



Overton St Helen's CE Primary School

Surrounded by God, we inspire hearts and minds through learning, faith and love.

'Let your light shine before others, that they may see your good deeds and glorify your Father in heaven' (Matthew 5: 16)

PHYSICAL EDUCATION POLICY

School Vision

We encourage children to be respectful, forgiving and compassionate. We are a nurturing, inclusive and safe community built on Christians Values that inspire positive trusting relationships between school, families and the wider world.

We aim high, engaging children in a dynamic and diverse curriculum with opportunities and experiences that allow them to excel, through discovering their unique talents, relishing challenges with courage and perseverance, knowing that God is with them.

INTENT

Rationale

At Overton St Helen's we believe that physical education, experienced in a safe and supportive environment, is a unique and vital contributor to a pupil's physical development and well-being. Physical education is a statutory requirement of the National Curriculum, it is the only subject whose primary focus is on the body and, in this respect, it uniquely addresses the physical development aim of the curriculum and it also makes a significant contribution to the spiritual, moral, social and cultural development of children. Through our high-quality physical education programme, all pupils will be physically literate and with the knowledge, skills and motivation necessary to equip them for lifelong participation in physical activity and sport.

Physical education will develop pupil's physical competence and confidence through a combination of entitlement and choice of activity. Physical education provides pupils with the opportunity to be creative, competitive and face up to different challenges. Pupils learn how to think in different ways and make decisions in response to creative, competitive and challenging activities. They learn how to reflect on their performance, plan, perform and evaluate actions, ideas and performances to improve the quality of their work.

Physical education helps pupils develop personally and socially. They work as individuals, in groups and teams, developing concepts of fairness and of personal and social responsibility.

They take on different roles and responsibilities, including leadership, officiating and coaching.

Through high quality physical education pupils discover their aptitudes, abilities and preferences and make informed choices about how to get involved in lifelong physical activity.

Aims and Objectives

Purpose of study of the National Curriculum for Physical Education (2014) states:

A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.

Aims of NCPE (2014)

The National Curriculum for Physical Education aims to ensure that all pupils:

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives.

At Overton St Helen's these aims have been adapted and incorporated to:

- enable children to develop and explore physical skills with increasing control and co-ordination;
- encourage children to work and play with others in a range of group situations;
- develop the way children perform skills and apply rules and conventions for different activities;
- increase children's ability to use what they have learnt to improve the quality and control of their performance;
- teach children to recognise and describe how their bodies feel during exercise;
- develop the children's enjoyment of physical activity through creativity and imagination;
- develop an understanding in children of how to succeed in a range of physical activities and how to evaluate their own success.

Role of Subject Leader

The PE Subject Leader is responsible for:

- developing good classroom practice;
- managing the budget and PE and Sport Premium based on the needs identified through the monitoring and evaluation of the subject, staff audit and the whole school development plan;
- reporting on the allocation of the sports premium and its impact on the school website;

- auditing, ordering and reviewing efficiency of how equipment, learning resources and accommodation are managed to ensure pupils are well taught and protected;
- attending courses to further own professional development and providing information and support for colleagues;
- monitoring classroom practice and planning, auditing needs for CPD to ensure high quality delivery and impact on the children is achieved;
- make all resources available to all staff, including policy, schemes of work, assessment materials, resources to support learning;
- extending relationships and contacts beyond the school and in the local community;
- keeping up to date with and implementing any National, Local Authority and School Sport Partnership developments where appropriate.

IMPLEMENTATION

Teaching and Learning Style

We use a variety of teaching and learning styles in PE lessons at Overton St Helen's. 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.

The organisation of PE in the school promotes learning through physical activities and sport. Lessons are blocked in units of work that are age appropriate and aim to promote physical skills and competency, a greater depth of understanding and application of these skills and the ability to perform reflectively. The structure of the Lancashire developmental scheme of work promotes teaching and learning as it provides both continuity and progression. This scheme of work specifies progression of fundamental movement skills and sport specific skills, knowledge and understanding. The planning and delivery of each unit of work in the scheme will be adapted by the individual teachers to meet the learning needs of the children of their class.

Lessons will be planned to provide appropriate challenge for all pupils, to extend more able and provide appropriate levels of support in order for all pupils to make progress.

Planning and Curriculum

PE is a foundation subject in the National Curriculum. Our school uses the Lancashire Scheme of Work and PE Passport as the basis for its curriculum planning in PE. We have adapted the plans to meet the needs of the children in our classes. This includes a two-year rolling program in Key Stage 2 due to our mixed aged classes (see curriculum overview in appendices). The school provides all pupils with the entitlement of 2 hours high quality Physical Education a week.

As required in Key Stage 1, the children focus on dance, games, gymnastics, athletics and OAA. In Key Stage 2 the children learn dance, games and gymnastics, OAA plus swimming. In Key Stage 2 (Willow and Beech class), swimming is taught at a local pool by instructors from an external swim school, with support from school staff. Beech Class (Year 4/5) swim from

September until February half term, after that Willow Class (Year 3/4) begin lessons until the end of the Summer Term.

EYFS

We encourage the physical development of our children in Maple Class (Reception) as an integral part of their work. EYFS staff relate the physical development of the children to the objectives set out in the Early Learning Goals, which underpin the curriculum planning for children aged three to five years of age. We encourage the children to develop their fundamental movement skills and 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.

The curriculum planning in PE is carried out in three phases (long-term, medium-term and short-term).

The **long-term plan** maps out the PE activities covered in each term during the key stage. The PE subject leader works this out in conjunction with teaching colleagues in each year group.

Our **medium-term plans**, which we have adopted from the Lancashire Scheme, give details of each unit of work for each term. These plans define what we teach and ensure an appropriate balance and distribution of work across each term. The subject leader keeps and reviews these plans.

Class teachers adapt the **short-term plans** for each PE lesson. These list the specific learning objectives for each lesson and give details of how the lessons are to be taught. The class teacher keeps these individual plans.

We plan the PE activities so that they build upon the prior learning of the children. While there are opportunities for children of all abilities to develop their skills, knowledge and understanding in each activity area, there is planned progression built into the scheme of work, so that the children are increasingly challenged as they move up through the school.

All three phases of planning are easily accessible to teaching staff due to the fact that we use **The Lancashire PE Passport**. This allows staff to check the long-term overviews, print out and annotate medium term plans and electronically select appropriate objectives for individual lessons on an iPad which is connected to the individualised Overton PE Passport app.

At Overton St Helen's we often seek opportunities to enhance our PE Curriculum through the support of the local School Sports Network. This helps to provide expertise from a range of coaches who can often lead sessions alongside class teachers or be used for CPD purposes. We also often look to support the Outdoor and Adventurous side of our curriculum by organising trips to Outdoor Centres or sessions off site with qualified Outdoor Instructors.

Contribution of PE to teaching 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. Also, many of our EYFS and KS1 units of work are linked to well-known children's books.

Computing

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)

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.

Resources

There are a wide range of resources to support the teaching of PE across the school. One of the main sources of support comes from the Lancashire PE Passport website as this contains visual images and video demonstrations to help support a plethora of skills from a balance in gymnastics, to a dribble in football.

We keep most of our small equipment in the PE store, 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. We employ an external provider to check and maintain the condition of fixed pieces of apparatus and mats. The children use the school playground and the playing field for games and athletics activities and the local swimming pool for swimming lessons.

IMPACT

Success Criteria

Our PE curriculum will be successful because:

- children show enthusiasm in taking part in exercise and physical activity
- children will have opportunities to develop their core strength and skill set;
- children demonstrate an increasing knowledge of the benefits and affects that physical activity has on their bodies
- children will be introduced to a range of different sports
- children will be encouraged to take part in paired and team activities
- children will have the chance to take part in competition and participation events at a variety of levels
- the Lancashire PE Passport helps to plan, track and assess progress and coverage across the school.

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Assessment and Record Keeping

Teachers assess children's work in PE by making assessments as they observe them working during lessons. This is made possible due to the assessment functions that the Lancashire PE Passport App provides. Class teachers can record the progress made by children against the learning objectives for their lessons. At the end of a unit of work the children complete a Core Task, teachers make a judgement as to whether the child has met, exceeded or is working towards the expectations of each individual unit. Evidence for assessment judgements are taken and kept as photographic and video evidence directly on the Lancashire PE APP. Taking snapshots during lessons, enables class teachers to go back and review performance in order to make an accurate assessment. This information is then stored on the app and enables teachers to use judgements to plan the future work of each child. These records also enable the teacher to make an annual assessment of progress for each child, as part of the child's annual report to parents. This information is stored in a data file for each class, each academic year. This demonstrates what the expected level of achievement is in each area of activity in PE in each year of the school. All of this information is easily accessible to the PE subject leader in the form of charts, diagrams and clear overviews.

Reporting to Parents

Information on children's progress in PE will be communicated home at Parent's Evenings and in a written report at the end of each year. Learning within school will also be shared via the school's Facebook page and school website.

Teaching PE to children with special educational needs

At Overton St Helen's we teach PE to all children, whatever their ability. PE forms part of the school curriculum policy to provide a broad and balanced education to all children. Through our PE teaching we provide learning opportunities that enable all pupils to make progress. We do this by setting suitable learning challenges and responding to each child's different needs. When progress falls significantly outside the expected range, the child may have special educational needs. Our assessment process looks at a range of factors – classroom organisation, teaching materials, teaching style, differentiation – so that we can take some additional or different action to enable the child to learn more effectively. This ensures that our teaching is matched to the child's needs. We enable pupils to have access to the full range of activities involved in learning PE.

Health and safety

The general teaching requirement for health and safety applies in this subject. We encourage the children to consider their own safety and the safety of others at all times. We expect them to come to school on their PE days in the agreed clothing for each activity area. It is expected that teachers set a good example by wearing appropriate clothing when teaching PE. The school policy is that no jewellery is to be worn for any physical activity. Children are not permitted to wear taped earrings, they must be removed.

Extra-curricular activities

The school provides a broad range of well attended PE-related activities including netball, football, girls football, multi skills, gymnastics and athletics for children across all age phases at the end of the school day. These after school clubs alter due to the time of year and suitability for different age groups. The activities 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. The school also plays regular fixtures against other local schools and participates in area competitions. 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. We aim to offer all children throughout their time at school an opportunity to represent the school, whether this be a competitive or participation event.

Schools Sport Premium Funding

The PE and Sport Premium is designed to help primary schools improve the quality of the PE and sport activities they offer their pupils. We aim to develop, use and improve the sports provision in school by auditing and implementing new strategies and sports in consultation with school staff, pupils and parents. All identified priorities are documented in the annual Sports Premium funding audits. We will closely monitor the impact of the funding on PE and school sport.

Date of policy review: January 2023

Next review date: September 2026

Appendix:

Long term plan – Program of study

PE Progression Document

Lancashire PE Intent document

PE Kit and Safety requirements