

PE POLICY

Approved by: Board of Directors on 10th February 2016

Effective From: December 2015

Review Date: December 2017

Next Review Date : December 2019



PHYSICAL EDUCATION POLICY

What is our philosophy?

At the Heathland Whitefriars Federation we aim to provide pupils with the self-awareness and confidence to manage themselves in a variety of situations and experiences. Through appropriate, stimulating and enjoyable learning situations the pupils develop an understanding and appreciation of physical activity. Pupils will develop physical competence and confidence and an ability to perform in a range of activities. Pupils will understand the importance of an active and healthy lifestyle. They are able to be creative, supportive and competitive and to face up to challenges as individuals and in teams. Physical Education, when experienced in a safe and supportive environment contributes to the pupils' physical and emotional development.



Article 31: Your right to relax and play.

We believe that Physical Education should involve pupils in the continuous process of planning, performing and evaluating. This can be achieved by providing a progressive programme of study that promotes physical activity and a healthy lifestyle, develops positive attitudes and teaches safe practice.



Article 6: You have the right to life and to be healthy.

What is our aim?

We aim to deliver a balanced programme, which provides children with opportunities to promote physical development and competence, and to develop artistic, aesthetic and linguistic understanding through movement. Our aim is to ensure that 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

How can children be physically active for sustained periods of time?

Children will be encouraged to:

- engage in activities that develop cardiovascular health, flexibility, muscular strength and endurance
- develop an understanding of the importance of preparations for activity (warm-up) and recovery afterwards (cool down)
- develop an understanding of the importance of physical activity in maintaining a healthy lifestyle
- develop an understanding of changes which occur to the body during physical activity and their links with personal hygiene

How can children engage in competitive sports and activities?

Children will be encouraged to:



- observe the conventions of fair play, honest competition and good sporting behaviour as team members, individual participants and spectators
- develop an understanding of the need for rules in sport
- develop the ability to evaluate and improve on their performance
- appreciate and understand individual differences in levels of skill
- aim for their individual personal best
- evaluate and celebrate their own progress

How can children lead healthy, active lives?

Children will be encouraged to:

- participate and play a part in a lesson, whether engaging in full physical activity, watching and evaluating, coaching or refereeing
- access a variety of extra-curricular opportunities
- the Federation and stakeholder committee develop links with outside sporting agencies and clubs to foster a continuing passion for sport



Article 29: Your right to become the best that you can be.

We believe that all children should be given the opportunity to extend their range of gross and fine motor skills and develop their proficiency as well as appreciating the benefits of participation. Through PE we will also aim to develop inter-personal and problem-solving skills, develop personal qualities such as self-esteem, confidence, tolerance and empathy and help forge links between the school and its community.

What is our approach to teaching and learning?

At the Heathland and Whitefriars Federation we use a variety of teaching and learning styles in PE lessons. Our principal aim is to develop the children's knowledge, skills and understanding and we do this through a mixture of whole class teaching and individual/group activities. All pupils are active during a PE lesson.

Teachers draw attention to good examples of individual performance as models for other pupils and we encourage them to evaluate their own work as well as the work of other children. Within lessons we give pupils the opportunity to collaborate and compete with each other, and they have the opportunity to use a wide range of resources.



Article 28: Every child has the right to learn and go to school.

All pupils have equal access to all areas of the curriculum with due regard to ethnicity, gender, background and special educational needs and taking into account the need to be sensitive to any specific individual circumstances and to make provision for them.

During different activities all pupils will be encouraged to develop qualities and skills that are linked to our school ethos of 'Values' and 'Rights Respecting School' relating to respect, co-operation, fair play, the acceptance of decisions and rules and the handling of success and failure with dignity.

What does our curriculum offer?

All pupils in KS1 and KS2 are entitled to two hours of physical education per week. This is made up of indoor and outdoor activities that involve a range of invasion games, net and wall



games, striking and field games, target games, athletics, dance, gymnastics, swimming and outdoor adventure activities. Pupils are taught how to acquire and develop a wide range of skills that they can then select and apply to different activities. All pupils participate in all PE lessons. Those who are unable to be active (For example, due to injury) will be provided with resources to carry out observations, keep time, plan layouts, devise activities and develop refereeing and coaching skills.

In accordance with the National Curriculum, pupils in one year group of Key Stage 2 learn to swim throughout the year at a local pool. Participation in swimming is compulsory. All pupils are required to learn how to swim.

We believe that the physical development of our nursery and reception children is an integral part of their learning. The early years curriculum is made up of activities that offer appropriate physical challenges indoors and outdoors which are delivered throughout the EYFS curriculum. Specific skills are taught through focussed weekly PE lessons where children are encouraged to develop confidence and control through a variety of activities.

How do we assess pupils?

The main method of gathering evidence and assessing pupil progress is made through a continual process of teacher observation and AfL (Assessment for Learning). Pupils are also given the opportunity to self-assess and peer assess their progress. As in all other areas of learning pupils are provided with 'Next Step' targets to ensure they are always working to improve their skills across all areas of the PE curriculum.

Planning and teaching ensure that when evaluating and improving performance, connections are made between acquiring, developing, selecting and applying skills, evaluating and improving performance.

How do we ensure safety in PE?

Teachers have a responsibility to assess the environment, activity and participants to ensure it is safe for what they have planned. *Safe practice in Physical Education and Sports (2012)* offers guidance for a range of health and safety issues. Please refer to whole school Health and Safety policy for clarification of duties and responsibilities, codes of practice, safety procedures and first aid.

Risk assessments are included when planning lessons. (Where sports activities take place outside the school premises the whole school risk assessment policy for Educational visits must be followed). Pupils will be taught to develop their own abilities for assessing risks and made aware of safe practice when undertaking any PE activity.



Resources

- PE equipment is stored in suitable containers, easily accessible for safe handling in PE cupboards
- Any handling of apparatus and resources takes place with adult supervision and pupils will be taught to handle apparatus in accordance with health and safety regulations
- The equipment suitability and safety is reviewed to ensure it is appropriate to the range of ages, abilities and needs of children in order to enhance learning

PE Kit

Children are expected to wear the school PE kit to ensure safe participation during all activities.

White t-shirt

Navy blue shorts

Black plimsolls/trainers

Optional: Navy blue track suit or jogging bottoms.

Our teachers set an excellent example by wearing appropriate clothing when teaching PE. All staff members who deliver PE lessons are provided with a school PE kit.

Jewellery

- All jewellery should be removed
- If jewellery cannot be removed, teachers will take appropriate action to make the situation safe, this may include adjusting the activity for individual pupils
- Long hair should be secured as appropriate to the activity at all times

What do we do to promote health and fitness?

- The Heathland Whitefriars Federation offers a wide range of afterschool sports clubs where pupils are given the opportunity to experience different activities. We also offer external links to outside sporting agencies
- Our pupils are encouraged and inspired to become Young Sports Leaders (Year 5 & 6 pupils). Our Sports Leaders provide a variety of purposeful skill enhancing activities and support and encourage play, specifically with Key Stage 1 pupils
- The school specialist PE coach provides coaching skills for a range of activities during lunch times
- The Federation has a range of teams that take part in regular fixtures against other local schools and regularly participate in local competitions

What is our Physical Education development plan?

- PE is continually monitored and evaluated to check the effectiveness of teaching and learning. This will be carried out by the PE Faculty leader and members of SLT
- Outcomes of monitoring and evaluation will prioritise staffs personal development needs
- Staff are provided with regular training to ensure excellent subject knowledge to inform teaching and learning
- The performance of staff will be reviewed in line with the Federation appraisal policy
- Our PE curriculum is informed by the evaluation of learning outcomes. Teaching and learning opportunities as well as resources will be adapted and developed in line with the Federation development plan

Signed _____ **Date** _____
(PE Faculty Leader)

Signed _____ **Date** _____
(Executive Head Teacher)

Signed _____ **Date** _____
(Chair of Directors)

Review date: December 2017