
LARKFIELDS JUNIOR SCHOOL

PHYSICAL EDUCATION POLICY

Rationale

Physical activity not only improves health, reduces stress and improves concentration, but also promotes correct physical growth and development. Exercise has a positive influence on academic achievement, emotional stability and interaction with others. Therefore, both teachers and children should be aware of its importance. We provide the broad and balanced programme of physical education we believe every child should have; with activities designed to be enjoyable, vigorous, purposeful and regular. Through providing positive experiences, a lifelong interest in physical activity is encouraged. The range of physical activities is wide and includes athletics, dance, games, gymnastics, swimming and outdoor education. A high quality programme is designed to satisfy the needs, abilities and interests of all individual children.

At Larkfields, each class will receive at least 2 hours of physical activity per week. The sessions will contain elements required by the National Curriculum (2014) as detailed below:

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognize their own success.

Pupils should be taught to:

- *Use running, jumping, throwing and catching in isolation and combination*
- *Play competitive games, modified where appropriate (for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis), and apply basic principles suitable for attacking and defending*
- *Develop flexibility, strength, technique, control and balance (for example, through athletics and gymnastics)*
- *Perform dances using a range of movement patterns*
- *Take part in outdoor and adventurous activity challenges both individually and within a team*
- *Compare their performances with previous ones and demonstrate improvement to achieve their personal best*

Aims

- Children will participate in a full range of activities in the P.E. curriculum. Access to this curriculum will be available to all.
- 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 raising awareness of issues regarding health related fitness.
- To contribute to the physical development of each child, in terms of skill, strength, flexibility, speed, and fine and gross motor skills.
- To help establish the individual child's self-esteem and confidence. To develop social skills (co-operating in groups/teams; communication and interpersonal skills; playing fairly to rules; attempting to improve their performance in different sporting activities).

Guidelines

Larkfields Junior School will:

- ❖ Follow a broad and balanced PE curriculum fulfilling the demands of the National Curriculum.
- ❖ Aim to ensure every child can swim 25m by the end of year 6 and has basic water skills.
- ❖ 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.
- ❖ Integrate, where possible; into other curriculum areas (e.g. use of athletics data in Computing, Science and Maths work).
- ❖ Develop lessons and activities that meet the needs of all children, providing equal opportunities for all, including those children with SEN and physical disabilities.
- ❖ Involve the outside community where possible, e.g. Sports Day, clubs, inter-school games and tournaments.

Planning, Monitoring and Evaluating the Subject

Each child should receive 2 PE lessons each week. The school uses two schemes of work to assist teachers in planning for PE lessons – the Real PE and Val Sabin schemes of work. One lesson each week should be a 'Real PE' lesson. Teachers use the Real PE planning and resources documents to plan and structure their

lessons. These sessions involve developing the children's core skills and strengths in areas such as balance, ball skills and co-ordination. In these sessions the children are taught about the importance of maintaining and improving fitness levels. All teachers have received training in how to use and adapt the Real PE plans for their lessons.

The second lesson each week should be based on the Val Sabin planning documents. These resources assist in the planning of games, dance, athletics and gymnastics. Teachers are expected to use the Val Sabin lesson plans as a starting point for their sessions and then adapt them as appropriate.

The school sometimes uses outside coaches and instructors to deliver high quality PE sessions in areas such as basketball, football or swimming. These sessions take the place of the Val Sabin or Real PE sessions for the duration in which they are delivered. Staff are expected to make notes and 'team teach' with outside coaches in order to improve their own practice.

Each year group (at the time of writing) receives 6 – 8 swimming lessons at Kimberley Leisure Centre each academic year. Budget restrictions could mean that only some year groups go swimming each year. These lessons are taken by a qualified swimming instructors or a mixture of instructors and class teachers.

Pupils are assessed on an ongoing basis by class teachers. Teachers and pupils use the Real PE assessment tool to monitor children's progress throughout the academic year. Parents gain feedback regarding progress at parent's evenings and through annual end of year reports. The school identifies children who display an exceptional talent for a particular sport or activity, and attempts to create opportunities for those children to further develop their talent.

Out of School Hours Learning and the Wider Community

The school promotes extra curricular opportunities for all its pupils. Clubs are offered to encourage pupils to further develop their skill in a range of activities and to promote positive attitudes to sport, health and fitness. The clubs help to introduce a competitive element in team games and promote co-operation, fair play, and a sense of good sportsmanship. They also allow pupils to put into practice skills they have learnt in lessons.

Pupils are given the opportunities to participate in local fixtures, tournaments and competitions. Information is given about local clubs for pupils who want to participate out of school time. In addition, talented pupils are identified and encouraged to join appropriate clubs.

Local family of schools

We are attached to the Kimberley family of schools and the P.E. co-ordinator

attends termly meetings, helping to support P.E. and sport in the local community. Through this partnership, the school enters a number of competitive tournaments and competitions during each school year. Sports include: football, athletics, netball, cross country, swimming, rounders, fencing, archery, handball and table tennis.

In addition, the school also enters competitions and tournaments held by other outside agencies such as Nottinghamshire County Cricket Club and Nottingham High School.

Intra School Competitions

Every September all the children take part in a team-based continuous sports event. Teams are composed of children from all year groups. This is a competitive event but the main focus is about fostering team work skills. During the Summer term all children take part in a competitive Sports Day. In recent years, the school has also held a 'Larkfield's Marathon' in which children are encouraged to run between 1 and 3 miles around the school field. This event helps to raise children's fitness levels and has also raised money for school equipment.

Safe Practice

All staff work to codes of practice in PE. When working with equipment in practical activities and in different environments, pupils are taught:

- about hazards, risks and control
- to recognise hazards, assess consequent risks and take steps to control the risks to themselves and others
- to use information to assess the immediate and cumulative risks
- to manage their environment to ensure the health and safety of themselves and others
- to explain the steps they have taken to control risks.
- in different activities, especially gymnastics, pupils are taught to set up and handle all equipment safely.

PE kit

All pupils are expected to wear appropriate kit for P.E. lessons. Jewellery is not permitted in any practical, physical activities.

The dress code for P.E. at Larkfields is:

- Indoors- children should wear plimsolls or trainers, black sports shorts, plain white T-shirt. During dance and gymnastics children will be expected to take part in bare feet as long as the hall surface is clean and clear of possible harmful obstructions.

- Outdoors- children should wear trainers and can wear jogging bottoms/ track suits during colder weather.
- Swimming- Children will either wear a full piece swimming costume or swimming trunks - not loose shorts. Children wishing to use goggles will need parental consent. Children who have inhalers must take them to the swimming pool.

All staff are expected to change into appropriate PE kit when teaching PE lessons and when attending sporting events with children. All staff have been provided with a Larkfields PE kit for this purpose.

Equal Opportunities and Inclusion

All pupils are taught P.E. whatever their ability. P.E. forms part of the school curriculum policy to provide a broad and balanced education to all children. The teaching of P.E. will be designed to match the child's individual needs with, as always, particular attention being given to all aspects of safety. P.E. There will be no bias shown towards girls or boys unless there is purposeful positive discrimination e.g. girls' football. Sporting activities will almost always be mixed. If children have disabilities, then sensible and reasonable adjustments will be made to the content of lessons for them.

Equipment and Resources

All equipment is stored safely at the school and can be found in the P.E. stock cupboard and the shed in the main playground. The P.E. co-ordinator orders, maintains and manages the equipment including the P.E. budget. Pupils do not access the equipment without adult supervision or instruction. The school has a school hall which has basketball nets and gymnastic apparatus. The extensive school grounds have two football pitches in the Autumn and Spring terms and 4 rounders pitches and an 80 metre running track in the Summer term. It is the policy of the school to utilise these resources to maximize children's abilities in PE.

The Learning Environment

The school promotes a positive, safe, working environment for its pupils. As appropriate, display work promotes healthy living and fosters positive attitudes to physical activity and diet. Staff must always ensure that teaching areas are clear and safe for use.

Promoting British Values

The choice of games in school will reflect those that are traditional to Great Britain whilst also embracing those of other cultures. Wherever possible, the ideals of democracy, law, fair play and teamwork will be promoted through games.