

# Sparsholt Cof E Primary School

## Policy for Physical Education and School Sport



### Rationale

Physical Education and School Sport (PESS) is the curricular and extended curricular learning within a broad and balanced range of PE activities. It includes the National Curriculum statutory entitlement in PE for all pupils, and the range of lunchtime and immediately-after-school PE and sports activities that are organised and managed as part of a school's programme. Links with local sports partnerships and the wider sports community, provide further opportunities for extended learning and participation in sport through a school's relationship with sports coaches and sports clubs in the local community.

Sparsholt CE Primary School will aim to ensure all pupils have access to opportunities to participate in at least two hours per week of high-quality PE and school sport.

Through these activities pupils will:

- **acquire and develop** their fine and gross motor skills
- **select and apply** these skills to solve physical problems and refine their physical performance, e.g. games tactics, gymnastics sequences
- learn how to monitor, **evaluate and improve** their physical **performances** by linking visual and physical-kinaesthetic learning to their cognitive understanding of PE activities
- develop their **knowledge, skills and understanding** of safe practice, of how **fitness** affects performance, and of the beneficial effects of exercise on **health**.

Pupils' progress within each of the four strands of learning will be tracked and monitored through assessment for learning strategies and the assessment of learning in each physical activity. Qualifications and Curriculum Authority's (QCA's) guidance in the use of core tasks and indicative levels of achievement within each activity will be used to reference pupils' achievement within our schemes of work.

High-quality teaching and learning in PESS should enable all pupils to acquire and develop physical skills, use and apply them to solve problems, and enhance their creative thinking skills, enquiry and reasoning skills and evaluation skills. These higher-order thinking skills are the core skills of learning that are transferable between other subjects of the National Curriculum. Through effective learning in PESS, all pupils should learn to work together and communicate more skilfully in various physical, visual, oral and written forms.

Effective learning in PESS is inclusive of all pupils. From a broad base of National Curriculum PE activity will emerge those pupils who would like to take advantage of the school's extra-curricular PE programme, and those who are particularly gifted and talented. In line with the school's able child policy, these pupils will be recognised and nurtured through:

- a well-differentiated programme of learning in PE lessons
- the school's extra-curricular programme of PE and sport
- school links with sports clubs in the local and wider community
- Hampshire Schools' Sports Association, county and regional structures.

## **Procedures**

### **At Sparsholt C of E Primary School high-quality PESS should:**

- 1 Take place within a positive ethos and promote active citizenship by:**
  - developing pupils' positive attitudes and self-esteem in PE by taking part in well-differentiated activities that appropriately challenge high-attaining pupils whilst ensuring all pupils experience success, enjoyment and make appropriate progress in relation to their prior achievement
  - pupils learning to work well, co-operatively and collaboratively on group tasks in PE, as well as competing fairly and honestly in team games with due regard to rules, laws and conventions of play
  - pupils learning how to cope well with their own successes and areas for improvement in PE activities, as well as other pupils' successes
  - pupils improving their speaking and listening skills, and their understanding of alternative views and beliefs in PE and sport
  - pupils improving their capacity to address challenges and solve problems in PE that enhance and develop their visual-kinaesthetic and cognitive domains of learning.
- 2 Enable pupils to acquire and develop their physical skills (fine and gross motor skills) by:**
  - acquiring and developing their physical skills through regular participation in a broad, balanced range of physical education activities in line with National Curriculum statutory requirements and QCA guidance (i.e.: statutory breadth of study for each key stage in the PE National Curriculum – KS1 and KS2: dance, games, gymnastics; KS2: swimming, athletics and/or outdoor adventurous activities; Foundation Stage: physical and creative development – early learning goals)
  - improving the accuracy, consistency and fluency of skills in relation to the National Curriculum levels of attainment.

### **3 Enable pupils to select, use and apply skills by:**

- Improving their use and application of skills in progressively challenging situations as they progress through each of the key stages. For example:  
Improve their tactical knowledge and principles of attack and defence to outwit their opponent in a range of games  
Improve their compositional ideas, creativity and aesthetic appreciation of dance and gymnastic activities
- Showing improvements in relation to National Curriculum levels of attainment
- Having the opportunity to increase the challenge, by using and applying their skills in after-school sport, competitive team games, extra-curricular activities, etc
- Increasing their knowledge of physical recreation and sporting opportunities in the wider community, i.e.: the where as well as the why and how
- Improving links/pathways between physical education, school sport and local Clubs.

### **4 Enable pupils to improve performance and understanding through evaluation by:**

- learning how success is judged in PE
- Improving their PE vocabulary – the language of movement through movement
- learning how to recognise and evaluate success, suggest improvements and use effectively to improve their own performance
- Becoming better informed spectators as well as performers
- Improving the quality and effectiveness of their evaluations in relation to National Curriculum levels of attainment

### **5 Enable all pupils, in relation to the expectations for their age, to improve their knowledge, skills and understanding of health and safety by:**

- Improving their knowledge and understanding of risk assessment, safe practice and considerations of hygiene in/after all physical activities undertaken within the school's programme of PE and sport
- Understanding the short and long-term effects of exercise on the body
- knowing how fitness affects performance
- Understanding the beneficial effects of exercise on health
- Developing a positive determination and confidence to face up to challenges and have a go.

*Policy Approved: September 2018*

*Person Responsible: Headteacher*

*Date for Review: September 2018*