

## **Physical Education Policy**

**Reviewed:** February 2018

**Next Review:** February 2020

### **Introduction**

This document outlines the school views on the importance of Physical Education in the curriculum.

### **Policy Statement**

At Junction Farm Primary School we believe that high quality physical education makes a vital contribution to pupils physical development and well being.

We aim to provide a broad and balanced physical education curriculum, giving the children an opportunity to experience a range of physical activities and progress and achieve within them.

We believe Physical Education (PE) can promote:

- spiritual development- helping children to develop positive self esteem;
- moral development- to gain a sense of fair play and develop positive sporting behaviour;
- Social development- to be able co-operate and collaborate in a team situation and also recognise the social importance of sport and dance.
- cultural development- through experience and understanding of other cultures, recognise how sport can transcend cultural boundaries;
- communication skills-to be able to work as a team and discuss strategies within the team.
- application of number- through collection and analysis of data using different forms of measurement;
- use of ICT
- problem solving skills- thinking of different ways to approach a task and form strategies and tactics to solve it;
- Health and safety- to develop an understanding of the importance of exercise to a healthy lifestyle.

### **Rationale**

At Junction Farm Primary School we believe that Physical Education;

- Contributes to the ethos of our school as a health promoting environment.
- Is adhered to the national target that all pupils will have a minimum of 2 hours high quality Physical Education and sport within and out of the curriculum. Also contribute to the 1 hour of daily extra physical education by completing 30 minutes within the school day.
- Promotes effectiveness of children's learning in other areas of the curriculum.
- Adds to the wider community with links to other schools, clubs and outside agencies.

### **Objectives**

Junction Farm Primary School will;

- have an appointed PE Co-ordinator/PLT
- Have at least two hours of curricular physical education in which a broad and balanced programme is provided.
- Have an extra 30 minutes of physical education every day to contribute to the 1 hour national target.
- provision of quality physical activity opportunities both within and outside of curriculum time which:-
  - consider the needs and interests of all pupils
  - promote positive attitudes towards participation in physical activity
  - enable pupils to develop a full range of basic movement skills
  - increase pupils' knowledge and understanding of the importance of physical activity
- increased pupil participation in physical activity both within and outside of curriculum time
- provision of safe and stimulating areas in which children can play and be active
- Raising the profile of physical activity throughout the school and encouraging cross-curricular links including Wake Up & Shake Up activities every morning.
- Making facilities, equipment, drills and games available for pupils to use at lunchtimes and break times to keep children active.
- Sports leaders to lead a level one competition each half term and KS1 and KS2 will participate.
- Sports leaders will lead the activities at break time for the children to participate in.
- Sports leaders to promote level 0 competition to be led every half term and ensure children are taking part at breaktimes.
- 
- inviting appropriately qualified professionals to contribute to the provision of out-of-hours activities
- provision of opportunities for staff and parents to gain appropriate qualifications so that they can raise their confidence in teaching PE
- organisation of specific events (e.g. Sports Day/Week) which promote and raise the profile of activity
- encouraging staff, parents and governors to participate in activity
- Children across KS1 and KS2 take part in the daily mile every last break time.
- Ensure the sports premium money is spent on way sport and PE can be sustained in years to come.

## **Guidelines**

### **Organisation**

Physical Education at Junction Farm Primary School will be taught to each year group through a structured and progressive physical education program developed by the SSCO (School Sports Coordinator) and PE Coordinator which will be supported with additional materials that are available for specific disciplines.

Each class of children will be given at least two hours of physical education each week, taking place in the school hall or school grounds. The teacher will have a planned programme of activity (with supporting guidance from PE Primary) to ensure that all children have access to a broad and balanced curriculum.

### **Foundation Stage**

Physical Education in the Foundation Stage is about improving skills of coordination, control, manipulation and movement. It also helps children to gain confidence in what they can do and enables them to feel the positive benefits of being healthy and active. Effective physical development helps children in the foundation stage develop a positive sense of well-being.

To give all children the best opportunities for effective physical development, teachers plan activities to offer the children appropriate physical challenges, giving sufficient time in using a range of equipment both indoors and outdoors.

During Foundation Stage, children will experience physical activities within the areas of:

- movement
- sense of space
- using large and small equipment
- using tools and materials
- children will follow the Physical Development section of the Curriculum Guidance for the Early Years aiming to develop and achieve their physical development through the Early Years Foundation Stage Profile.

### **Key Stages 1 & 2**

PE is a foundation subject in the National Curriculum. The fundamental skills knowledge and concepts of the subject are set out in “Physical Education in the National Curriculum” where they are categorised into 6 areas of activity:-

- Games
- Gymnastic activities
- Dance
- Athletic activities
- Outdoor and Adventurous activities
- Swimming

The child’s knowledge and understanding of Physical Education will be developed through these disciplines.

### **Scheme of work, Planning, Progression and Continuity**

The PE Coordinator and SSCo have produced a long term plan for teachers to show areas of activity for each term. The PE long term plan ensures continuity and progression and how the teaching units are distributed across the key stages. It also ensures the best use of facilities and resources throughout the year as well as creating links for primary school cluster festivals.

The agreed scheme of work for PE will be based upon the National Curriculum Programmes of study and will be supported with activities/resources from PE Primary which shows progression through a variety of skills and disciplines. In addition to this, materials available

through the School Sport Co-ordinator partnership (e.g. TOPS) can be used to enhance the provision of PE.

Units of work will be identified in the school's long-term plans and developed further by teachers who are responsible for the delivery of the subject.

The scheme of work will show:

- Progression in knowledge, skills and understanding between years and Key Stages
- Coverage of the Agreed Syllabus
- Continuity between years and Key Stages

In medium term plans, teachers identify the learning objectives and taught for the area of physical education each half term. The plan shows sequence of activities that are to be carried out the term which will promote progression.

In short term planning, teachers build on their medium term plan and identify what and how it will be taught each session.

### **Strategies for the Teaching and Learning of Physical Education**

The PE curriculum is organised on a subject basis [although gymnastic and dance activities may be related to other subject areas, such as history/geography]. PE is the most firmly timetable element of the curriculum because of the need to use hall or outdoor space.

PE is taught throughout the school year but not all areas of activity are covered each term.

Within this framework:-

- Children will spend approximately 2 hours per week on Physical Education covering games, gymnastics, dance, athletics and Swimming.
- KS2 will have swimming lessons that happen after every half term holiday for a period of two weeks. The lessons will be filled with Y6 that have not achieved 25m then year 5 that have not achieved 25 m then year 4 and year 3.

### **Cross Curricular Links**

In this school, the children are taught predominantly through specific subjects. When aspects of different subjects interact or link these will be highlighted to the pupils and teachers will use this cross over of information and skills to their advantage.

A specific theme being developed in another subject can become a stimulus for dance and gymnastics, encouraging all forms of body movement and creativity or children can develop an awareness of changes in the body pulse and breathing rates and how muscles work against forces.

### **Entitlement of Equal Opportunities**

Pupils with Special Needs are able to develop confidence and express their feelings in PE, as it is a subject in which success does not depend on academic ability.

They include:-

- Pupils with learning difficulties who may find opportunities to excel
- Pupils with special physical needs who may need specialised resources and close monitoring

Teachers aim to give every child an equal opportunity to experience success in learning and achieve as high a standard as possible in different activities. Teachers create the opportunity for the development of skills through differentiation to enable all pupils to participate and make progress, giving them the opportunity to meet the national expectations outlined in the

PE curriculum. All pupils are treated with respect and children are encouraged to value each others contributions to ensure all children feel safe, secure and comfortable within the environment.

Full participation is encouraged in all activities, irrespective of age, gender, physical ability, culture or ethnic background.

## **Differentiation**

Teachers at Junction Farm Primary School acknowledge that some pupils will encounter difficulties to the effective learning of PE. We recognise, acknowledge and respect the differing abilities and needs of the children by:

- Pitching material appropriately
- Challenging children to achieve their full potential
- Giving a sense of value and purpose
- Encourage and recognise success
- Concentrate on pupils need
- Have realistically high expectations of pupils
- Set the right climate for learning

Teachers will achieve these goals by:

- Using a variety of equipment and resources to make tasks more or less challenging
  - Provide a range of tasks with differing degrees of difficulty
  - Allow pupils to work at different paces
  - Provide children with additional support
  - Be flexible in organising groups
  - Encourage school club links for GTMA children
  - Lunchtime clubs for GTMA children to challenge them further
  - Set up lunchtime clubs for children who are not participating in school clubs.
- 
- Pupils with particular ability and flair for PE who work more quickly through the levels of the National Curriculum and are extended through the use of more advanced techniques. Sports teams such as the school football team, badminton club, netball club are offered as extra-curricular activities that will extend pupils skills and promote regular involvement in school cluster tournaments and festivals.

Excellence in PE is celebrated in display and performance including:-

- Displays of awards in after school/school cluster tournaments in assemblies
- Participation in sporting competitions and notably football, athletics, cross country
- Participation in SSCO partnership festivals - dance, football and swimming
- An annual Sports Day event involving all pupils
- Presentation of awards gained from outside sporting agencies in assemblies
- Presentation of 3 sport trophies at the end of each half term. KS1 trophy, KS2 trophy and out of school trophy.
- Display of sporting achievements on sport display board
- Sports leaders notice board with upcoming events, leader board for level 0 competition, promote level 1 events and photos from previous level 1 events.

## **Assessment, Recording and Reporting**

Teachers will ensure that all lessons have clear learning objectives that the children are aware of. This way, children are able to assess and review their own work and know which areas they need more practice and to improve.

It is the responsibility of the class teacher to assess the children in their class. In the first lesson, children will be assessed to allow teachers to match activities and tasks accordingly determining what each child has learned and what therefore should be the next stage in his/her learning.

Children are able to self assess their ability through completing a 'child friendly' assessment sheet for each units of work. They are able to clearly see the learning objectives that they will be covering within the unit and what they will need to do the achieve the next steps. These assessment sheets are 'coloured in' after each new skill/technique in covered. At the end of each term teachers a responsible for inputting their PE data in to SIMS.

Formative assessment is also carried out informally by teachers in the course of their teaching. Suitable tasks for assessment include:-

- Practical tasks directly observed by the teacher
- Small group discussions related to a practical task
- Specific assignments for individual pupils
- Individual discussions in which children are encouraged appraise their own work and progress

## **Evaluating and Monitoring**

The strategies employed by the school to enable the PE co-ordinator to monitor the delivery of the PE curriculum in the classroom will include:-

- The co-ordinator overseeing the long, medium and short term planning of the staff for PE;
- Allowing the co-ordinator to observe children working.
- Analyse the P.E data each half term and be aware of different groups across the school.
- Book scrutiny of P.E books.
- Class swaps between different year groups to get an overview of what each year group is teaching.

## **The Role of the Co-ordinator**

The role of the co-ordinator at Junction Farm Primary School is to:

- Have a sound knowledge of the PE Curriculum
- Producing, updating and monitoring a long term plan for the teaching of PE
- Keep up to date with changes and innovations in that subject area
- Advise the Head Teacher and teaching colleagues
- Coordinating the purchase, organisation and storage of appropriate PE resources and to make sure all teachers have sufficient resources
- Assist colleagues in the planning, preparation and teaching of their subject area using support and development time where appropriate
- Producing and updating a planning file of resources and lesson plans for each year group

- Take a leading role in the discussion and preparation of policy and guidelines relating to planning, teaching, assessing and recording their subject area
- Work closely with the SSSCo to improve Physical Education provision
- Monitor and organise family and cluster events and tournaments
- Attend the SSSCo programme liaising with other schools in PLT modules and cluster meetings
- Appropriately monitor and evaluate the resources, materials and strategies used in their subject area throughout the school using support and development time as appropriate and in negotiation with the Head Teacher
- Monitor progress in Physical Education and advise the Head Teacher on action needed
- Ensure effective input of Wake Up and Shake Up morning activities
- Ensure effective input of The Daily Mile, activities at break times, Level 1 competitions, level 2 competitions and sports leaders.
- Update the sports notice board every 2 weeks.
- Ensure children complete match reports of their sporting events for the newsletter.
- After every competition complete a write up for Facebook
- Complete risk assessments and event risk assessments for every sports event.
- Develop an exciting sports week with a range of activities
- Ensure sports premium money is spent to sustain P.E for years to come.

### **Assistance for, and the Development of Teachers**

Teacher's personal development in PE will be provided through;

- \*Advice and support provided by the PE co-ordinator
- \* In-school support provided by SSSCo partnership
- \*advice and guidance for outside agencies in the teaching of PE e.g. tag Rugby/hockey
- \* Staff offered a chance to attend a range of courses.

Staff will be encouraged to attend courses, cluster meetings and review resources. The co-ordinator will have access to specific training to develop and support their role and a list of training courses will be displayed within the staffroom.

### **Strategies for the Use of Resources**

There are no classroom resources for PE, all are held centrally in the PE resource cupboard.

Central resources for PE are the responsibility of the PE co-ordinator who has an annual budget available for updating and equipping the curriculum effectively. The present resources include:-

- Gymnastics apparatus and equipment
- Sports, games, outdoor activities and athletics equipment

**Time** is a resource that we value. The number of PE sessions allocated to each class is timetabled

To maximise its use in physical education:-

- Teachers should respect hall timetable
- Pupils are encouraged to change swiftly and with a minimum of fuss
- Lessons are conducted in a disciplined manner

- Gymnastic apparatus is put out and arranged by individual teachers in support of their lessons
- Games equipment is returned to the PE store in a sensible manner to enable the next user to readily access equipment
- Children are not allowed to put away PE equipment in the PE cupboard

**Links with other agencies** enrich the PE curriculum.

These include:-

- Participation in local sports leagues with other primary schools
- Participation in County organised events
- Participation in SSSCo partnership events and festivals
- Professional coaches working alongside teachers in school and delivering after school activities.
- Talent identification of GTMA pupils and forwarding to appropriate clubs.
- Visits from and liaison with professional sports players e.g. Tag Rugby
- Visits to and liaison with outdoor education centres and agencies

## **Clothing**

It is desirable that children should be properly changed to take part in any form of physical activity:

- All children are to wear a full school PE kit comprising of a Junction Farm School PE T-shirt, blue/black shorts, trainers/plimsoles.
- Watches and all jewellery including stud earrings must be removed before taking part in any PE lessons. The responsibility of every child's safety is on the teacher.
- Children with long hair must tie it back into a bobble
- Glasses – ideally children are to remove glasses during PE. If however it is necessary for children to wear glasses due to very poor sight the class teacher must discuss with parents that they accept full responsibility for any accidents caused whilst wearing glasses during PE.
- If children continually 'forget' PE clothing, a central store of garments is available for them to borrow and a letter is sent home after two continuous lessons without a full school PE kit which must include school logo PE T-shirt.

Teachers should also be suitably dressed in sports wear to deliver the lesson safely and promote sport within school.

## **Health and Safety**

All teachers have been made aware the following health and safety guidelines.

- All children warm up and cool down and are aware of the importance of this.
- A full school PE kit must be worn to participate in PE.
- Children are not permitted to participate in PE in their school uniform.
- Watches and earrings should not be worn during PE and long hair should be tied back.
- Children who suffer from Asthma should have their inhalers readily available in case they need them.
- Children are shown and should follow the correct way to lift and place apparatus.



- Children are all aware of the rules and expectations of behaviour when taking part in physical activities e.g. use of space and respect of others space, plus the importance of stopping and listening on signal.
- All staff are First Aid trained should the need arise.
- Teach pupils to use equipment, apparatus and techniques in accordance with health and safety requirements and safe practice.
- Appropriate storage of equipment and apparatus.

An audit has been taken out regard the safety of our P.E resources. All resources and equipment is safe to use.

### **Safety in Swimming**

Swimming tuition is provided through Stockton Education and leisure at SPLASH leisure centre. The lessons are for a two week block. The children are taken to the pool by their teacher and the following rules apply:

- Children must know and abide by all pool rules.
- Children are required to wear a full swimming costume/trunks (not shorts) and a swimming cap. Loose clothing will not be permitted for safety reasons.
- Children need to bring their own towel.
- If children require the need to wear goggles, they will only be permitted to wear them after a letter from a parent has been given to the swimming instructor acknowledging full responsibility for any accidents to their child whilst wearing them. SPLASH accept no responsibility to any accidents whilst wearing goggles e.g. being knocked in the face and goggles hurting into the eye socket.
- Teachers/TAs are required to teach and supervise children within the pools. A lifeguard is positioned next to each pool monitoring the safety of the children within the group.

**Junction Farm Primary School actively promotes physical activity on a daily basis through;**

- Promotion of walking to and from school.
- A ten minute wake and shake routine daily for all pupils and staff.
- The Daily Mile last play time.
- Active playtimes led by sports leaders.
- Use of tyre park and outdoor gym equipment monitored by an adult.
- Playground equipment box available for use at break times
- Playground Leaders to promote games and activities at play/lunch times.
- Specialist sport coaches to challenge GTMA pupils once a week.
- Sports Leaders to promote level 0 and level 1 competitions across school.
- Extensive after school clubs, available to whole school, which change according to our rolling programme, availability of outside coaches and demand from children (organised by Carla Hardy).