

All Saints C.E. Primary School Physical Education Policy

Physical Education is about pupils learning about themselves: their capabilities, their potential and their limitations. It's about increasing self-confidence and encouraging pupils to become independent learners. Learning should be experienced in a safe and supportive environment. Physical Education is the foundation of all sports participation. But it goes beyond the individual and understanding themselves – it's learning how to work with and respect others.

At All Saints School we recognise the unique contribution that Physical Education plays in the education of the whole child: physically, mentally and socially. Therefore we encourage all children to participate in and enjoy a variety of sports and other physical activities.

Aims

- To promote enthusiasm for physical activity and a healthy lifestyles which will remain with them throughout life.
- To develop physical competence in a wide range of activities enabling the pupils to move efficiently and effectively.
- To help the pupils develop self-esteem through increased physical confidence.
- To encourage and develop problem solving through a process of planning, performing and evaluating.
- To develop an aesthetic awareness of movement.
- To develop a sense of fair play and an acceptance of failure and success.

Objectives

Teaching is in line with the four strands of the National Curriculum.

- **evaluating and improving performance**
- **developing, selecting and applying skills**
- **tactics and compositional ideas**
- **fitness and health**

Pupils will be given the opportunity;

- To develop skilful use of the body, the ability to remember, repeat and refine actions and to perform them with increasing control, co-ordination and fluency (acquiring and developing)
- To develop an increasing ability to select, link and apply skills, tactics and compositional ideas (selecting and applying)
- To improve observation skills and the ability to describe and make simple judgments on their own and others' work, and use their observations and judgements to improve performance (improving and evaluating).
- To develop an understanding of the effects of exercise on the body, and an appreciation of the value of safe exercising (knowledge and understanding of fitness and health)
- To develop the ability to work independently, and communicate with and respond positively towards others (working alone and with others).
- To promote an understanding of safe practice, and develop a sense of responsibility towards their own and others' safety and well-being (applying safety principles).

Entitlement

The school aims to provide all pupils with two hours of High Quality PE and School Sport within and beyond the curriculum per week. In provision of this we aim to see children who:

1. are **committed** to PE and sport
2. know and **understand** what they are trying to achieve and how to go about doing it
3. understand that PE and sport are an important part of a **healthy, active lifestyle**
4. have the **confidence** to get involved
5. have the **skills** and control that they need to take part in PE and sport
6. willingly take part **in a range of competitive, creative and challenge-type activities**, both as individuals and as part of a team or group
7. **think** about what they are doing and make appropriate **decisions** for themselves
8. **show a desire to improve** and achieve in relation to their own abilities
9. have the **stamina, suppleness and strength** to keep going
10. **enjoy** PE, school and community sport.

Curriculum planning

Pupils will follow the programmes of study as set out in the Physical Education National Curriculum. At All Saints the programme will involve: gymnastics, dance, games, athletics, outdoor activities and swimming. At present children in Year 2 and 3 attend ten weekly lessons in the summer term at Knaresborough pool. Older children who are not able to swim 25m are also given the opportunity to attend. Trained swimming teachers give lessons and qualified lifeguards supervise the children.

PE Schemes of work are provided for each class following Val Saabin programme.

Teaching and Learning

- Pupils have access to the complete range of curriculum opportunities in P.E.
- The programme is broad and balanced giving pupils the opportunity to develop skilful body management and where appropriate develop depth in understanding and performance.
- There are opportunities for pupils to develop leadership and responsibilities.
- We aim for pupils to be physically active for the majority of the lesson.
- Individual lessons are planned from units of work and notes are made of equipment and apparatus required.
- Through the P.E. curriculum links cultures are established and maintained between the school and the wider community and across cultures.
- We use, where appropriate, outside organisations to enrich the curriculum areas.
- Direct teaching is used to ensure the careful use of space - e.g. carrying equipment and safety considerations are paramount at all times.
- In individual lessons there are opportunities for demonstration, observation and comment.
- We aim to use a variety of teaching styles.
- We aim to focus on the positive contributions children can make.
- Differentiation will depend upon group / action.

Assessment, Recording and Reporting

- Assessment of this subject will be undertaken in line with the school assessment policy.
- A written report on progress is submitted to parents as part of a pupil's annual report.

Equal Opportunities and Inclusion

The whole school policy for Equal Opportunities and Inclusion will be complied with.

Children with Special Needs

- Children with special educational needs are treated sensitively and encouraged to take a full part in all activities.
- Tasks are adapted and differentiated as appropriate. Advice of professionals is incorporated into lessons when recommended.

Gifted and Talented

- Provision for gifted and talented children will be recorded in line with the schools Gifted and Talented Policy.
- Children will be given the opportunity to represent the school where possible.
- Children take part in Gifted and Talented lessons at St. Aidan's CE School

Safe Practice

Staff

- We follow the recommendations of B.A.A.L.P.E. in '*Safe Practice in Physical Education*'. A copy of this publication is in the staff room.
- Normal school procedures for first aid and accidents apply. Accidents are recorded in the school accident book.
- Staff are expected to set an example to children by dressing appropriately.
- Both on and off site activities are risk assessed in line with the school's risk assessment policy.

Pupils

- In line with the School Dress Policy, pupils change for **all** aspects of Physical Education, wearing their school Physical Education kit.
- Pupils perform barefoot in the Hall and wear pumps for outside work.
- Pupils can wear training shoes for Games when working on the field and or playground.
- Watches and jewellery are removed for Physical Education and NYCC guidelines regarding earrings are followed.
- As outlined in the school dress policy, pupils with long hair are expected to tie it back.
- Pupils learn how to prepare their bodies for exercise and how to recover from it.
- Pupils develop an awareness of both the needs of others and themselves when working in the same space.

Equipment

- All children are expected to be involved in the setting up and tidying away of equipment used within lessons. This will develop independence and allow them to demonstrate increasing respect for school property.
- All children are taught how to handle the apparatus safely but **the teacher always checks it before the children use it.**
- Damaged small apparatus is replaced.
- Specialist contractors inspect large apparatus annually and a report is submitted to the Headteacher.
- All equipment is checked regularly by the Physical Education co-coordinator.

Facilities and Resources

- The multi purpose nature of the Hall means regard needs to be given to its preparation in order to ensure a safe environment. Where appropriate the children should be involved in this preparation.
- The top playground area is ideal for most outdoor activities and the adjacent field area, now drained, is suitable for much of the year.
- The play trail provides all children with opportunities to develop their gross motor skills.
- Games resources are kept in the outdoor store, boxes being labelled as to their contents.
- When not in use, some large apparatus is stored in the outdoor shed.
- A detailed scheme of work is provided for each of the areas to be covered. In support of this a library of music is available for dance sessions.

Extra Curricular Activities

- Residential at KS2 allow the children to apply their physical skills out of doors and develop an awareness of good safety practices.
- Children compete in Harrogate Schools Sports Partnership tournaments and HART alliance competitions.
- Sporting Influence run after school sports clubs throughout the year..
- The school makes good use of the opportunities offered by local clubs including Basketball, Hockey, Rugby and Tennis
- Staff are keen to develop sport in the school and do so whenever possible.