



## Christ Church C of E Primary School Physical Education Policy 2016

Here at Christ Church we believe that physical education, experienced in a safe and supportive environment, is a unique and vital contributor to our pupil's physical development and wellbeing. A broad and balanced physical education curriculum is intended to develop the children's knowledge, skills and understanding, so that they can perform with increasing competence and confidence in a range of physical activities. These include dance, games, gymnastics, swimming, athletics and outdoor adventure activities. Progressive learning objectives, combined with varied teaching approaches, endeavour to provide stimulating, enjoyable, satisfying and appropriately challenging learning experiences for all children. Through the selection of suitably differentiated tasks, it is intended that all pupils, irrespective of their ability, will enjoy success and be motivated to further develop their individual potential. We believe Physical education promotes an understanding in children of their bodies in action and promotes positive attitudes towards a healthy lifestyle. Thus we enable them to make informed choices about physical activity throughout their lives.

### The aims of PE at Christ Church are:

- To promote a healthy and fulfilling lifestyle by developing self-motivation to take part in physical activity outside school as recreation:
  - By developing a positive attitude and interest in a wide range of physical activities.
  - By making informed decisions about the importance of exercise in their wider life during school, after school and in adulthood.
  - By raising awareness of issues regarding Health Related Fitness.
- To help establish the individual child's self-esteem and confidence.
- To develop social skills (co-operating in groups, playing fairly to rules, mixing with children from other schools).
- To increase children's ability to become skilful and intelligent performers by acquiring and developing physical competence and confidence in a range of physical activities and contexts.
- To ensure children learn how to select and apply skills, tactics and compositional ideas to suit activities that need different approaches and ways of thinking.
- To develop the children's enjoyment of physical activity through creativity and imagination.
- To promote pupils to play fairly, demonstrate good sportsmanship and develop a team spirit.
- To ensure that every class participates in Level 1 competition (competition within the school) at the end of every unit of work.
- To ensure every child has the opportunity to take part in after school sports clubs, as well as external competitions and tournaments.

## Objectives

### **Staff at Christ Church Primary will:**

- Follow a broad and balanced PE curriculum fulfilling the demands of the New National Curriculum.
- Provide an environment in which pupils enjoy and are committed to PE and sport making physical activity a central part of their lives both in and out of school.
- Aim to develop the fitness of the individual, by ensuring a good pace in lessons and incorporating fitness activities into physical education lessons as appropriate.
- Ensure every child has the opportunity to represent Christ Church in a competitive Sports fixture.
- Integrate, where possible; into other curriculum areas (e.g. use of athletics data in ICT and number work in both numeracy and PE lessons).
- Develop programmes that meet the needs of all the children, providing equal opportunities - inclusion of SEN and physical disabilities.
- Aim to ensure every child moving on to secondary school can swim 25m and has basic water skills.
- Involve the outside community where possible - e.g. Sports Day - parents, Coaches, Change 4 Life, Inter-school matches, Local High schools.
- Ensure children wear the schools expected P.E. kit for all lessons. Also, ensure teachers change into appropriate clothing to teach PE.

## Curriculum

### Teaching and Learning style

We use a variety of teaching and learning styles in PE lessons. Our main 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 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.

## PE Planning

The curriculum planning in PE is carried out in two phases (long-term and short-term).

### **Long Term**

The long-term plan maps out the PE activities covered in each term during each key stage. The PE subject leader works this out in conjunction with the PE Primary Link Leader from John Spence Community High School. The curriculum planning defines what we teach in each term and ensures an appropriate balance and distribution of activities for each year group. The plan also coincides with feeder and regional competitions to ensure pupils are prepared for the termly competition opportunities available to them at Level 2 competitions (competitions with other feeder schools)

### **Short Term**

Class teachers complete a short term plan for each PE lesson following the guidelines from LCP PE publications. These plans list the specific learning objectives for each lesson and give details of how the lessons are to be taught. The class teacher keeps these individual plans.

The monitoring of the standards of children's work and of the quality of teaching in PE is the responsibility of the PE subject leader. The work of the subject leader also involves supporting colleagues in the teaching of PE and if any teacher needs support to deliver a particular unit then training is always available and communicated by the PE Subject Leader.

### **Early Years Foundation Stage**

We encourage the physical development of our children in the reception class as an integral part of their work. 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 and control of the way they move, and the way they handle 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

### **Timings**

At our school children from Reception to Year six can access a wide range of activities that add up to a **minimum of 2 hours** structured physical activity each week. Year four participate in one swimming lesson a week. No formal sessions of PE are taught in Nursery however this is encouraged and is taught through the "Physical Development" provision of the Early Learning goals.

### **Assessment**

Teachers assess children's work in PE by making assessments as they observe them working during lessons. They record the progress made by children against the learning objectives for their lessons. At the end of a unit, teachers make a judgement as to whether the child is developing, secure or exceeding expectations for that particular area -Games/Gymnastics/Athletics/Dance. This data is analysed by the PE Coordinator to keep track on pupils progress and also helps identify gifted and talented pupils. The data is also used for end of year reports.

### **John Spence-New Pupils (Year 6)**

In Year 6, any pupils transferring to John Spence are given a formal assessment grade. This transition data is used as a useful tool by the PE primary link teacher at the

feeder high school to ensure progression is made by the pupils leaving our school to join Year seven, no matter what their ability.

All pupils are assessed on the following areas:

- Effort
- Interest
- Leadership
- Overall ability

These scores are awarded from 1-10, 1 being poor to 10 being outstanding. The scores are awarded by the pupils Year 6 teacher, who will be the expert on each pupil within their class. Once the scores have been sent onto John Spence, they are calibrated, moderated and transformed into (A-D) grades and Assessment Levels and Sub Levels.

### **Equal Opportunities and Special Educational Needs**

At our school we teach PE to all children, whatever their ability. 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 progress. We will encourage children to enhance their ability and also help children cope with success and disappointments in competitive and co-operative situations. We recognise and plan for those children who are less physically able. It is important that each child's self-esteem is raised through physical activity.

When progress falls significantly outside the expected range, our assessment process looks at a range of factors - classroom organisation, teaching materials, teaching style and differentiation - so that we can take some additional or different action to enable the child to learn more effectively. This ensures that our teaching is matched to the child's needs.

### **Health and Safety**

The health and safety of the children is paramount in all lessons. The school is a member of the Association for Physical Education and the publication 'Safe Practice in Physical Education and Sport' can be obtained from the PE subject leader. This document specifically deals with health and Safety guidelines for the teaching of PE. In the event of an emergency, phones are within a short distance from the hall and first aid boxes are available from the school office.

### **PE KIT**

We also actively encourage the children to consider their own safety and the safety of others at all times during lessons. We expect them to change for PE into the agreed clothing and teachers are expected to set a good example by wearing appropriate clothing when teaching PE.

**Children should wear;**

-Navy or black Shorts and a navy t-shirt (PE shirts with the school logo can be ordered from Emblematic)

-Track-suit bottoms and sweatshirts should only be necessary when PE takes place in the playground on a cold day and these should also be navy or black.

-Properly fitting trainers or plimsolls

-For swimming; girls should wear one piece swimsuit (no bikinis/two pieces) and boys should wear swim shorts which should not pass the knee. Although colour is not essential, swimwear worn should not be too outrageous in colour.

-No jewellery should be worn at any time. Parents are encouraged to get their children's ears pierced in the summer term school holidays to allow the piercing to heal and to allow their child to take their piercings out for PE lessons. No piercings can be covered over. If your child can not remove earrings on their own then they will not be permitted to take part in lessons. Staff will not remove any piercings.

-Children should bring a note if they are unable to participate through illness or injury. Staff should be vigilant if a pattern is non-participation is established for a variety of reasons (including child protection issues). Children not going swimming through illness or injury will stay at school with another class. In all other PE lessons children not participating will remain with their class: helping in the lesson or doing PE related work.

## **Extra-Curricular Activities**

At Christ Church Primary School we believe that opportunities for children to participate in and enjoy a variety of extra-curricular activities are very important. Throughout the year the school provides a wide range of extra-curricular activities accommodating all ages and interests. In a sporting context the school has decided to organise these into two discrete sections.

1) **Participation Sport** - In these activities we arrange a variety of opportunities in order to ensure that all children can participate in the sports that they wish to experience.

2) **Success Sport** - In these activities we will select the children on ability. The objective being for the school to be successful in competitive sport, in a variety of local competitions.

The school will endeavour to provide a balance of these two types of extra-curricular activities. Naturally, all children will have equal access to all the activities offered. Children in our school play a major role in deciding which extra-curricular activities are offered throughout the school. Every extra-curricular activity is monitored by the curriculum leader to monitor enjoyment and to increase participation.

## **Role of the Coordinator**

The role of the PE Coordinator involves

- Producing a flexible scheme of work, with lesson ideas to support its implementation.
- Supporting colleagues in all aspects of the curriculum.
- Maintaining and replacing equipment.
- Ensuring areas for lessons are safe.
- Assisting with recording keeping and assessment of the subject.
- Monitoring the teaching of the subject at school.
- Attending meetings and courses, which will inform future development of the subject and ensure other staff, are aware of courses themselves.
- Ensuring that pupils have the opportunity to become involved in extra-curricular clubs to further develop skills and talents.
- Ensure standards remain high in each year group through effective monitoring of the subject

## **Contribution of PE to teaching in other curriculum areas**

### **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.

### **Information and communication technology (ICT)**

We use ICT to support PE teaching when appropriate. In dance and gymnastics children make video recordings of their performance, and use them to develop their movements and actions. Older children compare each other's performance from recordings and use these to improve the quality of their work.

### **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.

## **Resources**

As a primary school we have access to the school hall (On a rota basis), an outdoor adventurous activity area, hard court areas and a grassed playing field. The school also has a well resourced PE store, portable football and netball goals, portable and fixed gymnastics equipment as well as many mats and benches. Equipment is checked regularly and stock replenished as often as budget allows. The children use the local swimming pool for swimming lessons. With strong links with John Spence High School, Christ Church also benefit from the use of their sporting facilities and coaches as and when they are required.