

## Abbey Village Primary School

### PE Policy

Physical Education (PE) contributes to the overall education of all children by helping them to lead full and valuable lives through engaging in purposeful and high-quality activity. It promotes active and healthy lifestyles, physical skills, physical development, and knowledge of the body in action. PE enables children to learn confidence, perseverance, team spirit, positive competitiveness, and organisation. Children must engage in a programme of PE that encourages fitness, improves their strength, and teaches them the rules of games. PE is an integral part of school activities allowing all children in school to gain a sense of achievement and develop positive attitudes towards themselves and others. At Abbey Village, we aim to provide a PE curriculum which enables all children to progress and improve, regardless of ability. We encourage all children to participate with a positive sporting attitude, allowing them to develop an understanding of the appropriate attitude in individual and team activities.

#### Funding

Schools receive PE and Sport Premium funding based on the number of pupils in Years 1 to 6. This funding must be used to make additional and sustainable improvements to the quality of PE and sport we offer.

We use the premium to:

- Develop or add to the PE and sport activities that we already offer.
- Build capacity and capability within the school to ensure that improvements now will benefit pupils in future years.

There are 5 key indicators that we should expect to see improvement across:

- The engagement of all pupils in regular physical activity- the Chief Medical Officer guidelines recommend that all children and young people aged between 5-18 should engage in at least 60 minutes of physical activity, 30 minutes of which should be in school
- The profile of PE and sport is raised across the school as a tool for whole- school improvement
  - Increased confidence, knowledge, and skills of all staff in teaching PE and sport
- Broader experience of a range of sports and activities offered to all pupils
- Increased participation in competitive sport

#### Aims and Objectives

##### Early Years Foundation Stage

Physical development will be encouraged as an integral part of work for pupils in EYFS, teaching them how to control their movements and become competent movers. Pupils' fundamental movement skills are developed during EYFS, laying foundation for future PE lessons. Areas of focus will include movement, balance, and the use of PE equipment, including gymnastic apparatus, floor mats and sporting equipment.

Pupils' physical development will relate to the objectives of the early learning goals which are set out in the DfE's statutory framework:

- Developing good control and coordination of large and small movements, moving confidently in a range of ways and negotiating space safely.
- Handling equipment and resources effectively.
- Playing co-operatively, taking turns with others.
- Participating in new activities and verbally explaining why they like some activities more than others.
- Independently choosing the resources they need for their chosen activities
- Working as part of a group and independently, understanding, and following rules.

## **Key Stage 1**

- Master basic movements, including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.
- Participate in team games, developing simple tactics for attacking and defending.
- Perform dances using simple movement patterns.

## **Key stage 2**

- Use running, jumping, catching, and throwing in isolation and in combination
- Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.
- Perform dances using a range of movement patterns.
- Take part in outdoor and adventurous activity challenging both as an individual and as part of a team
- Evaluate their performance and demonstrate improvement to achieve their personal best.

## **Swimming and Water Safety**

- Swim competently, confidently, and proficiently over a distance of at least 25 metres.
- Use a range of swimming strokes effectively (e.g. front crawl, breaststroke, backstroke, butterfly)
- Perform safe self-rescue in different water-based situations

## **Teaching and Learning**

At Abbey Village, we will provide all our pupils with the experiences identified in the National Curriculum. These include, athletics, dance, games, gymnastics, swimming, outdoor and adventurous PE. All lessons will be planned and taught in line with the scheme of work, as developed by the PE coordinator. Pupils will have 2 high quality PE sessions each week. We use the GetSet4PE planning which is adapted to meet the needs of our children and our mixed aged classes and rolling programme curriculum. Lessons and activities will build upon pupils' prior learning, developing their skills, knowledge and understanding within each activity area.

## **Assessment and Record Keeping**

Assessment is an integral part of teaching and learning and it is a continuous process. Summative and formative assessment in PE is carried out by class teachers. Assessments are made against each PE topic and against each unit objectives. Teachers are then able to use this to determine if a child is working at the age-related expectation. Assessment can be done during the course of teaching through observation, self-assessment, peer-assessment and assessment of core tasks based on the key objectives. The assessments allow to inform future planning and reporting to parents. Such assessments are also monitored by the PE co-ordinator.

## **Inclusion**

In accordance with the school's Inclusion Policy, PE activities are differentiated to meet the needs of each pupil. Within the P.E lesson, teachers not only provide activities to support children who find P.E difficult but also activities that provide appropriate challenge for children who are high achievers in P.E. Children with SEND will have their needs met through the development of individual or group programmes that encompass a range of learning styles and designed to enrich the curriculum. Able gifted and Talented pupils will be recorded on the school's AGT register and teachers will consider their needs when planning and differentiating activities.

## **Equal opportunities**

All children, irrespective of gender, ability, ethnicity and social circumstances have access to the PE curriculum. Resources All teachers have access to centrally stored PE resources. All PE resources are checked regularly to ensure that they meet health and safety requirements, and in addition to this, resources are audited annually.

## **Health and Safety**

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

All staff undertaking the delivery of PE must ensure that a risk assessment of equipment and field of play is carried out prior to any lesson or match and they must ensure that all sporting activities are supervised by suitably qualified staff. Staff must be dressed accordingly.

Children will move equipment under supervision of the class teacher and will carry large apparatus with an appropriate number of children to help. E.g. Four children to carry gymnastic mats and two children (KS2) to carry benches or other equipment, as necessary.

Pupils are expected to wear the correct kit in all PE sessions. This consists of a white t-shirt with the school logo, back shorts and either pumps (indoor) or training shoes. Children may be asked to perform indoor activity such as gymnastics in bare foot. Weather dependent and for outdoor activities, children are permitted to wear long black tracksuit bottoms and black jacket/ sweatshirt, along with their white t-shirt. Children that do not bring the correct kit to school when they are scheduled to have a P.E session will be provided with one. A letter will be issued to parents for those children who repeatedly bring incorrect kit.

Pupils are not permitted to wear jewellery during P.E sessions. Earrings should not be worn on days when there is PE or a swimming session unless the child can remove or replace their own. Long hair is to be tied up during all P.E sessions.

Swimming kit should include trunks and towel for boys (shorts are not permitted) and a one-piece swimming costume and towel for girls. Swimming caps must be worn during swimming lessons. Goggles will only be permitted upon written advice from Parents/ Carers.

Teachers are sensitive to children growing up and plan for boys to dress and undress separately where appropriate.

## **Accident procedures**

Staff members are responsible for identifying the cause of the accident and taking any necessary action in order to minimise the risk of an accident reoccurring. Treatment to injuries will be administered by staff members who are first aid trained. Where required, further medical attention will be sought. All accidents in PE will be entered in the accident book. Any head injuries will be followed up by a letter home and parents will be informed of the accident. In the event that a pupil has had an accident causing potentially serious or major injury, such as a broken bone or concussion, the school will notify the pupil's parents/ carers immediately.

## **Out of School Hours Provision**

Abbey Village provides opportunities for children to participate in sports after school clubs. These are updated and change according to the interest and level of need of the children. All sports clubs are open to both girls and boys and are delivered by qualified coaches or teachers who deliver high quality 5 lessons. This provision is available for children to attend from Reception through to Year 6 (term dependent).

## **Monitoring and Review**

This policy will be reviewed by the headteacher and PE coordinator with any changes made to the policy being communicated to all teaching staff and the governing body.

The curriculum plan will be monitored and evaluated by the PE coordinator.