



KINGSHILL CHURCH SCHOOL

PHYSICAL EDUCATION POLICY

Rationale

We have a responsibility to promote physical activity and sport to both children and staff at Kingshill Church School to ensure they benefit from its many rewards. A high quality Physical Education curriculum should give every child the opportunity to participate in a wide range of physical activities which allow for the development of basic skills and physical competence as well as inspiring a love and enjoyment of sport and games. Physical Education provides opportunities for children to learn about leading a healthy lifestyle allowing them to make informed choices about physical activity throughout their lives.

Aims and Objectives

- Enable all children, whatever their ability or background, to enjoy a broad range of high quality physical activities.
- Ensure children are physically active for sustained amounts of time.
- Make children more aware of their body and help them develop competence in controlling their movements and coordination.
- Develop an understanding in children of how to succeed in a range of physical activities and how to evaluate their own success.
- Introduce children to competitive sport and its values such as team work, fairness and respect.
- Develop habits leading to a healthy and active lifestyle and promote physical fitness.

Teaching and Learning

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 and individual/group activities. Teachers draw attention to good examples of individual performance as models for the other children and we encourage the children to evaluate their own work as well as the work of other children. Within lessons we give the children the opportunity both to collaborate and to compete with each other, and they have the opportunity to use a wide range of resources.

In all classes there are children of differing physical ability. Whilst recognising this 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 through a range of strategies:

- 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 complete all tasks, e.g. the high jump;
- providing a range of challenge through the provision of different resources, e.g. different gymnastics equipment.

Curriculum planning

We follow the National Curriculum subject content as a guide to our planning for PE.

At Kingshill Church School we follow the Val Sabin scheme of work as the basis for curriculum planning. The scheme maps out a programme of study for each year group and we have adapted the scheme to the local circumstances of the school.

Key Stage 1

- Pupils are taught dance, games and gymnastics, plus one other activity: outdoor and adventurous activities.

Key Stage 2

- Pupils are taught compulsory dance, games and gymnastics, plus three other activities: swimming and water safety, athletics and outdoor and adventurous activities.
- For most areas, planning and delivery of the curriculum is the responsibility of the class teacher. To provide support in doing this, we use external providers to team teach with the class teachers in certain areas including; gymnastics, tag rugby and tennis. The PE coordinator is responsible for ensuring the quality of outside providers' provision is of a high standard.
- Swimming is taught in the autumn term for both year 3 and 4. This is the responsibility of the class teacher, supported by an external swimming teacher. Children in year 5 and 6 who are not able to swim 25metres receive swimming lessons in the summer term.

Whole School

- An intra-school competition is planned once a term where each class will spend a whole afternoon learning skills and competing against each other in a range of activities such as; boules, orienteering and basketball.
- Every year a sports week will take place in the summer term to introduce the children to a variety of sports, including a competitive sports day.
- Indoor and outside spaces are timetabled so that each class has two 60 minute sessions per week.

Foundation Stage

We encourage the physical development of our children in Foundation Stage as an integral part of their work. Children in the foundation stage follow the EYFS seven areas of learning which supports their early development within this subject. We encourage the 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. Please refer to the Foundation Policy for more detail.

Contribution of PE in other curriculum areas

English

PE contributes to the teaching of English in our school by encouraging children to describe what they have done and to discuss how they might improve their performance.

Information and communication technology (ICT)

We use ICT to support PE teaching when appropriate. In dance and gymnastics children make video recordings of their performance, and use them to develop their movements and actions. Older children compare each other's performance from recordings and use these to improve the quality of their work.

Personal, social and health education (PSHE) and citizenship

PE contributes to the teaching of personal, social and health education and citizenship. Children learn about the benefits of exercise and healthy eating, and how to make informed choices about these things.

Spiritual, moral, social and cultural development

The teaching of PE offers opportunities to support the social development of our children through the way we expect them to work with each other in lessons. Groupings allow children to work together and give them the chance to discuss their ideas and performance. Their work in general enables them to develop a respect for other children's levels of ability, and encourages them to co-operate across a range of activities and experiences. Children learn to respect and work with each other, and develop a better understanding of themselves and of each other.

SEN

We enjoy teaching physical education to all children, whatever their ability. It is part of the school curriculum policy to provide a broad and balanced education to all children. We provide learning opportunities that are matched to the needs of children with Special Educational Needs.

We enable pupils to have access to the full range of activities involved in learning PE. Where children are to participate in activities outside our school, for example, a sports event at another school, we carry out a risk assessment prior to the activity, to ensure that the activity is safe and appropriate for all pupils.

Assessment and Recording

Teachers will informally assess pupils on a constant basis to inform planning and delivery of lessons. The children's progress during the year will be reported to parents at the end of the year in the end of year report.

Resources

There is a wide range of resources to support the teaching of PE across the school. We keep most of our small and outdoor equipment in the PE shed, and this is accessible to children only under adult supervision. The hall contains a range of large apparatus, and we expect the children to help set up and put away this equipment as part of their work. By so doing, the children learn to handle equipment safely. The children use the school playground and the playing field for games and athletics activities, the school hall for gymnastics and dance and the local swimming pool for swimming lessons.

Extra-curricular

The school provides a range of PE-related activities at different points throughout the year and may include tennis, football, rugby, cheer-leading, dance and gymnastics during lunch times and at the end of the school day. These encourage children to further develop their skills in a range of the activity areas.

The school sends details of the current club activities to parents at the beginning of each term. These are also updated on the school website.

We strive to promote physical activity during lunchtimes. A group of year 6 pupils are trained as Sports Leaders and, with the support of the Lunchtime supervisors, help to lead competitive sport and activities for the younger children at lunch time.

The school also plays fixtures against other local schools and participates in North Somerset Sainsbury's games. This introduces a competitive element to team games and allows the children to put into practice the skills that they have developed in their lessons. These opportunities foster a sense of team spirit and co-operation amongst our children.

Participation in extra-curricular sport is celebrated in our celebration assembly on Fridays. Certificates are given out from lunch time and inter school competitions and children are encouraged to bring in out of school sports achievements to share with the school. These are also displayed on our sports display.

Health and Safety

In order to ensure the safety of pupils taking part in physical activity the following steps must be taken:

- All equipment is regularly checked by the PE coordinator. If any equipment is broken or dangerous, it is reported to the caretaker straight away.
- There are sufficient qualified first aid trained staff in school.
- Class teachers should keep a record of all children with a medical condition that may affect their ability to participate in physical activity and that appropriate medication is taken with them when carrying out physical activity.
- All pupils should be appropriately dressed for physical activity in the school PE kit. Girls should have their hair tied back and all jewellery must be removed. Teachers should also wear suitable clothing.
- Safe and effective exercise procedures are taught and adopted in all activity sessions within and outside school hours – these includes a warm up and cool down.
- Children should not go swimming for two weeks after they have had sickness or diarrhoea.

Pupils are taught:

- To respond to instruction immediately in a safe and controlled manner
- To work confidently and safely with regards for themselves and others at all times
- The importance of warming up and cooling down
- How to lift, carry, place and use all equipment safely according to their age.

Monitoring and Review

The monitoring of the standards of children's work and of the quality of teaching in PE is the responsibility of the PE subject leader. The PE subject leader gives the head teacher an annual summary report in which she evaluates the strengths and weaknesses in the subject and indicates areas for further improvement. The PE subject leader has specially-allocated, regular management time in order to review evidence of the children's work and undertake lesson observations of PE teaching across the school.