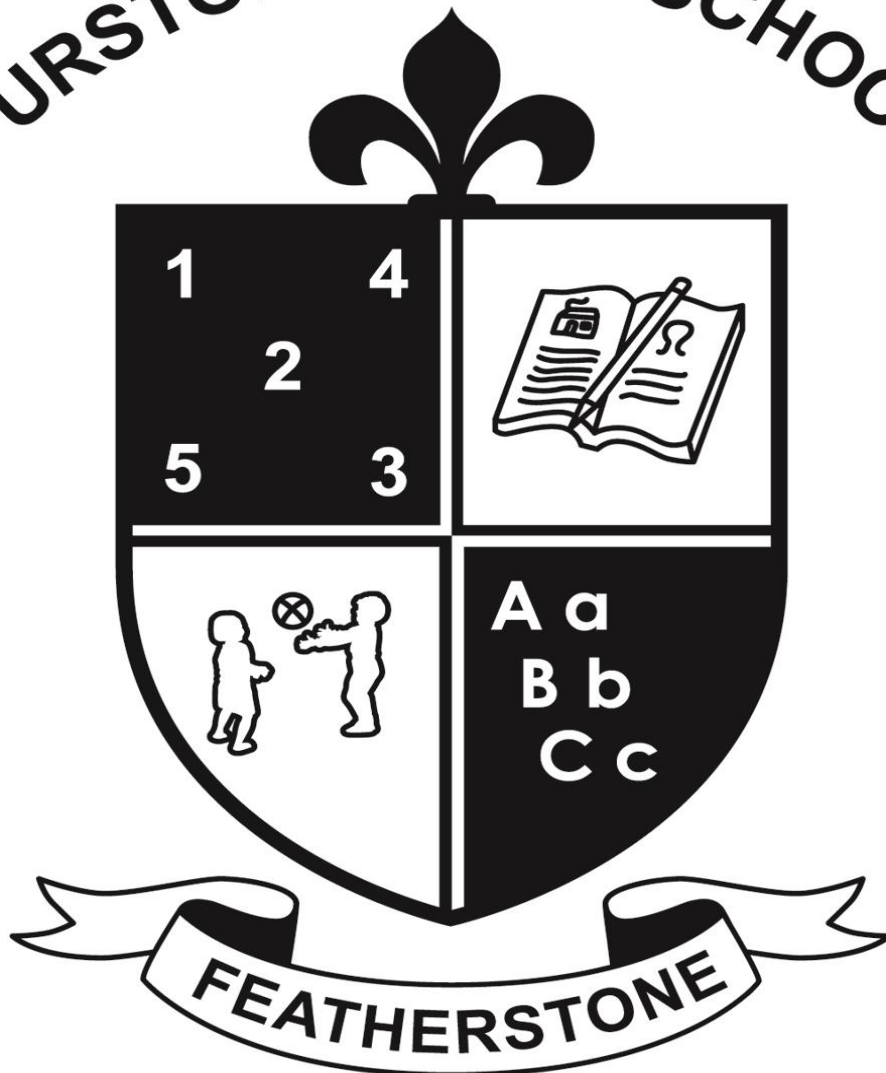


PURSTON INFANT SCHOOL



## Physical Education (PE) Policy

Physical education involves pupils in the continuous process of planning, performing and evaluating physical activity. It is the aim of Purston Infant School to ensure that these requirements are taught through all areas of activity and so follow all the guidelines laid down in the National Curriculum Document. Early Years are working from the Development Matters & Early Years Foundation Stage Profile.

### **Aims and objectives**

The aims of physical education are as follows:

- support and contribute to the philosophy of the school
- encourage positive pupil attitudes and co-operative work
- develop communicative, interpersonal, planning and organisational skills through structured problem solving tasks
- educate pupils with regard to health, relaxation, hygiene, fitness and help pupils to appreciate and monitor fitness
- develop a working knowledge of safe practice and encourage responsible attitudes to safety of self and others
- plan for the development of co-ordination and the acquisition of a range of motor skills and promote opportunities for their application in a wide range of activities
- help pupils to apply knowledge, skills and concepts in a wide range of planned physical activities
- enable pupils to appreciate skill and competence in movement as a participant and spectator through observation and analysis and help pupils to apply appropriate criteria for assessing effectiveness and efficiency in performance
- develop pupils ability to plan and compose movement sequences and express their ideas in a wide range of activities
- to place P.E in the context of well-being and healthy lifestyles

### **Teaching and learning style**

Class teachers are responsible for the PE they deliver to their class. Each teacher is fully qualified and therefore trained to teach PE to the children in school. Teaching assistants are involved in PE lessons to support children during the lesson. Each KS1 class has a 1 hour taught PE Session per week by the class teacher.

Multi-sport/team games are taught throughout school from when children enter Upper Foundation stage until they leave year 2. These sessions are planned and delivered by Luke Bailey who is a qualified Sports coach. He is supported by the class teacher, which allows weekly CPD opportunities. Each class has a 1-hour multi-sport/team games session per week.

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. Teachers draw attention to

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

At Purston Infant School, we recognise there are children of differing physical ability. We provide suitable learning opportunities for all children by matching the challenge of the task to the ability of the child. We achieve this through a range of strategies:

- setting common tasks that are open-ended and can have a variety of results, e.g. timed events
- setting tasks of increasing difficulty, where not all children complete all tasks, e.g. the high jump
- grouping children by ability and setting different tasks for each group, e.g. different games
- providing a range of challenge through the provision of different resources, e.g. different gymnastics equipment.

## **Planning**

Key Stage 1 P.E is a foundation subject and planning is taken from the National Curriculum. As required we teach games, gymnastics and dance at Key Stage 1. We plan P.E activities so that they build upon prior learning of the children. While there are opportunities for children of all abilities to develop their skills, knowledge and understanding in each activity area there is planned progression built into the scheme of work so that children are challenged as they move through school.

## **Foundation Stage**

In the Foundation Stage, planning for P.E is taken from the area of Physical Development within the Early Years Foundation Stage Curriculum. We encourage the Physical Development of our children in Foundation Stage as an integral part of their work. We relate the physical development of the children to the objectives set out in the Development Matters, which underpin the curriculum planning for children age three to five years of age. We encourage children to develop confidence and control of the way they move, and the way they handle tools and equipment. We give all the children opportunity to undertake activities that offer appropriate physical challenge, both indoors and outdoors, using a wide range of resources to support specific skills.

## **Other Curriculum Areas**

### **Personal, Social and Health Education (PSHE) and citizenship**

PE contributes to the teaching of personal, social and health education and citizenship. Children learn about the benefits of exercise and healthy eating, and how to make informed choices about these things.

### **Spiritual, moral, social and cultural development**

The teaching of PE offers opportunities to support the social development of our children through the way we expect them to work with each other in lessons. Groupings allow children to work together and give them the chance to discuss their ideas and performance. Their work in general enables them to develop a respect for other children's levels of ability, and encourages them to co-operate across a range of activities and experiences. Children learn to respect and work with each other, and develop a better understanding of themselves and of each other.

### **Extra-Curricular Sporting Activities**

Morning playtime – PE box equipped with apparatus suitable for playtime.

Lunchtime provision – PE box equipped with apparatus suitable for playtime.

Rounder's/cricket/ small PE apparatus (summer) – lunchtime supervisors organise these games. Football goals and football- playtime and lunchtime.

Sports Coach and dinner supervisors to supervise at Lunchtimes.

Ring games - lunchtime supervisors organise these games.

After school clubs also offer physical activities including football/sports/multi skills/dodge ball/team games.

Multi-sports after school club.

Attendance of teams at external sporting competitions.

### **Physical Achievements at Home**

Children are encouraged to take further exercise out of school and children who have achieved success in their chosen activity are encouraged to bring any certificates or awards into school where they are able to share their success in Achievement Assemblies, e.g. swimming awards, gymnastics awards, rugby trophies, etc.

### **SEND**

In order to accommodate all ranges of ability and SEN children, certain strategies are used in PE lessons. Children with an Education, Health and Care Plan are supported by an ESA during PE lessons where appropriate.

Here are some of the strategies we use during PE lessons:

- change equipment, e.g. larger ball
- role change, e.g. allow ball to bounce
- reduce task demand, e.g. make target larger
- re-arrange grouping of children
- manipulate number of participants, e.g. 5 v 4
- teacher joins in to help, e.g. work alongside
- simplify task or game to ensure success for all children
- planning appropriate time to allow for satisfactory completion of task

Pupils with a disability will not be disadvantaged if opportunities for learning are varied during lessons. Children with severe physical disability may require additional support but are capable of remarkable achievements in PE.

## **Outstanding achievement**

Pupils who have shown outstanding achievement during their PE lessons have been sign posted to other agencies, for example:

- Featherstone Sports Centre – gymnastics classes
- Featherstone Lions Rugby– Rugby training
- Local dance schools

## **Assessment and Recording**

Teachers and Teaching Assistants assess children during PE lessons through observation. They record the progress made by children against the learning objectives for their lesson, taken from the National Curriculum. At the end of each unit of work, teachers make a judgement. Assessment grids are used in KS1.

## **Facilities**

A well maintained large hall with wooden floor.

Hard play area, adequate and marked for playtime games.

Large grass area.

Tyre park.

Trim trail & Outdoor gym equipment

Foundation Stage – hard surface playground, climbing slide & trim trail

## **Resources**

The hall is fitted with portable and fixed apparatus

Indoor and outdoor games equipment is in good condition.

A music centre, CD player, and a good range of musical instruments are available for dance.

Various sports and games cards which include Fitbods, Top Dance, Youth Sport Trust Active Play. FA Development Programme, Aegon out of School Hours Tennis Tool Kit, Guidelines for teaching Dance, Games and Gymnastics

Premier League football kit

Aldi sports day equipment

## **Resourcing of Equipment**

Purston Infant School seeks to ensure that adequate resources are available to implement this policy effectively. All members of staff have opportunities, in staff meetings, to request replacement or new equipment if they feel it is necessary and this is usually provided.

## **Monitoring and review**

It is the responsibility of the PE leader to monitor the standards of children's work and the quality of teaching in PE. The PE subject leader is also responsible for supporting colleagues in the teaching of PE, for being informed about current developments in the subject and for providing a strategic lead and direction for the subject in the school. The PE subject leader gives the head teacher an annual summary report in which s/he evaluates strengths and weaknesses in the subject and indicates areas for further improvement. The PE leader has specially-allocated time for fulfilling the vital task of reviewing samples of children's work and visiting classes to observe teaching in the subject.

## School Sports Premium

The school has a detailed plan to improve the quality of PE provision for all pupils. This is updated termly and reviewed by Governors. The plan includes an overview of sports premium spending and a review of the impact of the allocated funds.

## Health and Safety

At Purston Infant School we are very safety conscious and the whole staff try to encourage pupils to become responsible for their own safety and that of others. We show how to lift, carry, support and set down apparatus and equipment. Safety lifting techniques are shown and the children are made aware that their back might be damaged unless:

- knees are bent and feet are apart to ensure that thighs take the strain
- the body is kept close to the apparatus to be lifted or lowered in order to avoid strain to the middle back
- the lift is made with a straight back We insist the children respond quickly to instructions communicated by voice or whistle.

We instil care and concentration in pupils when working with apparatus. We try to provide a working area which allows children to move freely. We try to help children control speed when near obstacles and people. We encourage them to be aware of their own body space and move freely in different environments.

Children must not wear jewellery for a PE lesson. Parents are reminded that earrings must be removed at home for children to take part in PE lessons. Staff are not permitted to remove children's earrings. If children are unable to remove earrings (due to recently being pierced) they must tape them. Micropore is recommended however staff are not allowed to assist with putting on micropore.

Children are required to appropriate footwear for PE and it is important that before any PE lessons the floor is swept with the dry mop.

The school asks that children wear appropriate clothes for PE both indoors and outdoors. The PE kit is as follows:

Boys	Girls
Black/navy shorts White t-shirt Black/navy jogging bottoms/hooded top Pumps/Trainers – Indoor/outdoor	Black/navy shorts White t-shirt Black/Navy leotard Black/navy jogging bottoms/hooded top Pumps/Trainers – Indoor/outdoor

The large apparatus has a maintenance check once a year. It is also checked every time it is used by every member of staff before the start of the lesson and at the end of the lesson. Small games apparatus is checked regularly by the P.E coordinator and replaced when necessary