



# Priestsic Primary and Nursery School

## Physical Education Policy

### Why Teach P.E?

#### The importance of Physical Education to the curriculum

Physical Education (P.E.) develops pupils' physical competence and confidence, and their ability to use these to perform in a range of activities. It promotes physical skilfulness, physical development and knowledge of the body in action. Physical education provides opportunities for pupils to be creative, competitive and to face up to different challenges as individuals and in groups and teams. Through our four school curriculum drivers; aspiration, diversity, health and well-being and vocabulary, we promote positive attitudes towards active and healthy lifestyles. Through this process, pupils discover their aptitudes, abilities and preferences, and how to make choices about getting involved in lifelong physical activity. Throughout our PE curriculum, pupils will encounter a wide range of sports people, including: past, present, differently abled and those from different cultures.

### Aims & Objectives

- To develop physical confidence & enable pupils to engage in worthwhile physical activities.
- To help pupils to become more skilful when coordinating their movements and develop their co-ordination.
- To give pupils access to acquire and develop skills then perform them with increasing physical competence and confidence.
- To develop pupils artistic and aesthetic understanding.
- To contribute to the development of a pupils problem solving and interpersonal skills.
- To encourage pupils to enjoy being active, taking part and learning new skills through a varied curriculum and through the extracurricular activities on offer.
- To build children's movement vocabulary in order that they can use language to evaluate each other's work.
- To help children to be able to work co-operatively within a range of different spaces and group situations.

### Entitlement & Progression

At Priestsic Primary School we aim to provide all of our pupils with at least 2 hours of high-quality PE, sport and physical activity each week. Each class has a timetabled indoor and outdoor session.

The PE subject lead will map out the long-term plan ensuring a breadth of activity areas and skills. This is done with the support of Next Level Sports (NLS), whose coaches deliver our high-quality PE lessons in order to ensure that PE is delivered by expert practitioners.

Where possible, units of work will feed into school competitions provided by NLS. NLS staff will follow the school's long-term plan and deliver learning based on the school's PE progression document. Our long-term overview incorporates a two-year cycle, to allow for progression to be observed every two years in individual sports

### School Sport

The school offers a variety of after-school sports clubs, which are led by NLS coaches and paid for through Sports Premium Funding. These clubs are available for year groups 1 - 6. Priestsic participate in NLS after - school competitions, as well as School Games competitions throughout the year.

## Swimming

Children at Priestsic Primary are provided with weekly swimming for two terms in year 4, and one term in year 5.

During these sessions, pupils are taught to:

- swim competently, confidently and proficiently over a distance of at least 25 meters
- use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]
- perform safe self-rescue in different water-based situations

## Assessment

Assessment is carried out by our NLS coaches and follows Priestsic's 'Assessment by Omission' practice (ABO), which is undertaken for all wider curriculum subjects. This formative assessment is done continuously throughout the year, and is based on key skills and knowledge criteria, which informed by the National Curriculum. Progression can be reviewed and checked between yearly ABO sheets due to the two-year cycle of our long-term curriculum overview. As well as undertaking formative assessment through observation and dialogue, pupils also produce written work where appropriate. This is captured through year group floor-books and is used as an opportunity to review and revise previous learning, vocabulary and record learning of our aspirational figures.

## Safe Practice

All staff should be familiar with the Safe Practice in Physical Education & Sport (published by afpE, kept in the Headteacher's office) which provides guidance on every aspect of PE & sport.

All staff and children must wear appropriate clothing for PE

Pupils PE kit is recommended as follows:

Indoor - white T-shirt, black shorts

Outdoor - T-shirt, jogging bottoms, black zipped hoodie and trainers

Swimming - swimming costume/shorts and towel

Children will have bare feet for gymnastic and dance activities and wear trainers for games.

All jewellery needs to be removed. Religious jewellery and earrings must be secured/covered with medical tape if they can not be removed.

Long hair must be tied back and plasters/veruca socks are to be used over verucas.

Spare swimming kit will be provided for those who have forgotten appropriate kit.

Children come to school in PE kit on their designated PE day.

Teachers and teaching assistants must be dressed appropriately in order for them to be able to support children in PE. Staff should wear trousers or leggings with trainers/bare feet. All necklaces/bracelets & scarves should be removed.

Pupils must be taught how to take out and put away apparatus safely from an early age.

- apparatus should not be dragged across the floor
- benches, boxes, tables & beams should be carried by at least four pupils
- mats should be carried by at least four pupils in KS1 and 2 pupils in KS2.

Pupils must be taught how to lift and carry equipment from an early age. Correct technique and safe procedures must be demonstrated continuously as appropriate.

• lifting- using a straight back and bent knees

• carrying- pupils must look in the direction they intend to travel and must also be specifically reminded to be aware of others around them.

## **Inclusion**

The Physical Education curriculum is an entitlement for all pupils. All pupils will be given opportunity to fulfil their potential within PE regardless of ethnicity, culture, class, gender or SEND.

All pupils must take part in all PE lessons in accordance with their timetable. This includes dance, games, gymnastics, athletics, swimming and outdoor activities. If a pupil does not take part in the lesson, teachers must note the reason given. Pupils may only be excused if an appropriate letter has been given, or a parent/carer has been seen. Persistent non-participation without good reason must be followed up. If a pupil is unable to take part in the PE lesson, they must be supervised and, where possible, be involved in the session in some way (e.g. support, referee, observe & comment on activities). Pupils must not be sat at the edge of the lesson. If a child is present in school, they are expected to fully participate in the swimming lesson.

Our long-term overview incorporates inclusive sports, enabling the children to try sports such as: boccia, goalball, table-cricket and many more.

## **Teaching Assistants**

Teaching assistant support the teaching and learning of PE. They should have a clear understanding of their role in the lesson and be made fully aware of safe practices in PE.