



**Amington Heath Primary School and Nursery**

# **PE Policy**

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## **Overview**

Amington Heath Primary School and Nursery recognises Physical Education (PE) contributes to the overall education of all children by helping them to lead full and valuable lives through engaging in purposeful and high-quality activity.

We aim to provide a broad and balanced curriculum which promotes active and healthy lifestyles, physical skills, physical development and knowledge of the body in action. Through a balance of individual, paired and group activities we aim to cater for the strengths, needs and preferences of each child, using differentiated activities where appropriate. We believe that through providing our children with a variety of opportunities it enables all children to develop confidence, perseverance, team spirit, positive competitiveness and organisation.

At Amington Heath Primary School and Nursery we plan a range of activities that aim to provide the children with a broad base of movement knowledge, skills and understanding, which they can refine and expand on during their primary years. All children are encouraged to join clubs and extend their interest and involvement in sport.

## **Sports Premium Funding**

Schools receive PE and Sport Premium funding based on the number of pupils in years 1 to 6. The funding must be used to make additional and sustainable improvements to the quality of PE and sport we offer.

We use the premium to:

- Develop or add to the PE and sport facilities we already offer;
- Build capacity and capability within the school to ensure that improvements made now will benefit pupils joining the school in future years.

The government have released 5 key indicators that we should expect to see improvements across.

1. The engagement of all pupils in regular physical activity – the Chief Medical Officer guidelines recommend that all children and young people aged 5 to 18 engage in at least 60 minutes of physical activity a day, of which 30 minutes should be in school;
2. The profile of PE and sport is raised across the school as a tool for whole-school improvement.
3. Increased confidence, knowledge and skills of all staff in teaching PE and sport;
4. Broader experience of a range of sports and activities offered to all pupils;
5. Increased participation in competitive sport.

As part of the funding criteria we are required to publish details (on the school website) of how we plan to spend the monies and a review of the impact on pupil outcomes.

## **Subject Aims and Objectives**

We aim to:

- Enable children to develop and explore physical skills with increasing control and coordination
- Encourage children to work and play with others in a range of group situations
- Develop the way children perform skills and apply rules and conventions for different activities
- Increase children's ability to use what they have learnt to improve the quality and control of their performance
- Teach children to recognise and describe how their bodies feel during exercise
- Develop the children's enjoyment of physical activity through creativity and imagination
- Develop an understanding in children of how to succeed in a range of physical activities and how to evaluate their own success.

### **Teaching and Learning**

Our curriculum is mapped to ensure that children participate in a range of activities and evaluate their own performance. Through planning, using PE Hub, we ensure time is effectively managed to ensure that lessons are well organised and resourced.

Our children will:

- Receive 2 hours of high-quality PE
- Be fully active throughout the PE lesson. For example, sports such as rounders and cricket should be played on small scale to develop skills so that all children are actively engaged.
- Be given good quality equipment to use. In sports such as football and basketball children should have a ball in each pair to help develop skills.
- Evaluate the work of others as well as their own.
- Have the opportunity to both collaborate and compete with each other.

Typical lesson structure:

- Lessons begin with a clear focus on the learning intention of the lesson. Success criteria is then shared with pupils in order for them to know how they can achieve the learning intention.
- There may be a 'hook' drawing the children into the lesson and to engage and excite them. Lessons then commence with a warm up to prepare children physically for exercise. Children should be able to recall the importance of warming up prior to exercise.
- Direct teaching of knowledge and skills precedes subsequent skills practise by the pupils, under supervision of the teacher.
- The main activity provides opportunity for children to practice the skill(s) independently and cooperatively in context (such as a game or another related area of PE).
- There may be a celebration and sharing of individual achievements. This is followed by a concluding/cool down activity to prepare children to a normal-state both mentally and physically.
- Finally, lessons end with a closure discussion linking directly back to the intention and success criteria shared at the beginning. This is an opportunity for children to reflect on their learning and progress.

### **Planning and curriculum**

PE is a foundation subject in the National Curriculum. Our school uses PE Hub to support with daily lesson plans. The long-term plan maps out the PE activities which should be taught during each term in each year group. This is mapped out by the PE coordinator.

We plan the PE activities so that they build upon the prior learning of the children. While there are opportunities for children of all abilities to develop their skills, knowledge and understanding in each activity, there is planned progression built into the scheme of work, so children are increasingly challenged as they move up the school.

Years 4 and 6 attend swimming lessons, which team them to swim confidently and also build on their water safety.

Year 6 attend a residential visit which allow children to take part in outdoor adventurous activities. These range from abseiling, kayaking and orienteering. There is opportunity for all year groups to take part in outdoor adventurous activities through forest school.

We encourage the physical development of our children in Foundation Stage as an integral part of their work. We encourage children to develop confidence and control of the way they move and the way they handle 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.

PE equipment is stored safely in the PE cupboard in the hall. The PE cupboard should always be locked with only staff members gaining access. The cupboard is regularly checked by the PE coordinator to check its tidiness and organisation. Staff should inform the PE coordinator of broken, damaged and lost equipment so that replacements could be ordered.

### **Competitions and Events**

All children at Amington Heath Primary School and Nursey take part in an annual sports day. This is a combination of traditional sports day running races and novel team events.

In key stage two we aim to attend competitions regularly. This introduces a competitive element to team games and allows children to put into practice the skills they have developed within their lessons. Children will learn to win well, as well as to lose well. These events and opportunities foster a sense of team spirit and cooperation amongst our students.

### **Assessment**

Assessment of PE is an ongoing process. As each lesson progresses, the teacher carefully observes and assesses, intervening if necessary, to ensure each child makes the full progress of which they are capable. Assessment also informs teachers of their future planning.

At the end of each unit formal assessment will be carried out using the PE Hub excel document.

### **Equal Opportunities**

At Amington Heath Primary School we are committed to promoting equal opportunities irrespective of socioeconomic background, gender, disability and ethnicity in all areas of the curriculum. We believe that children should have equal access to and participation in a range of physical education activities. Teachers plan their lessons and make necessary adaptations to ensure appropriate challenge and accessibility for all learners.

Intervention through School Action and School Action Plus will lead to the creation of an Individual Education Plan (IEP) for children with special educational needs. The IEP may include, as appropriate, specific targets relating to PE.

### **Inclusion**

In accordance with the school's Inclusion Policy, PE activities are differentiated to meet the needs of each pupil.

**More Able and Talented** pupils and children with **Special Educational Needs and Disability** will be identified through a range of activities. Their needs will be met through the development of individual or group programmes that encompass a range of learning styles and are designed to enrich the curriculum.

### **The role of the PE Subject Leader**

The PE subject leader is responsible for the monitoring and development of the PE curriculum. They are responsible for updating the School's policy and ensuring other relevant policies reflect the aims and objectives of the PE policy.

They have responsibility for assisting staff by leading staff meetings, planning and leading CPD training activities, providing consultancy and advice, supporting staff in the classroom, specifying and ordering resources, coordinating staff requests for resources and monitoring and maintaining the condition and availability of resources.

They will liaise with the Headteacher and any named governor to keep the governors informed about development within the subject.

They maintain a positive ethos for the subject, through support and encouragement of staff, children and parents.

### **Health and Safety**

Everyone has a duty under the Health and Safety guidelines to ensure PE activities are carried out with due regard to the safety of staff and pupils in line with school, Local Authority and Health and Safety Policies. Advice can be sought from the Local Authority's adviser, or the staff members responsible for Health and Safety.

Health and good safe practice are always emphasised in each environment, including the handling of equipment. Large equipment is inspected annually. Appropriate clothing is essential, and children's attire is checked by teachers prior to undertaking PE activities.

### **PE Kit**

Children are encouraged to wear appropriate PE clothing. Shorts/jogging bottoms, t-shirts and sensible footwear for outdoor activities are recommended. Pupils are encouraged and regularly reminded to come to school wearing appropriate PE clothing on PE days.

Teachers should send home a polite reminder, via school ping, to those who have failed to wear a PE kit. This helps to minimise the number of non-participants.

Children are bare footed for gymnastics and dance lessons, though they must bring their shoes to PE lessons and leave them at the side of the hall in case of a fire emergency.

### **Jewellery and Hair**

Wearing jewellery is not allowed at Amington Heath Primary School and Nursery. Children must not wear any kind of jewellery during PE lessons, including watches. Children are permitted to remove any jewellery themselves and must NOT cover piercings with plasters.

Pupils with medium to long hair are reminded to tie it up securely.

### **Weather**

It is encouraged that outdoor PE lessons take place in all seasons and in as many weather conditions as feasible. Classes are timetabled to have an hour in the hall each week, so if the weather is bad, the PE lesson can still go ahead. Children are encouraged to wear clothing in line with the season and weather conditions, maximising access to all lessons.

### **Hygiene**

Pupils are taught about the body changes that occur when they exercise along with recognition of the short- and long-term effects of exercise on the body. Aspects of hygiene are addressed in upper KS2.

### **Staff Dress**

It is important that staff should consider their own and their pupils' safety with regard to their own personal clothing, footwear and jewellery when involved in the teaching of any PE activity.

### **Out of School Hours Provision**

Depending on the time of the year, Amington Heath Primary School and Nursery provides extra-curricular opportunities for children in a wide variety of areas. These after school clubs are updated and changing according to the interests of the children.

After school clubs are required for children to attend from Reception to Year 6 and if required there is a subsidiary available where finance may be an issue.

All sports clubs are open to both girls and boys and are delivered by qualified coaches or teachers who deliver high quality lessons. The provision of Out of School Hours sports clubs is reviewed annually and registers are kept to ensure opportunities are provided for all children.