

<b>SCHOOL POLICY FOR P.E.</b>			
<b>Co-ordinator:</b> Kay Ferriday	<b>Buddy:</b> M Steele/E Archer	<b>Date Adopted:</b> Autumn 2015	<b>Review by:</b> Autumn 2019
<b>How the Policy developed:</b> A review of the existing policy. All teaching staff present at policy review.			
<b>How it relates to the School Development Plan:</b> This policy is due to be reviewed as part of our rolling programme of review			
<b>Key Targets for the Period to the Date of the Policy review:</b> <ol style="list-style-type: none"> <li>1. Policy to be adopted by staff and Governors.</li> <li>2. Teaching to be monitored to ensure a consistent whole school approach.</li> <li>3. Monitor all planning.</li> <li>4. Review format for assessment.</li> </ol>			
<b>Tasks</b> Target 1 – Adoption of Policy Target 2 – monitoring teaching Target 3 – Monitor all planning Target 4 – Review Whole School Assessment	<b>Action Group</b> Staff and Governors Co-ordinator and Buddy Co-ordinator and Buddy Sports coach and staff	<b>Timescale</b> Autumn 2015 Autumn 2015 and ongoing. Ongoing Academic Year 2015/2016	<b>Cost</b> - 2 ½ supply days per term - Resourcing
<b>Intentions:</b> Physical Education educates in and through the use and knowledge of the body and its movement.  It: <ul style="list-style-type: none"> <li>• develops physical competence and enables children to participate in worthwhile activities.</li> <li>• promotes physical development and teaches children to value and enjoy the benefits of participation in PE.</li> <li>• develops artistic and aesthetic understanding within and through movement.</li> <li>• helps establish self esteem through the development of physical confidence and helps children to cope with success and failure in competitive and co-operative physical activities.</li> <li>• provides a variety of ways of learning through physical activity, observation, making decisions and refining techniques.</li> </ul> <p>At St. Leonard’s we aim to provide physical education and enjoyable experiences through a broad, balanced programme of timetabled and extra curricular activities. In doing so, we recognise the partnership which now exists between PE and Sport and the extent to which they are complementary.</p> <p>The PE programme will support the aims of the school and in particular the principle that children are valued equally, regardless of their ability, gender or cultural or ethnic background. (see all Equality Policies)</p>			

In order that children may achieve effective learning progression throughout and between Key Stages, the planning, organisation and delivery of PE, as with any other subject, needs to be a co-operative activity, in which staff work as a team to an agreed framework.

## **Aims and Objectives**

### **Aims:**

- To develop an awareness of safety in physical activities.
- To develop each individual physically in areas of mobility, flexibility, strength and stamina, and to develop an understanding of health- related fitness.
- To develop a range of stability, locomotive and manipulative skills.
- To contribute to the development of problem solving skills.
- To develop an appreciation of movement through observation and evaluation.
- To make connections to other subject areas, e.g. Science – the body
- To develop the concepts of team-work, co-operation, competition and sportsmanship
- To promote life long enjoyment and participation in sporting and/or physical activities.

These aims will be achieved through a variety of approaches and teaching styles, and through the use of a progressive scheme of work in each area of Physical Education.

### **Objectives:**

At St. Leonard's our PE curriculum supports the strands of learning outlined within the Early Years Foundation Stage curriculum and the National Curriculum document. Through areas of activity we ensure that the knowledge, skills and understanding in respect of:

- acquiring and developing skills
- selecting and applying tactics and compositional ideas
- evaluating and improving performance
- knowledge and understanding of fitness and health

are achieved through:

- gymnastics }  
• dance } at Foundation/KS1
- games }  
• swimming }
  
- gymnastics }  
• dance }  
• games } at KS2
- swimming }  
• athletics }  
• OAA } (Outdoor and Adventurous Activities)

It is our school policy to include swimming in Foundation/ K.S.1 and all six areas of activity in K.S.2.

## **Objectives for all areas of activity**

- To work with due regard to safety at all times.
- To link actions together into patterns or sequences.
- To acquire and apply physical skills.
- To work within codes of conduct established during lessons.
- To promote knowledge and understanding of fitness and health principles including the reasons for warming up and cooling down.
- To experience working as an individual, with a partner and with groups of different sizes and abilities.
- To experience a variety of roles including officiating, organising and participating.
- To be able to consider and discuss their work to improve it.
- For activity sessions to have the pace to improve and enhance children's levels of fitness
- To use correct terminology when describing their work.

## **Objectives in specific areas**

### **Games**

- To invent and play games belonging to different games types, in which they observe and apply the conventions of fair play to make the games work.
- To challenge and motivate through varying levels of competition appropriate to the children's development.
- To develop accuracy and control using a variety of equipment in sending, receiving and travelling skills
- To gain an understanding of tactics and strategies that will develop their games skills.

### **Gymnastics**

- To link and repeat actions to create fluent sequences with a clear start, middle and end.
- To work safely on the floor and on apparatus applying the principles of safe lifting and carrying.
- To perform a variety of gymnastic actions applying the movement concepts of direction, level, pathway and use of body parts.
- To improve body control and awareness in response to tasks set by the teacher.
- To improve the quality of their work by using changes of speed, direction, clear body outline and body tension.

### **Dance**

- To participate in dances from different cultures.
- To work creatively to express ideas through movement phrases of their own, partner and group compositions.
- To respond to a variety of rhythms and stimuli.
- To appreciate the aesthetic aspect of movement.

### **Swimming**

- To build confidence in the water.
- To know a range of water skills and be able to perform them efficiently.
- To move through the water over increasing distances using recognised swimming strokes.
- By the end of KS2 to be able to swim 25m.using any stroke.
- To teach personal survival skills

### **Athletics**

- To participate in a variety of events that include running, jumping and throwing.

- To enhance their performance through improved technique.
- To be able to challenge themselves by measuring and evaluating their performance.
- To experience a variety of roles in athletics including starters, judges and time-keepers.

### **Outdoor and Adventurous Activities (OAA)**

- To develop a sense of responsibility, teamwork and trust in a variety of outdoor situations.
- To understand that in this area the observation of safety rules can be, and is, vital to the preservation of life.
- To find appropriate solutions to challenges both alone and with others.

### **Time Allocation**

All classes will provide 2 hours of Physical Education. This will be split evenly between outdoor and indoor activity.

Fridays will devote 30 minutes per class to Fitness awareness where practicable.

Year 6 Sports' Buddies will work with each Infant class – one day per week – at break times, developing games activities using playground markings. This equates to another 15 minutes of physical activity per week.

### **Teaching and Learning**

#### **Foundation/ K.S.1**

Class teachers will teach their classes using a variety of styles and methods. They will follow the Early Years Foundation Stage curriculum and current QCA units of work and skill development. They will manage assessment procedures, using observation and age appropriate objectives. Some lessons will be delivered by our Sports Coach and they will liaise with Class Teachers.

#### **K.S.2**

During the second part of the Autumn term and the whole of the Spring term, our Sports Coach will teach the K.S.2 classes outdoor games, following the current QCA units of work and skill development. Children will be asked to assess their own progress towards targets/objectives for each unit. The Sports Coach will read and comment as necessary, giving pointers for next steps. Classroom Teachers will teach Gymnastics and Dance at this time and then will teach outdoor sport during the Summer term and first half of the Autumn term.

During the Summer term and first half of the Autumn term, our Sports Coach will teach every swimming lesson.

All children are required to plan, perform and evaluate their work.

All children will be given the opportunity to peer assess other children, in order to identify what is needed to progress onto the next step independently.

A variety of teaching styles and methods are used to ensure that this takes place.

### **Extra Curricular Activities**

At St. Leonard's we are committed to providing enrichment beyond the school day. There are many clubs available where most children (our policy is to begin with K.S. 1 children for extra curricular activities) can extend their skills in specific sports. Most Sport clubs are taught by our Sports Coach and they plan these to link with the daily P.E. lesson.

( Please see Curriculum Plan – Appendix )

<b>Equal Access and Outcome</b>  It is school policy that PE is provided in such a way that it is accessible by <u>all</u> pupils to ensure that equality of opportunity exists for everyone regardless of ability, gender, race or creed. Please refer to all our Equality Policies.
<b>Health and Safety</b>  All activities will be operated in line with current LA and School Health and Safety Policies.(see Health and Safety Policy) Likewise, any accidents which occur must be reported in line with the school's procedure for reporting accidents and the appropriate documentation completed. All aspects of the PE curriculum will be, or have been, subject to Risk Assessment.
<b>Continuity and progression</b>  By following the current QCA units of work and development of skills there should be good progression from Foundation through to Year 6.  Assessment procedures will ensure that each child builds on prior learning.
<b>Resourcing</b>  Resources will be reviewed annually, but staff noticing gaps in resources should bring this to the attention of the Co-ordinator as they are spotted.
<b>Reporting</b>  Written reports for parents will be presented in February of each year.



**St. Leonard's P.E. and Clubs Timetable – 2015 to 2016**

<b><u>Autumn Term 2015</u></b>				<b><u>Spring Term 2016</u></b>			<b><u>Summer Term 2017</u></b>					
<b>4 Weeks</b>	<b>4 Weeks</b>	<b>4 Weeks</b>	<b>3 Weeks</b>	<b>4 Weeks</b>	<b>4 Weeks</b>	<b>3 Weeks</b>	<b>4 Weeks</b>	<b>3 Weeks</b>	<b>4 Weeks</b>	<b>3 Weeks</b>		
X - Country	Football	Netball/ Basketball Hockey	Hockey	Tag- Rugby	Dodgeball	Football	Tennis	Rounders	Cricket	Athletics		
<b>4 Weeks</b>	<b>4 Weeks</b>	<b>4 Weeks</b>	<b>3 Weeks</b>	<b>4 Weeks</b>	<b>4 Weeks</b>	<b>3 Weeks</b>	<b>14 Weeks</b>					
Gym	Dance	Gym	Dance	Gym	Dance	Gym	Swimming (St Leonard's pool)					
<b><u>After school Clubs</u></b>												
<b>K.S. 1</b>		<b>K.S. 2</b>		<b>K.S. 1</b>		<b>K.S. 2</b>		<b>K.S. 1</b>		<b>K.S. 2</b>		
Football Multi-Skills Dance Drama		Football Hockey Basketball/Netball Table Tennis Dodgeball		Football Multi-skills Dance Drama		Tag- Rugby Dodgeball Football Dance Gymnastics Table Tennis		Swimming Lessons			Football Multi-skills Dance Drama	Tennis Rounders Athletics Table Tennis Dance Dodgeball