

# **Physical Education (PE) Policy**

## **New End Primary School**

**Date Reviewed: Spring Term 2023**

**Review Date: Summer Term 2024**

### **Rationale**

The school believes that physical education, experienced in a safe and supportive environment, is vital and unique in its contribution to a pupil's physical and emotional development and health. The Physical Education curriculum aims to provide for pupils' increasing self-confidence through an ability to manage themselves successfully in a variety of situations.

A balance of individual, team, co-operative and competitive activities aims to cater for individual pupil's needs and abilities. The scheme of work is based on progressive learning objectives which, combined with varied and flexible teaching styles, endeavour to provide appropriate, stimulating, challenging and enjoyable learning situations for all pupils.

The scheme aims to promote an understanding of the many benefits of exercise, through a balanced range of relevant activities.

Physical education is considered as a vehicle to facilitate access to cross-curricular themes, skills and dimensions, rather than a subject concerned exclusively with the acquisition of motor skills and techniques.

### **Aims**

- To develop an ability to plan a range of movement sequences, organise equipment and apparatus, and begin to design and apply simple rules
- To develop an ability to remember, adapt and apply knowledge, practical skills and concepts in a variety of movement based activities
- To promote positive attitudes towards health, hygiene and fitness
- To foster an appreciation of safe practice.
- To develop psycho-motor skills through a range of relevant movement based activities
- To develop a sense of fair play and sportsmanship
- To develop communication skills, encouraging the use of correct terminology, to promote effective co-operation
- To foster enjoyment and a positive attitude to P.E in school

# **Governor and Staff Responsibility**

## **Role of the Governing Body**

Governors will:

- ensure that there is a link governor responsible for PE, who will meet regularly with the DT subject leader
- ensure that arrangements for the teaching of PE throughout the school are reviewed regularly and agreed

## **Role of the Headteacher**

The Head-teacher will:

- Ensure INSET time, when appropriate
- Provide a budget for sufficient resources
- Enable the co-ordinator to work alongside other staff, where appropriate
- Liaise with staff about record keeping and assessment
- Ensure the monitoring of teaching and learning through lesson observations and intake of PE outcomes across the school
- Report to Governors, where appropriate, about the development of PE and progress made

## **Role of the PE Leader of Teaching and Learning**

The PE Leader of Teaching and Learning will:

- ensure that all staff are aware of policy
- ensure that PE has a valued profile
- provide support to staff in ensuring effective PE provision throughout the school
- monitor and evaluate PE teaching and learning and evaluate standards
- ensure standards remain high in each year group through effective monitoring of the subject
- assist with recording keeping and assessment of the subject
- ensure that PE provision is effectively and properly resourced
- ensure the maintenance of equipment, replacing equipment where necessary
- ensure areas for lessons are safe
- ensure that pupils have the opportunity to become involved in extra –curricular clubs to further develop skills and talents and take part in CSSA tournaments, Camden Sports Partnership festivals and borough/ regional/ national tournaments
- produce a flexible scheme of work, with lesson ideas to support its implementation
- keep up to date with current initiatives; attending meetings and courses, which will inform future development of the subject and ensure other staff members are aware of courses which are available to attend

## **Role of the Class Teacher/ PE coaches**

The class teacher will:

- ensure PE is taught as part of the themed curriculum
- record and assesses the children's outcomes in line with agreed PE procedures

- report on children's progress in PE in annual reports
- attend INSET, when necessary
- liaise with and work alongside the co-ordinator, when appropriate

## **Organisation**

The curriculum in this subject has been organised to ensure that children in both key stages have access to all areas specified in the national curriculum and go beyond its statutory requirements. We are confident that children following the PE curriculum have the opportunity to surpass the expectations at the end of each Key Stage.

## **Objectives**

Children will:

- Participate in a range of psycho-motor / movement activities in order to develop personal physical skills - running, jumping, throwing and catching
- Be made aware of their body in relation to others and their immediate environment and aim to promote quality of movement- develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- Be made aware of simple physiological changes that occur to their bodies during exercise.
- Be given opportunities to develop imagination and co-operation to achieve shared goals - perform dances using a range of movement patterns
- Be given opportunities to develop personal characteristics like initiative, self-reliance and self-discipline - take part in outdoor and adventurous activity challenges both individually and within a team
- Be given opportunities to enjoy and succeed in the subject as well as be stimulated and challenged –play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending
- Be given the opportunity to develop areas of activity of their choice in extra-curricular time.
- Make full use of the facilities here to prepare a child mentally and physically for Key Stage 3 and beyond.

## **Planning**

The Physical Education curriculum and scheme of work covers all areas of activity outlined as statutory in the PE National Curriculum 2000. Each year group covers certain aspects of the curriculum during the child's time at the school. The current schemes of work - PE Planning is being implemented by class teachers and PE Teachers is being implemented by specialist sports coaches.

## **Teaching Methods**

All lessons throughout the school are taught as class groups. Lessons are taught by the class teacher once a week and a further session taught by specialist coaches. As mentioned previously, some lessons may on occasions be taught

along side a sports coach e.g. specialist cricket coaching. Swimming lessons are always taught by a specialist swimming teacher along with the class teacher.

### **Timings**

The time allocated to PE has, like all foundation subjects, been cut due to the restraints of literacy and numeracy. However, the pupils at New End still enjoy more PE time than many other schools in a week. All children from Nursery to year 6 will receive between two hours or more of PE per week depending upon whether they are swimming in that term, which demonstrates the school's commitment to a quality PE Curriculum.

### **Training**

Training is always available to the staff at New End to ensure that the delivery of lessons is high. New End staff have the opportunity to attend courses offered by the Camden Sports Partnership/sports development. Specialist members of staff always aim to keep abreast of new movements and initiatives (the school was part of the pilot scheme for Top's in the borough). Local coaches/secondary link teachers are often invited into New End to work along side teachers and this has helped enormously to raise the standard of teaching within the school and develop community links between the local secondary schools.

### **Resources**

The facilities for the teaching of physical education at New End are limited due to the size of the halls and playgrounds. We do however have access to Hampstead Heath (used for outdoor activities, cross country running and specific training for a variety of sporting activities including (football, rounders, cricket, tag rugby, hockey and athletics) and New End has access to a heated indoor swimming pool (Swiss Cottage) which year 3 - 6 use during their 2 week intensive swimming.

Even though we have limited space constrictions, the school has a well-resourced PE store for key stages, and fixed gymnastics equipment as well as many mats and benches. Equipment is checked regularly and stock replenished as often as the budget allows.

Teachers have access to equipment and literature and can always rely on advice when needed via the PE link teacher. There are also specialists swimming teachers employed by Swiss Cottage Pool and paid for on a term by term basis. New End also employs qualified PE coaches who teach a weekly hour session covering a range of activities to each class from Nursery to Year 6.

### **Health and Safety**

The safety of children in lessons is of paramount importance during lessons The BAALPE publication 'Safe Practice in PE' is also available to all staff. It should be noted that, in the event of an emergency, phones are within a short distance of all PE lesson locations and first aid boxes are available from the halls, swimming

pool and first aid bags are used in the playgrounds and taken to the Heath and sporting events which are off site.

## **Equal Opportunities**

Equal Opportunities is an integral part of the school curriculum. Strategies are adopted to ensure that all children have the opportunity to succeed in physical activities regardless of ability, gender, race and class.

Teachers are aware of these issues in their planning for PE. They should also raise the level of consciousness on these issues with children throughout, in all curriculum areas.

## **Pupils with Special Educational Needs and Disabilities**

All teachers will have in their class some children whose progress warrants special consideration. Their difficulties may have physical, sensory, behavioural, emotional or neurological causes, or may stem from a legacy of poor learning that inhibits their current learning.

As is stated in the NC 2016, children with special needs and disabilities will be included in any physical education lesson. If a programme needs to be adapted then the teacher in charge will do this in consultation with the coordinator and SENDCO (if applicable).

## **Gifted and Talented**

Children demonstrating a particular ability in PE should continue to be supported in achieving higher standards through extension activities provided in lessons and extra-curricular activities. The school also offers, children with particular aptitudes access to outside opportunities, eg. competitions.

## **Pupils with English as an Additional Language**

At New End we have a large number of children who have English as an Additional Language. These children must all be encouraged and assisted to reach their potential in PE activities.

## **Monitoring and Evaluating Policy and Practice**

The policy will be reviewed regularly by the PE Leader of Teaching and Learning to ensure that it reflects practice at New End.

Assessments of children's progress in PE are carried out on a continuous basis to inform the teacher and the child about their progress. These are completed through teacher assessments, sports coaches and children's evaluations. The guidelines are specified in the NC guide for teachers. The end of year report will also form the formative report of a child's progress, strengths and weaknesses in P.E.

Throughout the year the PE link teacher will have the opportunity to observe a limited number of lessons across the key stages so that they have an understanding of the quality of teaching and learning in PE in the school.