



Physical Education Policy

Overview

Physical education develops pupils' knowledge, skills and understanding, so that they can perform with increasing competence and confidence in a range of physical activities. These include dance, games, gymnastics, swimming and water safety, athletics and outdoor adventurous activities. Physical education promotes an understanding in children of their bodies in action. It involves thinking, selecting techniques and applying skills, promoting positive attitudes towards a healthy lifestyle, to enable them to make informed choices about physical activity throughout their lives.

Aims

- To enable pupils to develop and explore physical skills with increasing control and co-ordination to help develop physically in health and strength.
- To encourage pupils to play with others in a range of group situations, developing social awareness, team spirit through co-operation with others in fair and organised competition.
- To develop techniques and skills, apply rules and conventions for different activities.
- To increase the pupils ability to use what they have learnt to improve the quality and control of their performance.
- To promote positive attitudes towards health and physical fitness with enjoyment and satisfaction through participation.
- To further develop enjoyment though creativity and imagination.
- To provide the opportunity to lead activities as pupils progress.
- To develop an understanding of how to succeed in a range of physical activities and how to achieve success and encompass failure.

- To grow in self-confidence as they experience personal success in activities that may be non-competitive, with the opportunity to be competitive where needed.

Teaching and Learning

A variety of teaching and learning styles are used in PE and games lessons.

The principal aim is to develop the pupils, knowledge, skills and understanding, through whole class teaching, individual and group activities. Attention is drawn to good examples of individual performance as models for other pupils, encouraging pupils to evaluate their own work as well as that of others. Pupils are given the opportunity both to collaborate and to compete with each other, having the opportunity to use a range of equipment /resources. This opportunity is developed further in intra, inter school and area events.

Provision is made through suitable learning opportunities for all pupils of differing physical abilities, matching tasks to the ability of the pupil, with a range of strategies:

- Setting tasks that are open ended and can have a variety of results.
- Setting tasks of increasing challenge, where some pupils do not complete all tasks, e.g., high jump.
- Setting personal targets.
- Grouping pupils and setting different tasks, e.g. different games and skill activities.
- Providing a range of challenges through the provision of different resources, e.g. different gymnastics equipment.
- Providing further coaching opportunities to develop and enhance pupil skills

Half termly plans give details of each unit of work. These plans define what is taught and ensure a balance across key stages.

Activities build upon pupils' prior learning, to ensure that they are increasingly challenged as they move through the school.

Assessment

On-going formative assessment is used recorded on 'O track', to enable the teacher to match work to the abilities and need of pupils.

Entitlement

National Curriculum at least two hours of high quality physical education and school sport per week-averaged out across the whole year.

Areas of Activity

Foundation Stage- A variety of activities which encourage the achievement of 'Early learning Goals'.

Key Stage One-Games, Gymnastic activities, athletics, multi skills and dance.

Key Stage Two-Games, gymnastic activities, athletics, multi skills and dance. At points during this key stage pupils will be taught outdoor adventurous activities, swimming and water safety.

Development Stages

Early Years Foundation Stage

See EYFS Guidance

Key Stage One

Posture Skills – bending, twisting, curling, stretching, balancing, swinging and tucking, etc.

Locomotor Skills – running, jumping, skipping and stepping, etc.

Manipulative Skills – catching, throwing dribbling and striking, etc.

Play at this stage may be self-centred and co-operative play only develops gradually through the end of the key stage into small group situations.

Key Stage Two

Begin to increase physical strength and stamina, lengthen performance and be able to change skills rapidly, think quicker, enabling an understanding and appreciation of rules with team work.

Being involved in athletic skills and adventurous activities.

Aware of safety practices and wearing the appropriate attire.

Having success and satisfaction in achievement dealing with obstacles and challenges.

Pupils made aware of safety near 'open water'.

Links to other Curriculum Areas

Links to many curriculum areas.-for example:

Contributes to speaking and listening by encouraging pupils to listen to instructions and to describe what they have done and to discuss how they might improve their performance.

Using technology to support PE where appropriate, using stop watches, scoring and data handling with 'Virtual Multi-Skills'.

Contributes to Personal, Social and Health Education and Citizenship - pupils learning about the benefits of exercise and healthy eating and how to make informed choices.

Contributes to Moral, Social and Cultural Development. This all contributes to the five 'Every Child Matters Outcomes' of enjoy, be healthy, stay safe, make a positive contribution and well-being.

Safety and Proper Practice in PE

- Appropriate clothing.
- Appropriate footwear.
- Listening to instructions and obeying the rules, outlines by the adult in charge (this may be external coaches).
- In swimming obeying the rules and the instructions from the teacher in charge and any other coaches.
- No jewellery to be worn and long hair tied back.
- Equipment to be moved under supervision.
- In case of emergency the leader in charge will use discretion with First Aid assistance.
- Any medical condition is the responsibility of parents to inform the school, which is brought to the attention of any external coaches.
- All levels of ability are catered for.
- Non-participation will only be permitted when a note has been sent to school by parents or if the teacher deems the pupil unwell.
- Persistent lack of PE/Games kit is not an excuse for non-participation. A text is sent to inform parents/carers when their child has not brought suitable clothing or footwear to school.
- The copy of the BAALPE publication is available to all staff.

Clothing for Physical Education

Indoors:

- Plain white round neck t-shirt.
- Plain black shorts.
- Indoor trainers/plimsolls for games.
- Dance/gymnastics will be in bare feet.

Outdoors:

- Plain white round neck t-shirt.
- Plain black shorts.
- Black / navy blue / grey jogging suit.
- Outdoor Trainers.

Equal Opportunities

All children should have access to the use of PE regardless of gender, race, cultural background or physical or sensory disability. All lessons are differentiated to ensure that all children are accommodated.

Additional Information

A range of other extra curricula activities are offered each year and include football, tag rugby, cross country, rounders, netball etc. coordinated to coincide with competitions taking place across the Doncaster borough.

External coaches may be involved. They are not responsible for pupil discipline, but are made aware of school procedures.

Weather conditions may mean that outdoors games activities may be transferred indoors.

Parent/Carer written permission and emergency contact information is obtained for all offsite sports' events.

Pupil progress is commented on in the annual pupil's school report.

This policy is aligned to the overview of the School Sports' Premium.

Date of review: February 2016

Date of next review: February 2018

Signed:

Date:

<u>Indoor PE</u>	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	Multi-Skills	Indoor Athletics	Gymnastics Floor	Dance	Gymnastics Apparatus	Matball Dodgeball
Year 2	Multi-Skills	Indoor Athletics	Gymnastics Floor	Dance	Gymnastics Apparatus	Matball Dodgeball
Year 3	Multi-Skills	Indoor Athletics	Gymnastics Floor	Dance	Gymnastics Apparatus	Matball Dodgeball
Year 4	Multi-Skills	Indoor Athletics	Gymnastics Floor	Dance	Gymnastics Apparatus	Matball Dodgeball
Year 5	Multi-Skills	Indoor Athletics	Gymnastics Floor	Dance	Gymnastics Apparatus	Matball Dodgeball
Year 6	Multi-Skills	Indoor Athletics	Gymnastics Floor	Dance	Gymnastics Apparatus	Matball Dodgeball

<u>Outdoor PE</u>	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	Coordination Agility Running	Multi-Skills	Football Fitness	Tag Rugby	Basketball	Athletics
Year 2	Coordination Agility Running	Multi-Skills	Football Fitness	Tag Rugby	Basketball	Athletics
Year 3	Football Hockey	Basketball	Multi-Skills Fitness	Tag Rugby Cross Country	Cricket Tennis	Rounders Athletics
Year 4	Football Hockey	Basketball	Netball Fitness	Tag Rugby Cross Country	Cricket Tennis	Rounders Athletics
Year 5 (+Swimming and Water Safety)	Football Hockey	Basketball	Netball Fitness	Tag Rugby Cross Country	Cricket Tennis	Rounders Athletics
Year 6 (+ Outdoor adventurous activities)	Football Hockey	Basketball	Netball Fitness	Orienteering Tag Rugby Cross Country	Cricket Tennis	Rounders Athletics