

FIVE RIVERS

Multi Academy Trust



Physical Education Policy

Signed on behalf of Governors.....

Date.....

Review Date: November 2018

Tinsley Meadows Primary Academy

Physical Education Policy

Physical Education (PE) makes an important contribution to the whole development of the child (physical, social, emotional, intellectual, ethical, aesthetic and creative) and has a considerable and worthwhile contribution to make in fulfilling the overall aims of the school. Physical Education experiences should be taught through the continuous process of:

- Acquiring and developing skills
- Selecting and applying skills, tactics and compositional ideas
- Evaluating and improving performance
- The Physical Education curriculum should also develop the child's co-ordination, agility, knowledge and understanding of fitness and health.

Aims of Physical Education

Physical Education provides opportunities for children to:

- Improve their health and fitness.
- Develop a range of physical skills.
- Increase their stamina and strength.
- Develop a creative and aesthetic understanding of movement.
- Develop an appreciation of fair play, honest competition and good sportsmanship.
- Set targets for themselves and compete against others, individually and as a team member.
- Develop positive attitudes to physical education.
- Establish self-esteem through the development of physical confidence.
- Understand the benefits of healthy eating and exercise as a life style.

The importance of Physical Education to the curriculum

Physical Education (PE) and school sport develops pupil's physical competence and confidence, and their ability to use these to perform in a range of activities.

- It promotes physical skilfulness, physical development and a knowledge of the body in action

- It provides opportunities for pupils to be creative, competitive and to face up to different challenges as individuals and in groups and teams
- It promotes positive attitudes towards active and healthy life styles.

What high quality PE and school sport can achieve?

High quality PE and school sport produces clear outcomes that result in an increase in the children's:

- Knowledge, skills and understanding;
- Performance, attainment and participation;
- Fitness, health and well-being;
- Confidence and self-esteem.

The overall objective of the plan is to develop an infrastructure that enables all young people (aged 5 to 16) to have their entitlement of a minimum of two hours each week of high quality PE and School Sport within and beyond the curriculum.

At Tinsley Meadows Primary Academy, we want to deliver high quality Physical Education and Sport as:

- It causes a positive change in the life of the school, developing a pride of belonging within the
- School community;
- Helps the school to develop its distinctive character and ethos
- Develops young people as leaders and active citizens
- Brings about cultural change
- Tackles disaffection
- Develops interests and skills above the curriculum

Promoting Healthy Life Styles

Fitness, health and well-being are a priority, where pupils should work hard and learning the value of strenuous exercise in improving fitness, and, at the same time they understand how physical activity and good healthy choices can help to avoid risk behaviours for their physical and social health.

The Physical Education curriculum can contribute to public health through the design and implementation of practices which promote active, healthy

lifestyles through an inclusive, eclectic and multilateral approach (PE is for all, where all can do a wide range of physical activities and sports, and multilateral, which means, developing the child in all their dimensions).

To reach this goal (promote healthy life styles) is important to:

- Assess the amount of time, each children at School spends in physical activity and sport per week
- Have pupils engaged in vigorous exercise for sustained periods of time (PE, lunch time clubs, after school clubs, out of school sport)
- Use warm-ups including high intensity, short duration exercise, testing pupils' speed, stamina, strength and flexibility
- Teach/Learn about health and avoiding risks such as smoking, drinking and drugs is reinforced through PE and other subjects as Science
- Liaise with parents/carers and local health services to ensure overweight/underweight/obese pupils receive support to keep them active and healthy, assessing and planning actions to fight these issues in the School.

Curriculum and School Organisation

During their time at Tinsley Meadows, children will be taught the knowledge, skills and understanding of a wide range of areas of activity such as: dance, games, gymnastics, athletics and swimming and water safety.

Physical Education is taught as a separate subject and each class has two lessons per week, one indoor and one outdoor (weather permitting and hall availability). In Foundation Stage skills are taught through planned continuous provision.

Subject planning and evaluation is incorporated in year group planning to ensure that there is continuity across classes in a year group.

Detailed curriculum content can be found through the Real PE Schemes of Work for PE, IMoves dance planning, and any additional schemes of work, developed and adapted to suit children's needs. There is progression from FS1 to Year 6 as outlined in the Scheme of Work.

All lessons are planned and differentiated to provide a balanced programme and during a year should include:

- Competitive and non-competitive activities (including an annual school sports' day)
- Individual, pair and group activities
- Emphasis on both development of skills and tactical understanding, in order to be able to take part in full game versions of specific sports by the end of the Key Stage.
- Possibility of participating in sports' events outside school.

Staff training needs are addressed through analysis of staff audit for PE.

Health and Safety

All department staff are required to familiarise themselves with the Health and Safety policies of the school and in particular the subject area. Every activity should be assessed for risk, including the carrying of equipment. We attempt to balance the desire to minimise risk with the need practical activity. Risk assessments are carried out in accordance with the school's Health and Safety policy.

When working in PE lessons, children should be taught:

- About hazards, risks and risk control.
- To recognise the risks involved when using different types of apparatus and equipment and to take steps to control the risks to themselves and others.
- The importance of warm-up and cool down activities.

Clothing

- For indoor work they should wear a white T shirt with black shorts or leggings. Pumps or soft trainers can be worn otherwise it is bare feet.
- For outdoor work, as above but with a tracksuit when cold and trainers for footwear.
- No jewellery should be worn for any activity and long hair should be tied back.
- If kit is forgotten children should borrow from school.
- If good medical reasons (supported by a letter from home) are given for missing a lesson children should watch and be encouraged to evaluate others' performance. They can also support in the lesson as a scorer or referee.

Assessment

The PE Department will formally assess the progress of pupils at the end of each unit of work. Informal assessment is carried out on a lesson-by-lesson basis and may or may not be recorded, according to the preference of the individual teacher. In addition pupils complete a self-assessment booklet and the class has a learning portfolio, where evidence of learning is recorded throughout each topic area covered.

Equal Opportunities and Inclusion

The teaching is generally intended to be suitable for a mixed ability, whole class approach. However, when appropriate, ability groups will be set so that particular skills can be developed and all children are working on suitably differentiated tasks. The school aims to provide full access to the P.E. curriculum for children with special needs, whilst taking into consideration any relevant safety issues in accordance with the special needs policy. We shall endeavour to ensure an equal interest in the subject for both boys and girls. The cultural diversity of our children will be recognised and respected. All children are encouraged to take part in and are taught all areas of the P.E. curriculum.

Extra-curricular Activities

During the school year we offer a range of activities which may include: Fundamentals, Long distance running, athletics, basketball, dance, small apparatus skills, rugby and cricket. Other sporting activities are offered throughout the academic year and different year groups attend different festivals through the Arches Package.

Resources and Accommodation

The areas of the school available for PE include a sports hall, a muggers and large playground. All equipment should be returned to the correct place by a member of staff and not by unaccompanied children.

Teachers have access to published resources including the Real PE Schemes of Work, IMoves and year group folders.

Reviewed: November 2017
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