



THE
ACORN FEDERATION
LONG LANE CHURCH OF ENGLAND SCHOOL
MARSTON MONTGOMERY SCHOOL

Physical Education Policy

Policy written – September 2019

To be reviewed – September 2021

The Acorn Federation PE Policy

Introduction

Physical Education (PE) is a foundation subject within the National Curriculum, and requires the children's involvement in the continuous process of planning, performing, and evaluating, with emphasis on evaluating and improving performance.

1. Aims and Objectives:

We believe that PE has an important and crucial role in the curriculum, contributing initially to the physical development of our children, and secondly to the whole development of the children in terms of learning social skills and awareness.

Aims

- To develop the competence of our children to excel in a broad range of physical activities.
- To ensure that our children are physically active for sustained periods of time;
- To ensure that all children have the opportunity to participate in physical activities.
- To ensure that children engage in competitive sports and activities.
- To enable children to lead healthy and active lives.
- To embed values such as fairness and respect.

2 Teaching and Learning Style:

(see Teaching and Learning Policy)

PE Curriculum

PE for the Reception children is carried out in line with the Early Years Foundation Stage Profile. The children are engaged in physical activity throughout the week in the form of gross motor skill development through riding bikes, climbing, balancing, crawling etc. They are also continually developing manipulative and fine motor skills through a wide range of activities including threading, painting, building and cutting.

The KS1 children follow a series of planned sessions allowing them to develop the following specific skills:

- running, jumping, throwing, and catching
- develop agility, balance 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 dance moves.

These are done in the context of a range of activities including dance, gymnastics and simple games during two hour-long sessions per week. Medium term plans reflect the skills being taught.

KS2 children also have an average of two weekly sessions totalling two hours (or three shorter sessions). Activate is also used in the classroom for four mornings per week. Specific skills, qualities and activities are:

- running, jumping, throwing, catching
- playing a range of competitive games;
- flexibility, strength, technique, control and balance;
- dance, outdoor and adventurous activities.

The children have the opportunity to attend a residential visit to an outdoor adventure centre every two years in KS2. Children at Marston Montgomery also have the opportunity to have 6 quality gymnastic sessions with qualified coaches. Both schools have the opportunity to attend

swimming sessions at a local swimming pool for one or two terms per year. All other skills are built into series of sessions mainly linked to the inter-school games competitions eg football, basketball, hockey etc and the Dance Festival at the local secondary school.

Active Break Times and Extra Curricular Sport

Some of the Sports Premium funding is used for an extra adult to lead sporting activities at lunchtime. Children are encouraged to take part in intra school games eg house tournaments supported by child Sports Leaders (part of the School Sports Crew)

Children have access to play equipment like skipping ropes, footballs etc.

Children participate in 'Golden Mile' runs approximately 3 times per week to encourage and extend fitness levels for all children.

External Football Club Coaches lead sessions in an after school club for one hour per week.

School Sports Partnership

Our school is supported by the Queen Elizabeth's Grammar School Sports Partnership. This entitles us to a range of training courses and cluster school activities for groups of children to participate in. This widens their experience of competing against other teams and enables them to participate in a range of organised sports activities including football, netball, rugby, hockey tournaments, athletics and cross-country events, swimming, dance and 'multi-skills'.

Implementation

The implementation of this policy is the responsibility of all the teaching staff.

Both Key stages receive a weekly hour session of PE delivered by an external coach who produce their own plans in line with school policy. At other times, children are taught by their class teacher and also by members of staff with particular interests, skills, and/or appropriate coaching certificates eg swimming.

Children will be encouraged to plan, perform and evaluate, and, each lesson should provide an opportunity to develop and reflect on each element within this process.

At the end of a series of lessons, where appropriate, children can be assessed through playing in a competitive game, evaluated by their peers.

All the children are encouraged to take part in our School Sports Day, and there are opportunities for our more talented children to compete in the District Sports.

Links with other subjects

Children learn about how to maintain a healthy body in Science lessons and PHSE. Physical Development is one of the six areas of learning for children in the Foundation Stage where it is integrated into the curriculum with a range of outdoor activities on offer at all times.

Equal Opportunities

Every attempt will be made to ensure that the Special Needs of children catered for through the use of differentiated equipment and adaptation of games. More-able children will be challenged to extend and broaden their ability. Children work at their individual levels and are fully integrated into participating on equal terms with the other children.

We try to ensure an equal interest level in our PE activities for both boys and girls. All our KS2 children learn skills for football, netball, hockey and rugby, and participate in small games.

Equally, we try to encourage enjoyment and participation in sports regardless of ability level. All children are given opportunities to represent their school in sports competitions and festivals.

Health and Safety

See the Health and Safety Policy and Risk Assessments for PE.

Assessment and Record Keeping

Assessments are made in line with the school's assessment policy. All staff will make on-going teacher assessments against the core skills as stated in the National Curriculum 2014.

PE Co-ordinators Role.

The PE coordinators role within the school is:

- To monitor the teaching of PE throughout the school.
- To develop and put into practice a yearly action plan for the development of PE within the school.
- To carry out a regular audit of equipment for all staff.
- To be responsible for the safe and accessible storage of equipment.
- To replace and update PE equipment as necessary.