



Physical Education Policy

Signed: ----- Date: -----
Chair of Governors

Signed: ----- Date: -----
Headteacher

Adopted and Approved by the Governing Body: **September 2023**
Review Date: **September 2027**

Intent for PE Curriculum

At Singlewell Primary School we **care** about the teaching and learning of PE so that children can leave our school as **ambitious**, team players, **equally** supportive of each other and well-rounded sports people. Our PE curriculum has been planned to give children access to sport to spark their **curiosity** whilst building upon their **resilience**.

National Curriculum:

The Key stage 1 Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others **safely**. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations. Pupils should be taught to: master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities, participate in team games, developing simple tactics for attacking and defending, perform dances using simple movement patterns.

Key stage 2 Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other **safely**. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success. Pupils should be taught to: use running, jumping, throwing and catching in isolation and in combination, play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending, develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] perform dances using a range of movement patterns, take part in outdoor and adventurous activity challenges both individually and within a team, compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Rationale

We aim to encourage thinking performers who know the point of the activity and can apply information from one activity to another.

Physical Education is a unique process of learning. It educates pupils in the knowledge of the body and physical activities: the skill to use their body efficiently: the understanding of how the body moves and the importance of a healthy and fit lifestyle.

PE offers opportunities for children to:

- Become skilful and intelligent performers
- Become confident in the skills of planning, performing and evaluating in a range of physical activities
- Make informed decisions about the importance of a healthy lifestyle and physical activity
- Develop positive attitudes and understand what it takes to persevere, succeed and acknowledge others' success
- Ensure safe practice
- Develop problem solving skills and interpersonal skills which will have a wider application in their lives

Objectives

The objectives are derived from the aims and will guide us in planning schemes of work and will form the basis for assessment of pupils and the evaluation of the policy.

Develop physical and cognitive competence and confidence in the skills of planning, performing and evaluating.

- Know about the factors which influence efficient and effective performance
- Know how to improve their own performance and that of others by engaging in the continual process of reflection, selection, refinement, adaptation and evaluation
- Practice and consolidate movement concepts and motor skills in dance, games and gymnastics
- In Key Stage Two pupils at Singlewell School will also experience athletic activities and swimming in addition to the core programme

Promote Physical Activity and a Healthy Lifestyle

- Understand the effects of exercise on the body
- Select and participate in regular physical activity
- Be aware of opportunities in local clubs and the community which cater for primary age children
- Encourage outside sporting agencies to visit and share their expertise with the pupils
- Develop competition through inter and intra sport opportunities

Develop Positive Attitudes

- Develop personal qualities of perseverance, self esteem, well being and tolerance of others
- Understand and show appreciation of fair play, good team work and the accomplished skills of better performers

Ensure Safe Practice

- Understand the importance of routine procedures and factors which affect safety
- Appreciate the principles of safe practice and take responsibility for personal safe practice
- Ensure physical education equipment is regularly maintained (small scale)
- Ensure physical education equipment is professionally checked by an outside body on an annual basis (large scale)

Develop Problem Solving Skills and Interpersonal Skills which will have a much wider Application

- Work collaboratively as individuals, pairs and members of a group in problem solving
- Express opinions of their own
- Express interests, enjoyments, motivation and enthusiasm for physical activity

Principles of Teaching and Learning

Differentiation and Special Needs

When planning and selecting materials, tasks, resources and teaching styles we will take into account the needs of all pupils in terms of abilities and stage of development. Pupils with special needs will be entitled to have access to the same physical education as their peers. In planning lessons teachers will identify challenges for all pupils, modifying and adapting the task and or / equipment to include the least able child and stretch the most able. Teachers will liaise with the SENCO and additional adult support will be sought if needed.

Breadth and Balance

At Singlewell School, the National Curriculum for Physical Education will form the basis of our programme.

Our aims will be achieved through the following programme.

Key Stage One	Games Dance Gymnastics Athletics
Key Stage Two	Games Dance Gymnastics Athletics Swimming Outdoor Pursuits

Swimming takes place in Key Stage Two only and will take place at the local Cygnets Swimming Centre.

It will be run as a ten week programme for Year 5 children. Over the course of a child's school life they will all have access to swimming sessions taught by a qualified swimming instructor.

Both Key Stage programmes will include a variety of team and individual, cooperative and competitive activities, which when taught and organised well, will allow pupils to work and play together for the mutual benefit of all.

Work in Key Stage Two will build directly on work in Key Stage One.

Within the planning of schemes of work, lesson plans and individual sessions, accounts will be taken of the range of learning styles that are likely to be evident in any one class.

Activities will be selected to allow for such variety. Teachers will see the need for many skills to be practised and mastered: - physical, aesthetic, social, cultural, creative and interpretative.

Teachers will, in their teaching, do much to facilitate, instruct, guide and nurture the pupils' strengths and talents, by: encouraging, directing, observing, helping, appraising and controlling.

Relevance

In order to ensure relevance, activities will be selected that relate to the pupils' experience, interest, age preferences, needs and abilities and will be related to the sporting community of Gravesend.

Cross Curricular Skills and Links

Physical Education offers an added dimension to the whole school curriculum and the wider life of the school through citizenship, literacy, numeracy and language skills. It has particularly strong links with personal, social and health education and with science. The dance will enrich and compliment the art curriculum too.

Leadership/Volunteering

We actively encourage the children to further their knowledge and understanding in Physical Education in a leadership and voluntary capacity. Within lessons, teachers can model good practice using their pupils as well as nominate individuals to become Sports Leaders. This enables them to run a variety of activities at lunch time, coach small groups and officiate in intra-school competitions.

Equal Opportunities

All pupils, regardless of race, gender, ability, social origins or size are entitled to be included and be successful in physical education. All pupils have equality of opportunity in respect of curriculum balance, time, extra curriculum involvement and use of resources and facilities.

The policy at Singlewell School is to enable all our pupils to experience success, not failure. We will be sensitive when putting pupils into groups – random, social or ability – so that all pupils will be physically involved and challenged appropriately. Resources will be appropriate for the range of abilities.

Health and Safety

All routine procedures relating to safe practice are agreed and will be consistently adhered to by all teachers and support staff.

Pupils will be taught essential life skills to enable them to participate safely and confidently in physical activity. Pupils are expected to work in a safe manner and to be aware of what this means. All teachers will plan their work with safety in mind. Guidance can be found in the booklet "Safe Practice in Physical Education" by Baalpe. This booklet can be found in the Quiet Room. It is important for adults to wear appropriate sports clothing to enable them to move freely and be a positive role model.

Assessment and Record Keeping

Opportunities for assessment will be identified during planning and pupils will receive ongoing teacher assessment verbally. These assessments will be directly related to learning objectives and will be recorded in schemes of work and lesson plans. Information will be shared with pupils and parents in a written form on the end of year report and orally at the parent consultation evening.

Summative (grade) assessments will be made from these formative assessments based on how well each child is doing, reference will be made to documentation from the National Curriculum and this will be kept by the PE Coordinator.

Role of the Co-ordinator

The PE Co-ordinator is responsible for ensuring that the scheme of work is matched to the Programme of Study and that it is adhered to by the teachers and coaches. The Co-ordinator will support individual teachers by providing necessary CPD and team teaching. The co-ordinator will ensure that the resources are adequate to fulfil the National Curriculum and that they are regularly checked and maintained.

The PE Co-ordinator is also responsible for ensuring sporting opportunities are accessible to all children within an extra curricular programme incorporating the expertise of the school staff and other community organisations. They will also liaise with organisations that work within the school setting on a regular basis (see Sports Funding.)

Resources

The equipment is the responsibility of all staff and is easily accessible. All resources will be stored safely and securely. Some equipment is specific to the outdoor environment and some to the indoor setting. There is a P.E Cupboard for outdoor use and indoor equipment is stored within the Library corridor in designated, labelled storage boxes. The school Hall also houses our larger indoor gymnastics equipment including the gymnastic mats, benches, planks, stools, horses and a variety of large balls.

Sports Funding

The Government is continuing to provide additional funding to improve provision of physical education (PE) and sport in primary schools. This funding - provided jointly by the Departments for Education, Health and Culture, Media and Sport - is allocated to primary schools.

This funding is ring-fenced and therefore can only be spent on provision of PE and sport in schools. At Singlewell we are keen to use this money to improve the specialist PE provisions in place within school and have signed up for lots of exciting initiatives that will take place across the academic year 2014-2015.

As parents are aware, we have provided many varied opportunities for the children to receive P.E coaching in curriculum time and a range of after school sports activities are available and will continue to be provided across the year.

At Singlewell Primary we employ a team of trained Sports Coaches from Team Theme Kent – this is to work in collaboration with teachers to increase confidence in delivering high quality P.E. lessons to children.

Review

The effectiveness of the physical education curriculum will be evaluated in discussions with the Headteacher and members of staff, so that resources, teaching methods and needs can be identified and addressed in the following year.