

RIVERSDALE PRIMARY SCHOOL

Physical Education Policy

Date:

Review Date:

Signed: _____ (Governor)

Signed: _____ (Headteacher)



AIMS AND OBJECTIVES

Physical Education develops the children's knowledge, skills and understanding, so that they can perform with increasing competence and confidence in a range of physical activities. At Riversdale, such activities include dance, games, gymnastics, athletics, outdoor adventure activities, swimming and water safety.

Through Physical Education, we aim to enable pupils to develop co-ordination, strength, stamina and skilfulness and to promote spatial awareness, intelligent reactions to situations and an appreciation of physical excellence. Such aims involve thinking, selecting and applying skills which also helps promote positive attitudes towards a healthy lifestyle. As a result, this therefore enables the children to make informed choices about physical activity throughout their lives.

Our objectives in the teaching of PE are:

- to enable children to develop and explore physical skills with increasing control and coordination;
- to show children how to improve the quality and control of their performance;
- to encourage children to work and play with others in a range of group situations;
- to develop the way in which children perform skills, and apply rules and conventions, for different activities;
- to develop the children's enjoyment of physical activity through creativity and imagination;
- to develop an understanding in children of how to succeed in a range of physical activities, and how to evaluate their own success;
- to provide specialist support where individual children have particular gifts or talents.
- to teach children to recognise and describe how their bodies feel during exercise
- understand what it takes to persevere, succeed and acknowledge the success of other children;
- to discover their own preferences and aptitudes;
- develop the appreciation of fair play, team play, honest competition and good sportsmanship;
- foster self-esteem through the acquisition of physical competence and poise.

TEACHING AND LEARNING STYLE

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 or 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 the children the opportunity both to collaborate and to compete with each other, and they have the opportunity to use a wide range of resources.

In all classes, children have a wide range of physical ability. Whilst recognising this fact, 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
- grouping children by ability, and setting different tasks for each group (e.g. different games/resources);
- providing a range of challenge through the provision of different resources (e.g. different gymnastics equipment).

At Riversdale, we work very closely with the PE department at Southfields Academy. This enables the staff at Riversdale to work alongside the staff at the academy on a team-teaching basis. This, therefore, furthers and strengthens the teaching and knowledge of our staff on particular sports and activities and allows our children to have access to a wider range of sports and resources. Such lessons can take place on our school premises or at Southfields Academy.

On occasion, specialist coaches or outside companies will plan, teach and deliver a year group's PE or dance. During such occasions, the coach will work alongside the teaching member of staff to plan, assess and deliver such lessons.

PE CURRICULUM PLANNING

PE is a foundation subject in the National Curriculum. Our school uses the national scheme of work as the basis for its curriculum planning in PE. We have adapted the national scheme to the local circumstances of the school. As required, we teach dance, games and gymnastics at Key Stage 1. In addition, we use our internal swimming pool, and a swimming coach, to ensure all pupils from Reception to Year 2 have weekly swimming lessons. In Key Stage 2, we teach compulsory dance, games and gymnastics, plus two other activities: swimming and water safety, and athletics. Swimming and water safety continue into Key Stage 2 and will use the swimming facilities at the Aspire Centre.

The curriculum planning in PE is carried out in phases (long-term and medium-term). The long-term plan maps out the PE activities covered in each term during the key stage. The PE subject leader, in conjunction with teaching colleagues in each year group will devise this plan. When fitting, upper KS2 planning and teaching will run in conjunction with the inter-school competitions organised by Southfields Academy.

We use the national scheme of work as the basis for our medium-term plans. This gives details of each unit of work for each term. These plans define what we teach, and ensure

We plan the PE activities so that they build upon the 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 progression planned into the scheme of work, so that the children are increasingly challenged as they move up through the school.

THE FOUNDATION STAGE

We encourage the physical development of our children in the reception class as an integral part of their work. As the reception class is part of the Foundation Stage of the National Curriculum, we relate the physical development of the children to the objectives set out in the Early Learning Goals, which underpin the curriculum planning for children aged three to five years of age. We encourage the children to develop confidence, control of the way they move, and care in the handling of tools and equipment. We give all children the opportunity to undertake activities that offer appropriate physical challenge, both indoors and outdoors, using a wide range of resources to support specific skills.

CONTRIBUTION OF PE TO TEACHING IN OTHER CURRICULUM AREAS

It is important that we are able to use the skills of physical education in everyday life and realise how these skills relate to different areas within the school curriculum.

Physical education lends itself particularly well to lateral thought, transferral of skills and practical experience, providing excellent links with a range of subjects such as geography, mathematics and English.

English:

PE contributes to the teaching of English in our school by encouraging children to describe what they have done, and to discuss how they might improve their performance.

Mathematics:

PE contributes to the teaching of mathematics by encouraging children to measure and record what they do accurately.

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 in which 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 cooperate 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.

PE AND INCLUSION

We teach PE to all children, whatever their ability or individual needs. PE forms part of the school curriculum policy to provide a broad and balanced education to all children. Through our PE teaching, we provide learning opportunities that enable all pupils to make good progress. We strive hard to meet the needs of those pupils with special educational needs, those with disabilities, those with special gifts and talents, and those learning English as an additional language. We believe that we take all reasonable steps to achieve this. For further details, see separate policies: Special Educational Needs; Disability Discrimination; Gifted and Talented Children; English as an Additional Language (EAL).

When progress falls significantly outside the expected range, the child may have special educational needs. Our assessment process looks at a range of factors – equipment, teaching style, differentiation – so that we can take some additional or different action to enable the child to learn more effectively. Assessment against the National Curriculum allows us to consider each child's attainment and progress against expected levels. This helps to ensure that our teaching is matched to the child's needs.

Intervention through School Action and School Action Plus will lead to the creation of an Individual Education Plan (IEP) for children with special educational needs. The IEP may include, as appropriate, specific targets relating to PE.

We enable all pupils to have access to the full range of activities involved in learning PE. Where children are to participate in activities outside our school (a sports event at another school, for example), we carry out a risk assessment prior to the activity, to ensure that the activity is safe and appropriate for all pupils.

ASSESSMENT FOR LEARNING

Teachers assess children's work in PE by making assessments as they observe them working during lessons and by providing verbal feedback about such observations. Older pupils are encouraged to evaluate their own work and to suggest ways in which to improve. As part of the school's annual report to parents and carers, a judgement of a child's achievement in PE is given at the end of the academic year.

RESOURCES

There are a wide range of resources to support the teaching of PE across the school. We keep most of our small equipment in the PE store, and this is accessible to children only under adult supervision. The hall contains a range of large apparatus, and when supervised we expect the children to help to set up and put away this equipment as part of their work. By so doing, the children learn to handle equipment safely. The children use the school grounds for games and athletics activities, and on occasion facilities at Southfields Academy. There is also a training swimming pool within the school for use of children from Reception to Year 2, for swimming lessons. Older children use the pool at Southfields Academy.

HEALTH AND SAFETY

It is the general teaching requirement for health and safety that applies to this subject. We encourage the children to consider their own safety and the safety of others at all times. We expect them to change for PE into the agreed clothing for each activity area. The policy of the governing body is that no potentially dangerous jewellery is to be worn for any physical activity. In addition, children are required to use the school PE uniform, of navy shorts/track suit bottoms/leggings (as appropriate to the activity) and a plain white t-shirt or a t-shirt of their house colour (available for purchase from the school office). Girls and boys are given separate changing areas from the age of eight.

EXTRA-CURRICULAR ACTIVITIES

Throughout the academic year, the school offers a range of extra-curricular activities for both KS1 and KS2 children, through different after school clubs. Such clubs are organised, planned for and delivered by both staff and qualified coaches. Our current clubs include gymnastics for KS1 and football for KS2.

KS2 children have regular opportunities throughout the academic year to participate in inter and intra school competitions. Throughout such competitions, our children have the experience of competing against other local schools in a variety of sports and physical activities. This introduces a competitive element to team games and allows the children to put into practice the skills that they have developed in their lessons. These opportunities foster a sense of team spirit and cooperation amongst our children.

MONITORING AND REVIEW

The coordination and planning of the PE curriculum are the responsibility of the subject leader, who also:

- supports colleagues in their teaching, by keeping them informed about current developments in PE and provides a strategic lead and direction for this subject;
- checks and maintains equipment on a regular basis
- completes an annual inspection/audit of equipment and orders additional resources/equipment if needed
- organises and promotes any sports related fun days/sponsored events
- organises and plans for inter-school competitions
- liaises with and works alongside the PE department of Southfields Academy in the teaching and planning of KS2 sports

This policy will be reviewed at least every two years.