



## Physical Education (PE) POLICY

**2022-2023**

Ratification Table:

<b>Approved by:</b>	R James	<b>Date:</b> 02.01.23
<b>Last reviewed on:</b>		
<b>Next review due by:</b>	01.09.23	

## **Physical Education Curriculum Intent**

### **Rationale**

Physical Education is defined as learning to develop and care for the human body through movements produced by skeletal muscles.

### **Aims**

By fully adhering to the aims of the national curriculum for physical education, we ensure that all pupils:

- develop the confidence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives

Our curriculum, which is underpinned by our school's virtues, enables pupils to develop and embed a wide range of knowledge, skills and vocabulary.

We are also passionate about the need to teach pupils how to co-operate and collaborate with others as part of a team, alongside understanding fairness and the resilience to persevere, all important life-long values.

### **Implementation:**

At St Nicholas, the PE curriculum is taught through the use of different schemes of learning; all in-line with the National Curriculum and all constructed to maximise quality of learning and outcomes.

### **Planning**

All teaching staff are provided with PE planning that they adapt to suit the needs of their class.

**EYFS and KS1** – PE Planning (Indoor & outdoor PE)

**KS2** – PE Planning (Indoor & Outdoor PE)

All lessons are progressive, and time is built in to the curriculum to allow key skills to be repeated, practised and refined as and when necessary.

### **Teaching and Learning style**

Every class has two hours of physical education every week. These are either taught by class teachers and / or our sports coaches. Our teachers are encouraged to be reflective practitioners and are provided with CPD opportunities to further enhance the quality of teaching.

PE lessons follow a very important structure: warm-up and stretch; introduction of skill; practice of skill; application of skill; warm-down. This enables us to ensure that there is quality and consistency of teaching across the school.

Leading a healthy lifestyle is an important part of our school's philosophy and children are taught about healthy diets during PSHE and science lessons.

In Years 3-6, the children learn to swim at the local swimming pool through weekly, progressive lessons. We continue to monitor and assess their attainment right up until the end of Year 6 and offer booster sessions to those children who are yet to meet the national requirements.

We offer multi-sports and netball club as after-school sports clubs run by teaching staff and our sports coaches. We monitor club attendance and will often send out personal invites to children who we feel would benefit most from additional activities.

### **The Foundation Stage**

Children in the Early Years Foundation Stage, spend a significant amount of time learning and developing their fundamental skills. These skills; running, jumping, co-ordination, throwing, catching, kicking and striking, form the foundation of the skills each individual will depend on as they progress through the school.

Lessons are taught by class teachers and Sports coaches to ensure that the children are familiar with different styles of teaching and benefit from a wide variety of expertise.

### **Personal, social and health education (PSHE) and citizenship**

PE is perfectly placed to teach children the importance of the body and mind and how to keep both healthy.

At St Nicholas, children are taught discrete PSHE and citizen lessons which equip them with the skills to look after their personal wellbeing as well as recognising possible unhealthy situations.

Lessons are taught by class teachers, HLTAs and TAs, adults who have a good relationship with the children in their class. Through role play, activities and discussion, children learn about healthy social situations. Issues around good sleep habits, exercise and the benefits of a healthy diet are also taught. Teachers are encouraged to discuss any related PSHE and citizenship issues at any time of year, if and when they arise, and not being dictated to by the lesson sequence.

The whole school House points system allows the children to contribute to their house in all subjects, including PE and Sports Day.

### **Spiritual, moral, social and cultural development**

#### **Spiritual**

Children at St Nicholas, have many opportunities to deepen their spiritual development in PE lessons. During lessons, they are actively encouraged to bring their own creativity and imagination to their work, in different ways. Examples of this could be, by the shapes they create in a gymnastics sequence, or team tactics they choose in Tag rugby.

They are encouraged to be reflective about their experience, and think about things that went well or areas that require development (evaluation/ assessment).

When sharing ideas and thoughts, teachers always demonstrate how to do this in a respectful way, ensuring every child's feelings and values are respected.

Teachers work hard to make lessons stimulating to ensure that all children experience a sense of enjoyment and fascination throughout their learning.

#### **Morals**

Team games allow many opportunities for children to consider rules of a game and fairness. The difference between right and wrong frequently presents itself as group or class discussions during lessons. Teachers are encouraged to use these real life scenarios as teaching and learning points to develop every child's moral compass.

Similarly, when children are creating their own version of a game, they get other chances to understand different people's viewpoints as well as the consequences of different behaviour and actions.

Giving children knowledge of National and International competitions, such as the Netball Super league or the Olympics, helps them to consider the importance of morals in society.

## Social

By participating in inter-school competitions, children at St Nicholas develop their social skills by socialising and working with other children from different religious, ethnic and socio-economic backgrounds. The children are also able to deepen their social skills in their bi-weekly PE lessons and during their annual Sports Day.

The importance of being able to work with others and resolve conflicts effectively, is one that lends itself to PE lessons particularly well. Teachers are able to skilfully turn any conflicts into learning experiences, giving children de-escalation skills.

The more children experience why rules are needed to play the sport and how respecting their opponent is a part of the ethos of PE, they become more social people. This will allow them to participate in and contribute positively to life in modern Britain as they grow up.

## Cultural

The children at St Nicholas, are taught about the heritage of football in year 5 through Steve Stacy and his contributions to the game.

During PE lessons, the children see their class mates participating in the different activities which develops their appreciation that different cultures can and are welcome to participate, which is an essential part of their preparation for life in modern Britain.

During National and International sporting events, teachers are encouraged to highlight and celebrate the cultural unity this brings inside and outside of the school walls. Children having the opportunity to speak about where their own families are from and the similarities we all share enriches the cultural diversity within the school.

## **Equality of Opportunity**

At St Nicholas, children have equality of opportunity in PE lessons through the careful differentiation Teachers and our Sports coaches provide. All children can be accommodated to achieve their learning goal by differentiating by using 4 STEPs principle;

**Space** – Where the activity is happening and how is this create the appropriate challenge?

**Task**- What is happening & how can modifying it provide more/ less challenge?

**Equipment**- What is being used and how is its size/ height etc. creating challenge?

**People** – Who is involved and how can making teams smaller/ larger etc. create challenge for all?

All of the children at our school are encouraged to participate in all areas of the PE curriculum. Teachers and Sports coaches are make children feel comfortable in the different activities they play ensuring that 'Girls' games / Boys' games attitude is not promoted.

Our school clubs provide equality of opportunity by allowing children of different ages to attend. Although Netball club is currently for Years 5 & 6, both boys and girls are welcome to attend.

## Resources

PE at St Nicholas school takes place in several areas. We have an indoor multipurpose hall, an enclosed ball court outside and a large grassed field. PE lessons are time-tabled so that each lass has one indoor and one outdoor session. The local swimming pool is used for all swimming lessons.

The PE cupboard has a wide section of equipment to allow for effective teaching.

Netballs	2 x netball posts	bibs	
Tag-rugby	Rugby balls	Tag belts & tag	
Gymnastics	10 x mats	3 x benches	Gymnasts detachab pyramid
footballs	bibs	cones	Large goals
Cricket	2 x bats	Wickets & stumps	Cricket balls
basketballs	bibs		
Rounders balls	rounders posts	rounders bats	
Athletics / physic literacy	Skipping ropes	hoops	quiots
	Small foam balls	Cones & spots	Speed bounce
	Shot put	Long jump mat	Discus
	batons		

## Assessment for learning

Assessment for learning allows Teachers and Sports coaches to identify where a child's current understanding and therefore know where they need to progress to next. This type of assessment takes place during every lesson. Below are the usual features:

- Target / outcome led
- Questioning
- Feedback from teacher
- Peer assessment
- Self-assessment
- Analysis

The children are develop the skills to identify their personal strengths and areas for development so they can use them to improve their work.

Teachers are encouraged to capture PE lessons in their curriculum floor books using photos and comments.

## Monitoring and Evaluation

PE monitoring is led by the PE coordinator who is aware that most teachers are not subject specialist and require support in teaching is subject. All teachers are given detailed planning and time-table so they know what they should be teaching and in which

term. The PE coordinator monitors this via what is seen being taught weekly/ termly and also through general chats with Teachers and children.

To monitor development areas Teachers would like to focus on, Teachers are given a questionnaire for them to highlight their own training needs. This information will then be used for the area of training for example lesson structure, skills development or lesson pace. The focus of lesson observations would be on this particular area. Strategies such as team teaching, teachers observing a different colleague and attending courses are considered to help development.

Pupil voice is also a regular part of the monitoring and evaluation process.

**Impact:**

Children at St Nicholas make progress in PE and are eager to attend after school sports clubs and competitive events.

Our curriculum aims to improve the wellbeing and fitness of all children at St Nicholas Primary School; not only through the sporting skills taught, but through the underpinning virtues and disciplines that PE promotes.

We aim to motivate children to participate in a variety of sports through quality teaching, equipping them with the necessary skills and knowledge to enable them to grow up to live happy and healthy lives.