



**Temple Sowerby CE Primary School**

**Physical Education  
(PE) Policy  
2022/2024**

| <b>Approved by</b>  |   |
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| <b>Name:</b>        | Mr K Laithwaite - Headteacher   |
| <b>Signed:</b>      |  |
| <b>Date:</b>        | September 2022  |
| <b>Review date:</b> | September 2024  |

## ***Living for learning; learning for life.***

### **Our Vision**

*At Temple Sowerby CE Primary School, our vision for the school community is rooted in a deep respect for our human, social, and cultural values, expressed in a caring Christian ethos. We aim to provide high academic standards and a wide range of experiences and opportunities. In doing so, we encourage all children to flourish by giving them the skills they need to become good citizens and to discover life in all its fullness (John 10:10).*

### **Aims and Objectives**

At Temple Sowerby CofE Primary School, Physical Education forms an important part of the education of each pupil. We aim to develop the children's knowledge, skills and understanding so that they can perform with increasing competence and confidence in a range of physical activities.

P.E. is about introducing children to the world of sport, which, combined with an enjoyment of exercise, will hopefully provide the foundations for a healthy, active lifestyle.

The objectives of teaching P.E. in our school are:

- To promote positive attitudes towards physical activity.
- To develop social co-operation and positive attitudes towards others and to compete with a sense of fair play.
- To promote physical activity, physical skills development and a healthy lifestyle.
- To show an awareness, knowledge and understanding of safety when participating in physical activity.
- To encourage lifelong involvement in physical activity.
- To develop fair play through cooperation, collaboration and competition.
- To always try to achieve personal best.
- To have age appropriate activities.
- To understand the need for rules in games.
- To provide equal opportunities for all children regardless of their race, gender, background or ability, thus providing a programme of study that is inclusive.
- To provide equal opportunities for all children to achieve their full potential, through curricular and extra-curricular sessions.

### **Teaching and Learning Styles**

We use a variety of teaching and learning styles in P.E. lessons. Our principal aim is to develop the children's knowledge, skills and understanding, and we do this through a mixture of whole-class teaching and individual or group activities. Teachers/Coaches draw attention to good

examples of individual performance as models for the other children, and we encourage the children to evaluate their own work as well as the work of other children. Within lessons we give the children the opportunity both to collaborate and to compete with each other, and they have the opportunity to use a wide range of resources.

## **P.E. Curriculum Planning**

### ***Key stage 1***

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Pupils should be taught 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

### ***Key stage 2***

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 recognise their own success.

Pupils should be taught to:

- use running, jumping, throwing and catching in isolation and in combination
- play competitive games, modified where appropriate (for example: Lacrosse, Kwik cricket, Quick Sticks, football, netball, rounders, tag-rugby, badminton 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

### ***Swimming and water safety***

All schools must provide swimming instruction either in key stage 1 or key stage 2.

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

All the pupils at Temple Sowerby attend 10 swimming sessions over the academic year. We go every day for a week in October and again in February. Participation is compulsory. All pupils are required to learn how to swim.

### **The Foundation Stage**

We encourage the physical development of our children in pre-school and reception as an integral part of their work. In the Foundation Stage, we relate the physical development of the children to the objectives set out in the EYFS statutory framework and Development Matters, which underpin the curriculum planning for children aged three to five years of age. We encourage the children to develop confidence, control of the way they move, and care in the handling of tools and equipment. We give all children the opportunity to undertake activities that offer appropriate physical challenge, both indoors and outdoors, using a wide range of resources to support specific skills.

### **Differentiation**

When planning P.E. lessons all staff will ensure activities are differentiated so that they will:

- Set suitable learning challenges
- Respond to pupils' diverse learning needs
- Strive to overcome potential barriers to learning for individuals and groups of pupils

There may be a requirement for a greater differentiation of tasks and materials, consistent with school-based intervention as set out in the SEN Code of Practice, in order to respond to an individual's needs. Some pupils may need specialist equipment and approaches or

alternative/adapted activities, which have been suggested by external specialists or within a statement of special educational needs. Any classroom support provided must extend into physical education lessons as appropriate. Teachers and Coaches working with the children will be made aware of any pupils who have special educational needs or medical conditions.

### **Equal Opportunities**

The Governing Body will ensure compliance with current legislation regarding Equal Opportunities.

All pupils at Temple Sowerby CofE Primary School will be given equal opportunities to access the P.E. curriculum regardless of race, sex, religion, ethnic group, culture or ability (including more and less able pupils).

### **Non-Participation in P.E. Lessons**

Children should only be excused from P.E. lessons if this is requested by their parents or guardian either by direct contact with the school or in a note to the teacher.

Children who persistently forget their P.E. kit should be reminded of the importance of P.E. and if necessary, a letter should be sent to their parents asking for their co-operation. Spare clothing is available at school.

### **Time to be spent on teaching**

**In Key Stage One** – At least 2 hours a week should be allocated for Physical Education.

**During Key Stage Two** – At least 2 hours a week should be allocated for Physical Education. Pupils should experience gymnastics, games and dance on a regular basis.

In addition to this each class uses the running track on a daily basis as part of our commitment to achieve 30 minutes a day of physical activity for every pupil.

### **Planning and Progression**

The P.E. co-ordinator will develop a brief overview of the activities to be covered in P.E. each half term. These plans will be developed by individual members of staff in more detailed weekly plans, considering the aptitudes and abilities of the pupils in each class. A copy of the over view is available on the website, in the P.E. file and on our P.E. display board.

Temple Sowerby CofE Primary School is a member of the Eden Valley School Sport Partnership. The partnership employs highly trained coaches who come into our school on a termly basis

and work alongside the staff to teach various sporting activities. They provide CPD and organise a sporting calendar of inter-school competitions and festivals throughout the year.

### **Assessment**

Assessment is a vital tool in the teaching of P.E., designed to monitor children's progress and measure attainment. It is also used to inform future planning. Teachers are responsible for assessing and recording children's progress and attainment in the Participation and Achievement Tracker (PAT). Children will receive feedback and support during the lessons. Assessment in P.E. should also provide opportunities for pupils to assess their own performance through talk and observation of peers. They should be encouraged to recognise ways of improving skills and make positive comments on their own and others work.

### **Contribution to Cross-curricular Aspects**

Where appropriate, teachers should identify for pupils those activities which link with other areas of the curriculum. Work in other curriculum areas should be considered when planning P.E. activities.

### **Information Technology**

Pupils use ICT to record their achievements and to enhance learning. This includes digital photography/video and data handling.

### **Resources**

The majority of the resources for P.E. are stored in the P.E shed. These should be stored safely. There are also some resources in the hall cupboard. Any equipment which is or is becoming unsafe should be reported immediately to the co-ordinator or Head teacher for repair or replacement.

### **Health and Safety**

All teachers **must** have strict regard for safety requirements regarding supervision of activities and the use of equipment both inside and outside the school. It is essential that pupils are taught safe routines and procedures and understand the reasons behind them. Any accidents that do occur must be recorded in the school accident book. It is also essential that all pupils wear appropriate clothing and footwear, depending on the type of activity they are involved in. Long hair should always be tied back and all jewellery, including watches, removed.

### **Risk Assessment**

The head teacher and P.E. Co-ordinator are responsible for carrying out thorough risk assessments of sporting equipment and facilities. Regular checks and risk assessments are made by all staff involved in delivering the P.E. curriculum, these checks are ongoing. Risk assessments should also be carried out on any facilities that are used for sporting activities outside of the school grounds.

Annual safety checks and repairs are carried out on gymnastic equipment and staff should check apparatus when it is being taken out for use in lessons. If a potential hazard is identified it is immediately taken out of use and reported to the head teacher.

### **Extra-curricular activities**

We are committed to recognising the importance of physical activity of children outside the curriculum. The school offers a wide range of after school activities linked to P.E. These encourage children to further develop their skills in a range of areas. The school sends details of the current club activities to parents at the beginning of each half term. Staff will notify pupils of any cancellation, rearrangements of clubs as soon as possible. We are also keen to signpost children to local sporting clubs and organisations.

Pupils are given regular opportunities to represent Temple Sowerby CoE Primary School in various sporting events organised by the Eden Valley Sports Partnership and our cluster of local schools.

### **Co-ordinator for Physical Education**

The co-ordinator of P.E. is Miss J. Winter. It is considered her role to monitor the quality of resources available and, with the Head teacher, to monitor and evaluate the quality and effectiveness of teaching throughout the school.

### **Monitoring and Review**

This policy is a working document and as such will be reviewed on a regular basis. Children, parents, staff and governors will be consulted to evaluate and review the effectiveness of this policy.