

Morland Area C of E Primary School

Physical Education Policy



Reviewed Nov 22

Policy Statement

This policy outlines the teaching, organisation and management of the P.E. at Morland Area C of E School. Our school aims to provide every child with at least 2 hours of quality P.E. each week as well as providing a wide range of extra-curricular activities for all children to access.

Rationale

Morland Area C of E School believes that physical education, experienced in a safe environment, is a vital part of a child's physical development. Morland Area C of E School provides a broad and balanced curriculum enabling all children to become independently active. The school provides children with the background skills and motivation to choose to integrate physical activity into their lifestyle.

Aims

Morland Area C of E School aims for pupils are:

- Be physically active and find enjoyment in Physical Activity.
- Find a lasting sense of purpose, achievement and fulfilment in physical activity.
- Develop physical skills, habits and interest that will promote a healthy lifestyle.
- Develop and understand the need for safe practice in P.E.
- Develop social awareness through co-operation, fair play, sharing and consideration for others.
- Learn how physical exercise affects the body.
- Develop positive attitudes to promoting behaviour and to understand what it takes to persevere, succeed and acknowledge others successes.
- Be provided with opportunities to compete against each other in a secure and comfortable environment.

Entitlement

P.E. is a foundation subject in the National Curriculum. Pupils are provided with a minimum of two hours of PE each week during curriculum hours.

Early Years

In the EYFS our pupils develop basic movement skills developing their balance, coordination and ability to move.

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Our pupils are taught to:

- Show good control and co-ordination in large and small movements
- Move confidently in a range of ways, safely negotiating space
- Experiment with different ways of moving
- Jumps off an object and lands appropriately
- Travel with confidence and skill around, under over and through balancing and climbing equipment
- Develop control over an object in pushing, patting, throwing, catching and kicking.

Key stage 1

In KS 1 our pupils develop fundamental movement skills, and become increasingly competent and confident accessing opportunities to extend their agility, balance and coordination, individually and with others. 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.

Our pupils are 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

In KS 2 our pupils 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 enjoy communicating, collaborating and competing with each other. They develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Our pupils are taught to:

- Use running, jumping, throwing and catching in isolation and in combination
- Play competitive games, for example, 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.

These principles are taught, through 6 key areas of activity;

Games
Swimming
Gymnastics
Dance
Athletics
Outdoor & Adventure

Further Opportunities

Further opportunities for pupils to access Physical Education are made available in the following ways:

- Lunch and playtime activities e.g. skipping, football, netball and organised use of other equipment organised and run by Sports Leaders (Year 5/6).

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- After-school and lunch clubs – football, gymnastics, netball, Razzmattaz, Tag Rugby and Action Ants (these may vary at different times of the year).
- Organised activities through the EVA PE– all children in Key Stage 2 attend at least two sporting events per year e.g. swimming at Appleby, tag rugby tournaments and kwik sticks hockey tournaments. All children in Key Stage 1 will attend at least one event during the year e.g. basic moves and gymnastics. These are competitive and non competitive.
- All children in school will have the opportunity to access specialist PE provision in different environments – e.g. horse riding, sailing, gymnastics etc.
- Sports competitions – e.g. football, netball, gymnastics, cricket, tri-golf, dodgeball, tennis, swimming, hockey, rounders, lacrosse and rugby.
- Expert coaches working within school –Football coaches, Multi Sports coaches, Dance coaches, Tag Rugby coaches and Dance coaches.
- Outdoor and adventure activities are delivered through access to specialist provision in different environments – e.g.horse riding for Reception, Year One and Two, sailing for Year 5/6 and residential trips for Key Stage 2. Children in Year 3 and 4 also attend SwimSafe to prepare them for sailing when in Year 5 and Year 6.
- All children from Reception to Year 6 take part in our annual sponsored walk raising money for resources within school.
- All children in Key Stage 2 have the opportunity to complete their ‘mile a day’ which is recorded and celebrated as an achievement with the target being to reach 100 miles. Key Stage 1 are able to join in with this if they wish.

There is also the flexibility to provide enrichment activities above and beyond the scope of the activity areas above.

Swimming and water safety

Morland Area C of E School provides swimming instruction during a two week daily block at Askham Swimming Pool for EYFS, KS 1 and 2 pupils. By the end of Year 6, children are able to at least;

- Swim competently, confidently and proficiently over a distance of at least 25 metres.
- Use a range of strokes effectively, for example, front crawl, backstroke and breaststroke.
- Perform safe self-rescue in different water-based situations.

The children also have annual water safety training during safety day – this is delivered to all children within the school. KS2 children gain extra water safety training when completing their sailing course.

Any children in KS2 who we think might not be secure at swimming 25m by the end of Year 6 we provide with one to one intensive instructing from a qualified swim instructor.

Co-ordinator role

The PE Co-ordinator will:

- Attend appropriate courses and develop external links with associated schools, community clubs and outside experts, in order to provide a wider range of experiences for pupils,
- Assist other staff as required with support and training,
- Audit equipment and maintain resources,
- Monitor, evaluate and review planning where appropriate, to ensure subject continuity,
- Manage long term planning to provide continuity cross the school.

Long-term planning can be found on a two year cycle. Class teachers are responsible for their own medium and short term planning, supported by the PE co-ordinator. Planning should include:

- Clear goals and achievable targets
- Progression
- Assessment opportunities and follow-up procedures
- Warm-up activities, cool down activities

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- Differentiation and extension (including consideration for children who are SEN or G&T)
- Cross-curricular links where appropriate

Safe Practice

All staff should work to the accepted codes of practice found in the booklet "Safe Practice in Physical Education, School Sport and Physical Activity 2016." Risk assessments are undertaken as part of the health and safety policy and sports equipment should be checked on an annual basis.

Additionally:

- Jewellery should be removed and long hair tied back. Earrings that cannot be removed must be covered with tape.
- The school hall/playing field/village hall/yard should be checked alongside equipment to ensure that they are safe before use.
- Teachers should be aware of medical problems.
- Children must be taught acceptable standards of behaviour and safety.
- The teacher should be aware of first-aid procedures in the event of an accident.
- Pupils should be dressed appropriately in either, shorts and t-shirt or tracksuit and pumps or trainers. Staff should dress appropriately allowing them to take part/demonstrate.

Adults other than teachers

When appropriate, adults other than teachers may be involved in the delivery of PE. Practice should be planned and monitored carefully. (Add in recommendation for student teachers from PESS when review – LDS 13.10.20)

This policy was ratified by governors on the

Signed _____