



Physical Education and Activity Policy



Introduction:

- This policy defines the meaning of P.E. and School Sport (PESS) within the context of Alexandra Infants School and Alexandra Junior School. It clearly sets out the aims and objectives of the PESS programme and how it will contribute to the overall development of the children at this school.
- The policy also provides the foundation for future decision making in terms of the planning and development of high quality PESS as it reflects both the whole school development plan
- This policy document aims to reflect the philosophy of our school in relation to the teaching and learning of high quality P.E.S.S. It provides a basic framework through which all staff, teaching and non-teaching, can approach P.E.S.S. and gives guidance in areas such as curriculum content, planning and evaluating and Health and Safety.
- This policy is to be used in conjunction with the schemes of work for P.E. and identifies the areas of the curriculum that will be covered and by which year group. It is intended that this policy in conjunction with the Health and Safety Policy and the schemes of work and advisory documents in the areas of Dance, Gym and Games, will form the basis for the teaching of P.E. in Alexandra Infants School and Alexandra Junior School. Working in consultation with the whole staff this document has been compiled by the P.E. Co-ordinator and therefore has established a shared sense of purpose and a collaborative approach to providing high quality P.E.S.S.

Mission statement:

- Physical education and physical activity is an essential part of all children's social and physical development. As a school we are committed to providing all the children with the opportunity to discover and develop their individual level of physical ability and motor skill.
- Through gym and dance we will create an exploratory environment where the children's control and aesthetic understanding will be extended.
- Through the delivery of the curriculum and outside the curriculum we hope to develop positive attitudes to physical activity and encourage the children to adopt an active and healthy lifestyle.
- A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.
- Through P.E., the children of Alexandra Infants School and Alexandra Junior School will be made aware of their own and others strengths and weaknesses and will develop an appreciation of and an empathy for others' abilities and differences.

This mission statement will be met through the provision of a broad, well-balanced curriculum which require the children to

- develop competence to excel in a broad range of physical activities
- be physically active for sustained periods of time
- engage in competitive (both against self and against others) sports and activities
- lead healthy, active lives.

Children are encouraged to walk to school as part of the Living Streets Project. They are encouraged to take part in a range of after school clubs.

Through cross curricular activities and links the children are taught how to make healthy food choices.

Aims:

P.E. is a subject within the National Curriculum 2000 and as such teaching should reflect these orders hence covering Gymnastics, Dance and Games in the Foundation Stage and Key Stage 1 and Gymnastics, Dance, Games, Outdoor Pursuits and Health and Well-Being in Key Stage 2.

Our aims are for all children to:

- develop competence to excel in a broad range of physical activities
- be physically active for sustained periods of time
- engage in competitive (both against self and against others) sports and activities
- lead healthy, active lives.
- receive at least 2 hours high quality physical activity opportunities within the curriculum and the opportunity to a further 3 hours outside the curriculum.
- develop community links with clubs through signposting physical activities in the local area.
- fully achieve their potential regardless of ethnicity, gender or disability .
- to develop leadership skills.

Objectives:

- All children can access at least two hours of curricular physical education in which a broad and balanced programme is provided.
- Facilities and equipment are available at break and lunchtimes. Play leaders from Year 2 and 2 children from each of the house groups at the Junior site will encourage the children to be active at these times.
- Relevant in service training is provided for all those leading P.E. and physical activity sessions during lesson time or lunch time.
- There is provision for adequate resources and funding for Physical education and physical activity lessons.
- Provision of safe and stimulating areas in which children can play and be physically active.
- Cross curricular links are encouraged especially in Dance .
- Active travel. The children record their journey to school every day through the living streets website and receive badges if they walk to school at least once a week each month.
- We are members of South Stoke Partnership and have visiting coaches which encourages us to liaise with other adults in the community. We encourage children to join local clubs.

The Role of the PE Coordinator:

- To be responsible for the planning and development of the curriculum in PE in the school.
- To co-ordinate the teaching programme throughout the school.
- To ensure progression and continuity from Foundation Stage through to the end of Key Stage 1 and then the transition from the Infants to the Junior site.
- To support and assist colleagues in lesson planning and teaching methods.
- To disseminate good practice, materials and training resources and make other staff aware of relevant CPD opportunities.
- To liaise with outside providers to ensure that good quality CPD is taking place for all staff.

Staff CPD:

All staff take part in professional development to ensure secure subject knowledge, awareness of health and safety procedures and up to date knowledge.

Staff should be comfortable and competent in the area of activity being taught.

Staff are asked at the beginning of each academic year to indicate where they feel they need support so that appropriate INSET can be identified as soon as possible.

All staff who attend any CPD course must provide feedback/ disseminate the information.

Classroom assistants are used in P.E. under direct supervision of the teacher or specialist coach.

- In supporting the teacher during lessons
- In sports activities e.g. Sports Day

Specialist sports Coaches are used in line with the LEA guidelines

There is a co-ordinated professional development programme through the School Partnership.

Entitlement

In response to the Government's PSA target regarding PE all children are offered two hours each week of high quality PE and school sport. Year 2 Play Leaders and House Captains and the Lunchtime supervisors organize games at Lunchtime for the children across all the Key Stages.

P.E. is time-tabled so that both indoor and outdoor facilities are available to each year group.

P.E. is taught throughout the school year, but not all areas of activity are covered each term and in each year group. P.E. is taught in mixed ability groups, however grouping by ability is done where required to enable all children to progress at their own level.

Within this framework each class in Key Stage 1 and Key Stage 2 :

- Spends two lessons per week on P.E., covering two of the following; games, gymnastics, dance or athletics. (Total 2 hours)

Each class in Foundation Stage has one lesson per week and daily use of large apparatus in outdoor area.

Lessons follow the format of:

- Warm up
- Introductory activity
- Skill development
- Game situation/performance/refinement
- Cool down

Curriculum content:

Games

Dance

Gymnastics

Knowledge and understanding of fitness and health

- How exercise affects the body in the short term.
- How to warm up and prepare appropriately for different activities
- Why physical activity is good for their health and well-being
- Why wearing appropriate clothing and being hygienic is good for their health and safety.

Foundation stage

Children experience games, dance, gymnastics as part of the physical development section of their Individual profiles.

KEY STAGE ONE / KEY STAGE 2

GAMES

Games skills are taught in each year during Key Stage One and Key Stage 2 and are developed through simple co-operative and competitive situations, progressing from individual activities, to working with a partner, to working in a small group.

Lessons include all the generic skills essential in games play, using a wide variety of games equipment.

Lessons are taught in an outdoor environment whenever possible.

Skills:

- sending (throwing, striking, rolling, bouncing)
- receiving
- travelling with
- running, chasing, dodging, avoiding
- spatial awareness

Pupils are taught to:

- travel with, send and receive a ball and other equipment in different ways
- develop these skills for simple net, striking/fielding and invasion- type games
- play simple, competitive net, striking/fielding and invasion type games that they and others have made, using simple tactics for attacking and defending

By the end of the Key Stage most children should be able to:

1. Send a variety of objects e.g. balls, hoops, quoits, and beanbags.
2. Catch or receive objects, which are sent accurately.

3. Play simple games alone and with others, using simple rules devised by themselves or the teacher – experiencing being a team member.
4. Show a basic awareness of space and appreciation of others within a games situation.

GYMNASTIC ACTIVITIES

Gymnastic activities are taught indoors, in every year during Key Stage One and Key Stage 2. The main focus is body awareness, concerning the development of control, coordination and versatility. Strength is developed and flexibility maintained.

The children will experiment with and are taught the basic natural actions of:

- travelling
- turning
- rolling
- jumping
- balancing
- climbing
- take off and landing/flight

Pupils are taught to:

- perform basic skills in travelling, being still, finding space and using it safely, both on the floor and using apparatus
- develop the range of their skills and actions (for example, balancing, taking off and landing, turning and rolling)
- choose and link skills and actions in short movement phrases
- create and perform short, linked sequences that show a clear beginning, middle and end and have contrasts in direction, level and speed

By the end each of the Key Stage most children should be able to:

1. Perform confidently, travel with varying degrees of control and co-ordination, all of the basic gymnastic actions.
2. Use apparatus to get on/off, under/over, along, around and through.
3. Land safely when jumping or moving from apparatus of various heights.
5. Remember and refine actions, linking them together into a simple sequence.
6. Lift, carry and place a range of simple apparatus safely.

DANCE

Dance is taught, in every year during Key Stage One. It is concerned primarily with developing control, co-ordination, balance, poise, elevation and individuality. It also encourages aesthetic awareness and the appreciation of quality in movement.

Children are taught to develop the above elements through the basic actions of:

- travelling
- jumping
- turning
- gesture
- stillness
- shape

Pupils are taught to:

- Use movement imaginatively, responding to stimuli, including music, and performing basic skills
- Change the rhythm, speed, level and direction of their movement

- Create and perform dances using simple movement patterns, including those from different times and cultures
- Express and communicate ideas and feelings

By the end of each of the Key Stage most children should be able to:

1. Appreciate and use contrast in speed, in effort and in spatial aspects, for example, quick/slow, strong/light, wide/narrow, high/low.
2. Appreciate and respond to, contrasting sounds in music, percussion and words and to be able to react to simple rhythms.

Convey through movement the elements contained in text (including different times and cultures) and to express appropriate characteristics and expressions.

Inclusion

The implications of attending to inclusion issues relating to P.E. are recognised and dealt with, with due regard to the whole school policy statement. All children regardless of gender, race or disability are provided with the same experiences in P.E. There are equal opportunities for girls and boys to work together. The teachers do not portray any skill or game as being for girls or boys only-

Pupils with SEN are able to develop confidence and express their feelings in P.E. as it is a subject in which success does not depend on academic ability. All children at this school will be given the opportunity to develop skills to the very best of their ability. Children are generally grouped by ability where tasks are differentiated by task, support, resources and outcome. This allows high ability children to progress further and low ability children to work at their own level.

Excellence in P.E. is celebrated in performance, including :

- Participation in sporting competitions against other schools
- An annual sports day involving all pupil

Inclusion

At Alexandra Infants' and Junior School it is our belief that all children have an equal right to a broad and balanced curriculum, which enables them to meet their full potential. Through our teaching we provide learning opportunities that enable all pupils to make good progress. We strive hard to meet the needs of those pupils with special educational needs, those with disabilities, those who are deemed more able and talented and those learning English as an additional language, and we make all reasonable adjustments to achieve this. For further details, see separate policies: Special Educational Needs; SEND Information Report; Equality policy and scheme; Able and Talented; English as an Additional Language (EAL).

As a school we strive to ensure that all children, staff and members of our school community are treated fairly and equally. All children have equal rights to access all areas of the curriculum, regardless of race, gender, religious beliefs, sexual orientation and disability. Within this subject area, the Senior Leadership Team (SLT) and all staff endeavour to provide the appropriate provision for this to occur. This policy follows the guidelines and practices that are stated and outlined in Alexandra Infants' and Junior Schools Equality Scheme. Please see this policy for further detail.

Differentiation

Physical education in the school will comply with the three basic principles for inclusion in that it will:

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

The action necessary to respond to an individual's requirements for curriculum access will be met through greater differentiation of tasks and materials. Some pupils may need specialist equipment and approaches or to alternative or adapted activities. Any classroom support provided must extend into physical education lessons as appropriate. Teachers and Adults Other Than Teachers working with the children will be made aware of any pupils who have special educational needs or medical conditions. The SENCO will liaise with all staff to ensure all pupils' needs are met in relation to teaching and learning in PE.

Continuity and Progression

- A long term plan and schemes of work have been developed for all activity areas and have been linked with TOP resources or resources from the Schemes of work.
- The core tasks are used in all activity areas to ensure that both staff and pupils are aware of the appropriate level of challenge and level of attainment expected for each year group and how core tasks can be used to provide appropriate development and progression.
- Blocks of lessons are taught by the teachers following the schemes of work.
- Evaluations are completed for every lesson by all class teachers.

Teaching and Learning

- The organisation of PE in the school promotes teaching and learning. Lessons are blocked in units of work to promote greater depth of understanding, development of skills, contextual application of these skills and the ability to perform reflectively.
- Children will be presented with opportunities to be creative, competitive, co-operative and to face challenges as individuals and in small groups.
- They will learn how to think in different ways to suit the different challenges. They will be given the opportunity of demonstrating their learning, using a range of communication styles, allowing for effective assessment. This assessment will be used to inform planning and promote greater learning.
- The structure of the scheme of work will promote teaching and learning as it provides both continuity and progression. This scheme of work specifies progression of skills, knowledge and understanding.

PE across the curriculum

Speaking and listening is developed in P.E. as is PSHE. ICT is used in photography and videoing movements. Report writing on P.E. activities encourages boys in particular to develop their writing skills.

The Assessment, Recording and Reporting in P.E.

- The assessment of the children will be carried out by the class teacher during normal class activity.
- The school will utilise the contextual core tasks in combination with formative assessment to arrive at end of unit levels of attainment. These will allow a picture to be built up of the pupils' progress, any areas of strength or weakness.
- Individuals will be set challenges appropriate to their attainment and will be involved in making judgements on their own progress and suggesting how they need to improve.
- The use of core tasks will make it possible for the class teacher to compare the children's progress against the national attainment targets and expected outcomes.
- At the end of each year an indication of the level that each child has been working at will be recorded.

In accordance with the school's policy parents will receive a written report on all aspects of a pupil's school-work at the end of the summer term. This will include PE and should

indicate to the parents the range of activities covered and areas of personal strength and weakness.

Monitoring and Evaluation

All curriculum areas are subject to monitoring procedures as part of the school's monitoring and assessment policies. The P.E. co-ordinator monitors and evaluates the subject and in addition there is continuous monitoring through:

- Monitoring of lessons and lesson plans
- Lesson evaluations
- The collecting of evidence

Children are also encouraged to evaluate their own and others' work.

Out of School Hours Activities

Primarily our Pupil Premium children will be targeted for these clubs in order to develop their fitness, stamina and good health.

In addition to this the school website will signpost parents to sport based clubs in the local community to enable the children to access these.

At present our after school clubs are run by the following providers

Coaches

All coaches are DBS checked and have suitable qualifications for the sport they are coaching. They are given a copy of the risk Assessment for the area they are going to be working in and are familiarised with the school behaviour policy.

When working within the curriculum the work is planned after discussion with the P.E. coordinator to ensure coverage of the National Curriculum.

Health and Safety

The school follows the Health and Safety guidelines set by the BAALPE 'Safe Practice in PE' document and also the guidelines of the whole school policy for Health and Safety. Risk assessments have been made for all relevant areas and activities using the LEA risk assessment template.

Issues include:

- Use of equipment, apparatus and techniques in accordance with Health and Safety requirements
- Appropriate storage of equipment and apparatus
- Teaching pupils to understand the need for safe practice in physical activities and how to achieve this
- Pupils wearing the correct, appropriate P.E. kit which is different to that worn in the classroom
- Jewellery is not permitted for P.E.

The Head Teacher and Link Governor have a working understanding of their liabilities and legal responsibilities relating to health and safety procedures and duty of care. The P.E. coordinator is a qualified First Aider and there are notices displayed around school to ensure everyone knows who that is. All the staff have undertaken a basic one day First Aid course.

Equipment and Resources

A variety of resources are available in school. These include teachers' resource books, TOPs cards and schemes of work, lesson plans and P.E. equipment, both fixed and consumable. The majority of P.E. equipment is kept in the P.E. store. The equipment is checked annually by an outside agency. The store is only accessible to members of staff, and children under adult guidance. A budget is given to the P.E. co-ordinator annually to replace or extend the equipment.

Resources are the responsibility of the P.E. co-ordinator. They include:

- Gymnastics apparatus and equipment in the hall
- Sports, games and athletic equipment in the P.E. store
- Indoor and outdoor space
- Outdoor play equipment-balls, hoops, skipping ropes etc.

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For further details of a KS2 approach please see the Intent and Implementation document.

In light of missed learning due to COVID 19, recovery provision has been planned for and is detailed in specific year group catch up plans. These have been formulated through collaboration of SLT, subject leaders, teachers and across the Key Stage with the feeder Infant School. These plans will be reviewed, modified and RAG rated regularly to inform future teaching & learning. For further detail please see each year group's separate plans.