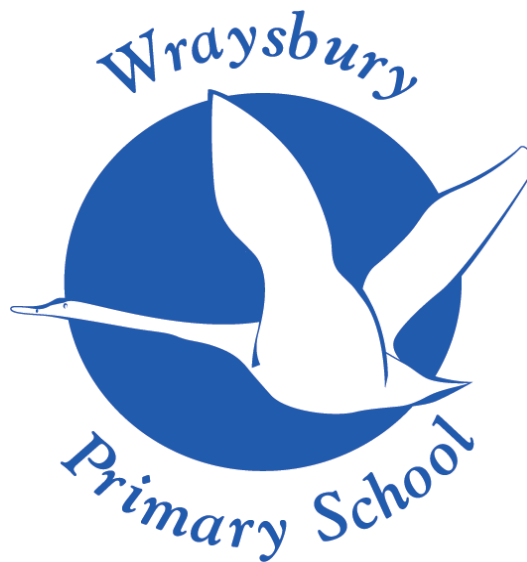


# Physical Education & Physical Activity Policy



Welley Road  
Wraysbury, Staines  
TW19 5DJ

Headteacher: Mrs A Fox

Produced by:  
Approved by Teaching and Learning Committee:  
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**Myles Gresswell**  
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# **P.E. and Physical Activity Policy**

## **Aim**

At Wraysbury Primary School we aim to provide 2 hours of quality P.E. every week. P.E. is vital and unique in its contribution to a pupil's physical and emotional development and health. Pupils will be involved in a continual process of acquiring and developing skills, selecting and applying skills, tactics and composition, evaluating and improving their work and have good knowledge and understanding of fitness and health.

## **Objectives**

- To promote sportsmanship through team games
- To promote a healthy lifestyle and a good standard of physical well being
- To adopt good posture and appreciate the need to use the body properly
- To develop cardiovascular fitness, flexibility, strength and endurance
- To encourage personal hygiene
- To be aware of the need for safe practices in P.E.

## **The Nature of P.E.**

P.E. is a practical subject which is taught to all pupils throughout each key stage. The subject should be taught in ways which are appropriate to the child's individual abilities.

## **P.E. and the National Curriculum**

The end of key stage descriptions outline the type and range of performances that the majority of children should be able to achieve at the end of each key stage. These statements should be used as a means of assessing the child's attainment.

## **Key Stage One**

The National Curriculum states that:

Throughout Key Stage 1, the children are taught how to:

- 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

Wraysbury Primary teaches these skills through games, gymnastics, dance and athletics

Pupils should understand the short-term effects of exercise on their bodies and the changes which occur as they exercise. The curriculum does not include swimming as a requirement at KS1 but at Wraysbury Primary we feel that the introduction of swimming and water safety at KS1 puts our children at a great advantage.

## Key Stage Two

Pupils should be taught to:

- use running, jumping, throwing and catching in isolation and in combination
- play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending
- develop flexibility, strength, technique, control and balance
- 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.

For Key Stage 2 there is also a swimming requirement. The National Curriculum states:

In particular, pupils should be taught to:

- swim competently, confidently and proficiently over a distance of at least 25 metres
- use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]
- perform safe self-rescue in different water-based situations

Wraysbury Primary School is very fortunate to have an outdoor swimming pool on site. With contributions from parents, the pool operates in the summer months and all year groups, including EYFS benefit from swimming lessons from qualified swimming teachers.

## Teaching Plans and Methods

The curriculum planning in P.E. is carried out in three phases (long-term, medium-term and short-term). The long-term plan maps out the P.E. activities covered in each term during the key stages. It is used by the P.E. co-ordinator and teachers to ensure continuity and progression throughout the subject.

Teaching methods are mainly practical, where children work individually with a partner or in small groups. The children will work in mixed ability groups. Pupils are usually taught by their class teacher or a Specialist Teaching Assistant. Swimming will be taught by specially qualified teachers.

## Resources

The children use the school playground and the playing field for games and athletics, the school hall for gymnastics, the studio for dance and the swimming pool for swimming activities.

Outdoor P.E. resources are kept in two P. E. sheds, one for KS1 and the other for KS2. These are located in the respective playgrounds. Swimming equipment is kept in the poolside kiosk. The store cupboard in the school hall contains a range of Indoor P.E. apparatus, and we expect the children to help set up and put away this equipment as part of their work. By so doing, the children learn to handle equipment safely. There is also a wide range of written material intended to support teachers available in the resources room.

## Health and Safety

The general teaching requirement for health and safety applies in this subject. We encourage the children to consider their own safety and the safety of others at all times. Children must, at all times, wear suitable clothes for P.E. i.e. T-shirt and shorts. (See uniform policy) **All jewellery, which includes ear studs, activity monitors (such as Fitbits) and watches must be removed before the start of the lesson.** Some children wear religious bangles and the school respects these children's different beliefs. If they are unable to remove these bangles the children are asked to cover them with a sweat band to prevent any injury to themselves or others. Pupils are advised not to wear ear studs on the days when games or P.E. are to be taught. Long hair must be tied back. We expect the staff to set a good example by wearing appropriate clothing when teaching P.E.

For specific activities other requirements are in place:

- Outdoor P.E.: Plimsolls or preferably trainers, warm clothing, particularly during the winter months
- Gymnastics: children must tuck in their T-shirts and should have bare feet unless a medical condition prevents them from doing so, in which case a note must be brought from home (Verruca's are not transferred through dry floors so children can still be bare foot for gymnastics if they have one).
- Swimming: A swimming cap must be worn in the pool.

### **Special Educational Needs**

The National Curriculum for P.E. must be available to all children. For those children who require special provision, the teacher should select appropriate resources and material and adapt plans in order to ensure the individuals success.

### **Cross Curriculum Themes**

P.E. can offer valuable links with other areas of the National Curriculum. Whether it be problem solving, communication and co-operation or creative thinking. It should be related to themes taught in the classroom wherever possible.

### **Assessment and Record Keeping**

The National Curriculum end of key stage descriptions and expectation statements are intended to help teachers assess pupils' attainment throughout the school.

Assessment of all children by the class teacher or member of staff teaching the subject will be ongoing throughout the academic year as they observe them working during lessons. They record the progress made by children against the learning objectives for their lessons. They use this information to plan the future work of each child. These records also enable the teacher to make an annual assessment of progress for each child, as an attainment and effort grade as part of the child's annual report to parents.

For swimming ability, the children are assessed by the swimming instructor and are awarded an appropriate swimming certificate from a range developed by the school.

At times children will be involved in their own assessment to evaluate and improve their performance.

### **Extra-Curricular Activities**

We offer a number of extra curricular sports clubs after school – currently Football, Netball, Multi- Skills, Dance, Benchball and Rounders.

The school also plays regular fixtures against other local schools and participates in area competitions. This introduces a competitive element to team games and allows the children to put into practice the skills that they have developed in their lessons. These opportunities foster a sense of team spirit and co-operation amongst our children.

### **Windsor School Sport Partnership**

Wraysbury Primary School pays to be part of the Windsor School Sport Partnership. The Partnership helps to promote high quality P.E. for all children through competitive sporting opportunities, CPD for school staff and leadership opportunities for children. The P.E. coordinator acts as the link teacher with the Sports Partnership.

### **Schools P.E. Grant**

Currently, each year Wraysbury Primary School receives a grant from the DFE in order to raise achievement and participation in P.E. The school publishes what the grant is spent on annually on its website.