



Signed.....

Date.....

Review.....

Woodford Valley C of E Primary Academy Physical Education Policy

This school is committed to creating the ethos in which children can grow towards Christian life, learning and love.

‘And now I give you a new commandment: love one another. As I have loved you, so you must love one another. If you have love for one another, then everyone will know that you are my disciples.’
John 13 34-35

Physical Education (PE) develops pupils’ physical competence and confidence and their ability to use these to perform a range of activities, promoting skilfulness, physical development and knowledge of the body in action. PE provides opportunities for pupils to be creative, competitive, co-operative and to face different challenges as individuals, and in groups and teams. It promotes positive attitudes toward healthy and active lifestyles, which we would like to develop into long-lasting lifestyle choices. Physical Education is a vital part of a holistic approach to education that develops the mind, body, and spirit. In our school, PE is guided by a commitment to fostering joy, well-being, and respect for Christian values.

Pupils learn how to think in different ways to suit a wide variety of activities. They learn how to plan, perform and evaluate actions, ideas and performances in order to improve their aptitudes, abilities and preferences, and make choices about how to get involved in lifelong physical activity.

We aim to promote our Christian values through sports and positively encourage children to share, respect, inspire, show courage, demonstrate equality, support and trust each other, in the way they work together. Our PE curriculum seeks to nurture the whole child—body, mind, and spirit—so they can live out their faith and develop a lifelong love for physical health and fitness.

Intent

PE develops the children’s knowledge, skills and understanding, so that they can perform a range of physical activities with increasing competence and confidence. PE promotes an understanding in children of their bodies in action. We want to continue with the Olympic legacy of inspiring future generations to participate in sport.

Our intent in the teaching of PE is:

- to provide a broad and balanced curriculum for all ages that meets the aims of the National Curriculum
- to help establish self-esteem through development of physical confidence
- to recognise that some pupils are less confident about PE and sport and may be more self-conscious about their growing and changing bodies. Teachers support these children with encouragement and kindness to help them grow in confidence so that they enjoy their sport more.
- to offer children the opportunity to access extra-curricular opportunities
- to encourage the children to develop a healthy attitude towards physical activity and to develop an understanding of the importance of continued physical activities throughout their lives
- to encourage children to work together co-operatively in partner and group work, in a range of situations
- to develop problem-solving skills
- to enable the children to develop and explore physical skills with increasing control and co-ordination
- to develop the way in which the children perform skills and apply rules and conventions for different activities
- to encourage the children to improve the quality and control of their performance
- to teach the children to recognise and describe how their bodies feel during exercise
- to develop the children's enjoyment of physical activity through creativity and imagination
- to develop an understanding in the children of how to succeed in a range of physical activities and how to evaluate their own success
- to provide specialist support where individual children have particular gifts or talents
- to include all pupils in physical activity and give them the opportunity to reach their full potential regardless of ability, age, gender, cultural or ethnic background.

Implementation

We use a variety of teaching and learning styles in PE 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, group activities and individual activities. During lessons, teachers will draw on good examples of individual performances and use these as models for the other children. We encourage the children to evaluate their own work as well as the work of others. Within lessons, children can work collaboratively with each other, compete against each other and have the opportunity to use different resources.

In all classes, children have a wide range of physical ability. Whilst recognising that fact, we provide suitable learning opportunities for all children by matching the challenge of the task to the ability of the child. We achieve this in different ways:

- setting common tasks that are open-ended and can have a variety of results (e.g. timed events, such as an 80m sprint)
- setting tasks of increasing difficulty, where not all children may complete the task (e.g. running a longer distance)
- grouping by ability and setting tasks at different levels

- providing a range of challenges through the provision of different equipment (e.g. different resources in gymnastics).

PE Planning

PE is a foundation subject within the National Curriculum. As a school we focus our planning on the National Curriculum and have adapted it to our school needs. As required, we teach dance, games, outdoor and adventurous challenges and gymnastics at KS1. In KS2 we teach dance, games, gymnastics, athletics and, in Year 3, swimming and water safety. Pupils also have the opportunity to take part in a range of opportunities for outdoor and adventurous challenges; for example, trips to Braeside and Forest School (in Years 5 and 6).

PE activities are developed so that the children's prior learning is taken into account. Lessons give the children the opportunity to develop their skills, knowledge and understanding in an area; progression is built in so that the children are challenged as they go through the school. PE activities are led by external coaches and are supported by members of staff who have expertise in a given area; these include hockey, tag rugby, dance and gymnastics.

Early Years Foundation Stage

We encourage the physical development of our children in the Early Years as an integral part of their development. Activities to support children's physical development forms a large part of the curriculum, where opportunities are offered throughout the day for children during self-initiated activities, as well as through structured lessons within a larger or class group. These activities are all planned at an age-appropriate level, based on the developmental age bands from the Early Years Development Matters Curriculum Guidance. We encourage the children to develop confidence in moving in a range of ways, using a range of equipment, developing balance and coordination in their gross motor and fine motor movements, and safety and control in handling tools and equipment. We give all children the opportunity to undertake activities that offer appropriate physical challenges, both indoors and outdoors, using a wide range of resources to support specific needs.

SEND

Through our PE, we promote inclusion to ensure that every child, regardless of ability, can participate and find joy in PE. We want all our children to enjoy the opportunities that they are given.

Impact

Pupils are assessed in PE through observing them in their work during lessons. We assess children not just on physical skill but also on their attitude, effort, and demonstration of Christian values like teamwork, perseverance, and encouragement. Older pupils are encouraged to evaluate their own work and to suggest improvements for next time. Parents are kept informed in our annual report of the pupils grade and effort.

Resources

We have a wide range of resources for PE which are always being updated. Resources are kept in the 'PE shed'. In the hall, we have a range of large apparatus, which is used for gymnastics. The school field is used for games and athletic activities. We use Durrington or Five Rivers swimming pools for our swimming sessions.

Health and Safety

Health and safety awareness is an integral part of the children's PE lessons throughout the school. We encourage them to consider their safety as well as the safety of others during PE lessons. Children do not wear potentially dangerous jewellery of any kind whilst taking part in PE activities. Those with long hair must have it tied back. Children must wear trainers or gym shoes for outdoor PE and have bare feet for all dance and gymnastic activities. The school has a PE uniform and children must be changed into this for all PE activities. Tracksuits or joggers may be worn outside in case of bad weather.

Those children that go swimming with their class are made aware of the safety procedures in place at the swimming pool.

All teachers follow the same guidelines for the supervision of pupils when changing and travelling. Gymnastic equipment is checked annually.

Extra-Curricular Activities

The school provides extra-curricular activities which offer pupils the opportunity to develop further skills in activities which interest them. Club details are sent home at the beginning of the term for parents and carers. The school does endeavour to set up matches against local schools to introduce the competitive element of sport. This also allows the children to try out skills they have developed in lessons as well as fostering team spirit and cooperation amongst them.

School Sports Premium

The sports premium is reviewed annually by the Governors who endeavour to improve the quality of sports provision when reviewing the impact of these funds.

Monitoring and Review

The coordination and planning of the PE curriculum are the responsibility of the PE coordinator, who is also tasked with:

- supporting colleagues in their teaching, by keeping them informed of the latest changes in the subject, and providing a strategic lead
- giving the Head Teacher and Governors an annual report of the subject area, which includes evaluating the strengths and weaknesses in PE and indicates areas for improvement

This policy should be read in conjunction with all other policies.