

Physical Education (P.E.) Policy

MAT Policy updated:	2021
Review Frequency:	2 years
Next review date:	2023

Mission Statement

At Greenways Primary Academy, our mission is to challenge each child to reach their full intellectual, creative and physical potential through a fully integrated curriculum. We encourage children to become independent life-long learners by developing intellectual curiosity, a thirst for discovery and achievement, a sense of understanding and compassion for others and the courage to act on their beliefs. We strive to create a diverse community that fosters mutual respect and social responsibility, enhanced by a strong partnership between home and Greenways Primary Academy.

Aims

In order to promote active and healthy lifestyles all children should:

- be physically active
- adopt the best possible posture and appropriate use of the body
- engage in activities that develop cardio vascular health, flexibility, muscular strength and endurance
- understand the need for personal hygiene in relation to vigorous physical activity

In order to develop positive attitudes all children should:

- follow the conventions of fair play and honest competition
- cope with success and limitations in their performance
- persevere with and consolidate their performances
- be mindful of others in their environment

To achieve these Greenways Primary Academy will:

- design activities that enthuse and excite pupils
- ensure that activities provide just enough support so that pupils experience a high success rate when attempting new challenges
- identify essential concepts, knowledge skills and principles to provide opportunities for pupils to master these critical components
- balance the input of new content so that pupils master important concepts connecting the new content with pupils' existing knowledge
- provide a range of enrichment opportunities both within and beyond the curriculum

Curriculum

The areas of physical activity (games, gymnastics, dance, athletics, swimming and outdoor activities) are set out in the Foundation Stage Curriculum and National Curriculum 2014. The PE curriculum at Greenways Primary Academy is based on these requirements and is detailed on the year planner.

Each year group will learn PE in accordance with the long term planning. This will ensure continuity and progression through the academy in order to continue to improve standards in PE. Our PE coverage can be found on our website.

Areas of activity - Early Years

Pupils should be taught:

Games

- Spatial awareness
- Basic motor skills
- Co-ordination and control
- Aiming, predicting and estimating

Dance

- Using their imagination in art, design, music, dance, imaginative role-play and stories

Gymnastics

- Travel around, under, over and through balancing and climbing apparatus

Games (KS1 and KS2)

Pupils should be taught:

- Simple competitive games
- A variety of ways to send, receive, strike and travel with/without a ball
- Games which include running, chasing, dodging, avoiding and awareness of space and other players
- To develop core skills in attacking, defending, invasion, striking and fielding
- To play small-sided and simplified versions of net/wall and target games

Gymnastics (KS1 and KS2)

Pupils should be taught:

- To use technical vocabulary
- To perform basic actions of travelling (turning, rolling, jumping, balancing, climbing)
- To link movements on the floor and apparatus
- To repeat movements / develop sequences
- To develop complex movements

Dance (KS1 and KS2)

Pupils should be taught:

- To compose and control movements by varying shape, size, direction, level, speed, tension and continuity
- Investigate different genres of dance
- To express feelings moods and ideas
- To respond to various stimuli including music

Athletics (KS1 and KS2)

Pupils should be taught:

- To develop and refine basic running, jumping and throwing techniques using a variety of equipment
- To measure, compare and improve their own performance

Swimming (KS2)

Pupils should be taught:

- To swim unaided, competently and safely for at least 25m
- To develop confidence in water
- To develop floating skills and support positions
- To develop an effective and efficient swimming strokes on the front and back
- To understand and follow basic water safety and survival skills

Outdoor Activities (KS2)

Pupils should be taught:

- To perform outdoor and adventurous activities in a variety of environments
- To face physical and problem solving challenges individually and collaboratively

At Greenways Primary Academy, PE will be taught through;

- Exposition (demonstration, explanation and instruction) by the teacher to the class, groups or individuals
- Practical activity and related discussion
- Co-operative group work
- Consolidation and practice of fundamental skills
- Opportunity to discuss and reflect on their work through a plenary
- Use of professional/qualified coaching to enhance current provision within school
- Extended high-quality provision through after school activities making use of professional / qualified coaches
- Use of community facilities – local swimming pool (Ormiston Horizon Academy)

Planning, Assessment, Recording and Reporting

High-quality lessons should include:

- A statement of the learning objective
- A whole class risk assessment
- Teaching the children to warm up safely
- The teaching of skills and techniques
- The application and adaptation of learnt skills in games activities
- Modelling of correct technique
- Use of correct and specific technical vocabulary
- Performance and evaluation of each other's work
- Work which reflects the learning objective
- Teaching the children to cool down safely
- Teaching the children the impact PE has on their bodies

Assessment

Summative and formative assessment in PE is carried out by both class teachers and external providers:

- Informally during the course of teaching through observation
- At the end of each unit of work teachers to complete pupil assessments in order to update the children's attainment and progress in that area of PE.
- These are used to assist in reporting to the parents and passed on to the following class teacher
- To inform future planning

Inclusion

In accordance with the Academy's Inclusion Policy, PE activities are differentiated to meet the needs of each pupil.

More Able and Talented pupils and children with ***Special Educational Needs and Disability*** will be identified through a range of activities. Their needs will be met through the development of individual or group programmes that encompass a range of learning styles and are designed to enrich the curriculum.

Equality

Teachers will ensure that all pupils have fair access to the PE curriculum, regardless of gender, race, or ability, in accordance with the Academy's Equality Policy.

Health and Safety

Everyone has a duty under health & safety guidelines to ensure PE activities are carried out with due regard to the safety of staff and pupils in line with Academy, Local Authority and Health & Safety Policies.

- Staff should carry out risk assessments with the children at the start of all PE lessons.
- All equipment, apparatus and environment should be checked before the start of every lesson by teacher and is the responsibility of the teacher
- Children should be given health and safety guidance through the lesson
- All jewellery and watches should be removed and stored safely before each lesson
- If children wear stud earrings they should be taken out by the child. If this is not possible, the child should be given tape/plasters to cover their earrings. Children must place and remove the tape independently
- All long hair should be tied back
- Suitable clothing should be worn for each lesson. Children should not engage in physical activity without correct kit
- For indoor PE, children should walk to the hall with suitable footwear on (pumps/trainers or school shoes)
- All children taking part in indoor PE should be bare foot or they should wear suitable footwear for indoor PE (pumps not trainers)
- For gymnastics when the apparatus is being used suitable footwear should be worn (pumps or barefoot only)
- All children with verrucas should wear pumps
- Children who do not have a PE kit will take part in the lesson as an observer rather than a participator. Parents will be informed after two consecutive occasions of no PE kit.
- Pupils will come dressed in their Academy PE kit on days when they have PE.

When travelling to sporting activity, the appropriate risk assessments are completed and the followed issues addressed:

- All children wear seat belts
- All supervising adults to be aware of risk implications
- All supervising adults that attend swimming to hold a current DBS
- All transporting adults to be fully insured
- Parent permission for taking children off the academy site obtained
- Parent permission for children to be transported by other parents
- After school competitions - children to be transported by their parents or a responsible adult who the child's parents have given permission. The academy to be informed.

Safe-practice standards are consistently applied by staff, students and other visitors, across all aspects of the academy.