work to ensure they are making appropriate progress in PE. This information is also used to inform their planning for the future work of the children.

PHYSICAL ACTIVITY (PA)

We have a responsibility to help pupils, staff and parents establish and maintain lifelong habits of being physically active. Regular physical activity is one of the most important things people can do to maintain and improve their physical health, mental health and overall well-being.

Definition of Physical Activity

Physical activity is defined as 'any force exerted by skeletal muscle that results in energy expenditure above resting level' and includes 'the full range of human movement from competitive sport and exercise to active hobbies, walking and cycling or activities of daily living.'

Provision of PA in our school

Physical activity is promoted through the following:

- PE lessons
- Extra-curricular activities
- Break and lunchtime activities
- Involvement with the Leeds West PE department and school competitions organisers
- Inclusion of healthy lifestyles within the curriculum
- Celebration assemblies
- Outdoor learning sessions
- Play-based early years and year 1 classes
- Education visits

All children will participate in around 2 hours of PE lessons each week. All aspects of the PE curriculum are taught including swimming. See the Physical Education section for details.

Where possible staff will find opportunities to plan active lessons across all curriculum areas, such as drama and outdoor learning opportunities.

Year 4 children also walk to and from the swimming baths each week.

A variety of after-school clubs are offered throughout the year.

Children in the EYFS have access to an outdoor learning area, offering free flow provision throughout the day. Provision includes activities which promote learning in all areas, but especially physical activity through use of bikes, climbing equipment and large construction.

Year 1 children also have a play-based curriculum, which encourages movement and physical activity throughout the day.

INC assemblies are held every Tuesday or Wednesday, which also celebrate children's sporting achievements.

Many education visits involve physical activity, e.g. Chester Zoo, Yorkshire Wildlife Park, Murton Park, Junior Warrior, Lineham farm and various local visits.

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