



## South Otterington Church of England Primary School

### PE Policy

*The Physical Development Curriculum area of learning covers the subjects of PE and physical activity in KS1 and KS2 and physical development in the Foundation stage.*

#### Rationale

Physical Education, incorporating the essential elements of gymnastics, dance and games, (swimming, athletics as well as outdoor and adventurous activities in KS2) is fundamental to a happy and healthy lifestyle. We aim to deliver a fully inclusive, varied and challenging programme of activities that children can enjoy, engage in and be encouraged to participate with during and beyond their school life. Huge health benefits can be gained by pupils throughout life as a result of delivery of high quality PE as they make healthy choices and lead active lives. Improved personal and social skills benefit independent learning as well as helping to build a more desirable society.

#### Aims and Objectives

- For PE to be enjoyable: endorphins increase levels of happiness.
- To create a favourable attitude towards physical activity, encouraging participation by individuals proving both physically and mentally beneficial.
- For pupils to understand the body's response to vigorous activity and how this can alter over time as a result of effort or practise.
- For children to recognise the long-term health benefits of an active lifestyle.
- An opportunity to experiment with a range of activities and skills for which pupils may discover a talent or desire to pursue during/beyond their school days.
- The opportunity to be successful in a particular activity or event, leading to increased confidence and self esteem.
- An opportunity for competition, at a level appropriate to the individual.
- Improved co-ordination and posture, enabling pupils to function more skilfully and safely through the course of their life. Health and safety issues as well as risk assessment are a relevant and important feature of PE lessons.
- Lessons should be challenging, have warm-up, cool-down, vigorous activity, development of skills and continually aim to improve the skill levels, accuracy, speed, strength, agility, stamina or creativity of every child.
- Children are expected to reflect, assess and evaluate their own performance as well as that of others in a supportive and positive way.
- Highlight pupils demonstrating good practise, remembering to praise small steps made by individuals for whom physical activities prove difficult.
- Sports funding is used to improve access for all children and the impact is published on the school website.

#### Benefits

- Pupils will be happy, motivated, healthy and active members of the community.
- Pupils will be confident, fit to rise to a challenge and enjoy success.

- Recognise the importance of regular exercise and how it contributes to their physical and mental wellbeing.
- Learn to think and act critically and creatively in changing situations, both independently and co-operatively when required.
- Develop team players, who embrace collective success: co-operation is a key life skill.
- A sense of fair play, and sporting behaviour: a real desire to abide by rules/umpire's decision.
- Developed control of mind and body to enable them to focus on what is important and fair.

### Clothing

- Ear-rings and jewellery must be removed, or taped during PE lessons.
- Children need a change of clothing, white/House Team T-shirt, dark shorts and plimsolls or trainers for KS1. Tracksuits will be useful during inclement weather.
- A stock of PE equipment is held in the event of PE kit being forgotten or mislaid.
- Long hair must be tied back.

### Planning and Delivery

**ANY MEDICATION REQUIRED FOR INDIVIDUALS IS TO BE TAKEN TO THE LESSON SO THAT IT IS READILY AVAILABLE - inhalers, epipen etc. Class baskets are collected from the office.**

- In order to enable children to improve their strength, stamina, speed and creativity through physical activity, schools are expected to deliver 2 hours high quality PE during curriculum time weekly, increasing to 3 hours weekly when out of hours school sport is included.
- At KS1 equal time throughout the year should be spent on the three components: dance, gymnastics and games.
- At KS2 more components are required to be taught: dance, gymnastics, games (invasion, net & wall and strike & fielding), athletics, swimming and outdoor and adventurous activities.
- Swimming is offered for two terms during Years 2 and 3, and must also be offered to any child in Years 4, 5 and 6 to ensure that expectations in the Key Stage 2 National Curriculum can be achieved prior to leaving our school. All Year 2 and 3 children are expected to participate in swimming lessons regardless of ability, as all children will be challenged to improve their performance. This makes up part of the weekly PE requirement for these children, as well as providing a social experience.
- A range of coaches are invited in to school to provide opportunities for staff CPD and to provide high quality provision for the children.
- We run an annual Sports Week, where children are given the opportunity to participate in a range of sports.
- A week of outdoor and adventurous activities are offered to Year 6 pupils based at East Barnby, a county run residential site, near the east coast close to Whitby.

- Castle Dobroyd, the Robinwood Activity Centre at Todmorden, offers a residential activity weekend for pupils during Year 5.
- The Forest School takes all children throughout the school to work outside. The older classes attend for half a day each week, for a half term in the summer each year and the younger children attend for half a day each week, for two half terms each year (Autumn and Summer).

### Facilities and Resources

There is a wide range of equipment stored in the hall, PE store and outdoor shed. Children are encouraged to help set up and put away equipment as part of their work. By so doing, the children learn to handle equipment safely. Lessons take place in the hall, on the outdoor pitches or field. Swimming takes place at Thirsk Leisure Centre.

### Competition

The school participates in matches and tournaments organised within the small school cluster of village schools as well those organised by the sports partnership. We have typically been involved with competing in athletics, cross-country, football, cricket, hockey, rounders and netball/high 5 competitions. We have also participated in the Y5/6 swimming gala and Aquasplash (geared towards Y3/4 pupils). Children are chosen on merit.

A code of practise detailing behaviour for staff and parents has been issued by the sports partnership (attached). All registration for events is now through the partnership website that can be accessed via Fronter. Dates, times, rules of competitions are posted on the site, together with useful tips, lesson plans, courses etc.

### Provision of Out of Hours Sport

- North Yorkshire Soccer Academy is a private provider, run by Mr Richard Darcy, and they offer after school football to children from Y1 to Y6.
- Qualified coach, Mrs Umpleby, also runs a weekly sports club.

### Assessment for Learning

- Ongoing teacher assessment identifies strengths and areas for development.
- Achievement is assessed in accordance with guidance for development in the Foundation stage and expectations in the National curriculum at each level.
- Self and peer assessment where children are encouraged to evaluate their own achievements and those of their peers.

### Monitoring

Monitoring is carried out by the Curriculum Leader, the Head teacher and the link Governor.

### Homework and Reporting

Homework is set at the class teacher's discretion at an ability level suitable to the child. Parents are informed of their children's progress in PE through parent/teacher consultations, annual reports and informal discussions throughout the year.

### Equal opportunities

We at South Otterington Church of England Primary School view equal opportunities in the widest possible sense as embracing the well-being, contribution and development of all members of the school community irrespective of gender, race, religion, disability, age or socio-economic group.