

# PE Policy

## **Introduction**

PE at New Ash Green Primary School aims to give children the necessary tools and understanding required to make a positive impact in their own physical health and well-being

### Aims

- Develop physical fitness
- Understand the importance of having a healthy lifestyle
- Nurture sportsmanship
- Enhance decision making skills

We intend to deliver high-quality teaching and learning opportunities that inspire all children to succeed in physical education and in developing life skills. Pupils in foundation stage are taught PE through the strand physical development. Years 1-6 follow the National Curriculum and planning from the Complete PE scheme of work.

Our curriculum inspires all pupils to succeed through a wide variety of sports and physical skills. PE at New Ash Green is an imperative element of the curriculum, which develops a need for healthy lifestyles, positive growth mind-set and resilience. We are passionate about the need to teach children how to cooperate and collaborate with others, as part of a team, understanding fairness and teaching children how to cope with both success and failure within competitive situations. Children can challenge themselves to improve their self-esteem and develop physical confidence and problem-solving skills.

A broad and balanced physical education curriculum is intended to provide for pupils' increasing self-confidence in their ability to manage themselves and their bodies within a variety of movement situations

### Curriculum Aims

- To develop skilful use of the body, to perform them with increasing control, co-ordination and fluency.
- To develop an increasing ability to select, link and apply skills, tactics and compositional ideas.
- To develop an understanding of the effects of exercise on the body
- To develop the ability to work as a team player, taking the lead and learning to work collaboratively with others.
- To promote an understanding of safe practice, and develop a sense of responsibility towards their own and others' safety and well-being.

### Curriculum Planning and Organisation

- Each class is timetabled so that they can access the hall regularly.

- The playground areas and field are used to facilitate activities such as outdoor activities and games.
- Teaching staff deliver high quality PE activities/lessons for 1.5-2 hours per week.
- Swimming lessons are provided by qualified teachers at an outside facility
- Outdoor and adventurous activities take place in the summer term
- After school clubs provided by either teaching staff and or qualified coaches

Our lessons are sequenced so that:

- Ks1 gain the fundamental skills in throwing, catching, jumping and running
- Lower KS2 begin to apply these skills into game situations
- Upper KS2 can apply all of these skills into game play – using positional play for attacking and defensive tactics as well as extending knowledge of officiating games.

### **Early Years Foundation Stage**

Physical development within the EYFS framework is one of three prime areas for learning. Children access a range of daily activities to develop their fine and gross motor skills and have access to a dedicated outside area. In addition to this, they also have a weekly PE lesson focusing on BEAM.

### **Key Stage 1 & 2**

- The schools PE co-ordinator devices a whole school Medium term plan of coverage for years 1- 6 following guidance from PE Schemes in accordance with the current National Curriculum guidelines
- Plans provided through the getset4pe website.
- External coaches are arranged for different sports
- Lessons are blocked in units of work to promote greater depth of understanding, developing skills, contextual application of these skills and the ability to perform reflectively.
- Swimming lessons take place for 6 week sessions for years 4,5 and 6. Including safe rescue.

### **Creating opportunities**

We organise an annual Sports Day event at the end of the summer term for both KS1 and KS2.

KS2 have a whole day event, with a morning of carousel activities and competitive races in the afternoon. KS1 is non-competitive. Parents and carers are actively encouraged to come and support their child/children. We have a wide range of sporting competitions on the day to encourage participation from all pupils.

New Ash Green Primary School has a house point system which involves every child being in a house. Inter House Competitions are led termly by PE Subject Leader, sports leaders and supporting adults for the whole school foundation – Year 6

New Ash Green Primary school compete in inter school competitions led by the school games organiser in Dartford from Years 1- 6. (Risk assessments are completed to support this)

During lunchtimes children are given the opportunity to use equipment in order to participate in various games, personal challenges and have fun with friends.

The school has taken on the challenge of the 'daily mile', with children utilising the outside space so that they can achieve their 60 minutes of daily activity.

Year 5 and 6 pupils have the opportunity to become Sports Leaders for the school. They develop into sporting role models for the younger children, assisting with lunch-time clubs, officiating at intra school competitions, and assisting with any other Sporting activities.

### **Contribution of PE to teaching in other curriculum areas**

- English: writing sequences, following/giving instructions, oral/peer assessments, speaking and listening, and movement within drama.
- Maths: measurement, shape and space, sequences, number, angles, position and movement, rotation and time.
- ICT: Children use capturing and recording equipment (cameras and videos) for evaluation/development of skills. Videos of professional/skilled athletes are also used to help develop good technique.
- PSHE and PE links include following rules, living healthily, co-operating with others and understanding fairness and equality.

### **Inclusion**

- Lessons will provide good quality experiences that are suitably challenging for all pupils.
- Children will undertake different activities, but all will be given the same opportunity to achieve the aims through an appropriate range of activities.
- For children with limited gross motor skills, the integrity of activities will be maintained and

expectations will take into account the individual needs of pupils.

- For the purposes of competitions, all children will be given the opportunity to participate in the experience.

### **Assessment & Recording**

- Assessment is usually carried out by teachers in the course of the normal class activity. This is done mainly through observations and sometimes through discussion with children.

### **Health & Safety**

- All staff have due regard for the current Association for Physical Education (AfPE) PE guidance 2012 when preparing and delivering PE lessons:

- Pupils are taught how to improve their own abilities to assess risks

Walkie talkies are taken outside for PE lessons

- First aid equipment is available, and all staff are trained
- Regular checks are made on all equipment
- Pupils are taught how to move and use apparatus safely under the supervision of an adult
- Pupils are taught to understand the safety risks involved in wearing inappropriate clothing, footwear or jewellery and other body piercings.

### **Resources**

- There is a variety of equipment to enable pupils to achieve objectives, which are best suited for their age and stage
- Equipment is stored in labelled storage and ordered / checked by the subject leader when necessary

### **School Sports Premium**

- The school has a detailed plan to improve the quality of PE provision for all pupils. This is updated termly and reviewed by Governors. The plan includes an overview of sports premium spending and a review of the impact of the allocated funds.

### **Monitoring & Review**

- The subject leader will oversee the continuity and progression within medium term plans.

- They will also monitor the quality of teaching and learning through observations.
- The leader will support colleagues and share expertise, arrange opportunities to enhance learning and direct teachers to examples of good practice.