



Valence Primary School. **Physical Education Policy**

Introduction

The school believes that physical education, experienced in a safe and supportive environment, is vital and unique in its contribution to a pupil's physical and emotional development and health. The physical education curriculum aims to provide for pupils' increasing self-confidence through an ability to manage themselves successfully in a variety of situations. A balance of individual, team, co-operative and competitive activities aims to cater for individual pupil's needs and abilities. The scheme of work is based on progressive learning objectives which, combined with varied and flexible teaching styles, endeavour to provide appropriate, stimulating, challenging and enjoyable learning situations for all pupils. The scheme aims to promote an understanding of the many benefits of exercise, through a balanced range of relevant activities. Physical education is considered as a vehicle to facilitate access to cross-curricular themes, skills and dimensions, rather than a subject concerned exclusively with the acquisition of motor skills and techniques.

Aims.

- To increase activity levels throughout the whole school by providing a supportive environment conducive to the promotion of physical activity.
- To enable pupils to develop and explore physical skills with increasing control and coordination.
- To encourage pupils to work and play together in group situations and promote a sense of fair play and good sportsmanship
- To develop an ability to remember, adapt and apply knowledge, practical skills and concepts in a variety of movement based activities.
- To increase pupils' ability to use what they have learnt to evaluate and improve their performance and knowledge of the correct terminology.
- For pupils to understand how exercise affects their body.
- To develop the pupils' enjoyment of physical activity through utilising their creativity and imagination.
- To understand that P.E is not just a lesson at school, it is a healthy way of life and something that we should also be doing outside of school and carry on into adulthood.
- Providing external links for all children, with extra consideration given to those considered Gifted and Talented
- To enhance basic skills for those who need support and those who are not encouraged at home to maintain a healthy lifestyle.

Objectives.

- Two hours of curricular PE/ week will be taught which provides a broad and balanced programme using such schemes of work as LCP, TOPS, KEYSTEPS, AVIVA, Run Jump Throw, LTA British Tennis and Keypesport
- Provision of relevant INSET opportunities for all teaching staff leading physical activity sessions/PE lessons

- Provision of quality physical activity opportunities both in and outside curriculum time.
- Children will participate in a range of psycho-motor / movement activities in order to develop personal physical skills. (Practical attainment) .
- Children will be made aware of their body in relation to others and their immediate environment and aim to promote quality of movement. (Kinaesthetics) .
- Children will be made aware of simple physiological changes that occur to their bodies during exercise. (Physiology) .
- Be given opportunities to develop imagination and co-operation to achieve shared goals. (Teamwork) .
- Be given opportunities to develop personal characteristics like initiative, self-reliance and self-discipline (Self-knowledge) .
- Be given opportunities to enjoy and succeed in the subject as well as be stimulated and challenged. (Problem solving) .
- Be given the opportunity to develop areas of activity of their choice in extra-curricular time. Make full use of the facilities here to prepare a child mentally and physically for key stage 3 and beyond.

Links to other school policies.

- PHSE -Well-being of the child
- Equal Opportunities – the school is committed to providing equal opportunities for all pupils, including those with special needs, within its provision of physical activity.
- Teaching and Learning – physical activities provided are developmentally appropriate; a variety of approaches are used to ensure that task are matched to pupil's abilities, and pupils at different starting points all make progress.

Resources

The facilities for the teaching of physical education at Valence are, we believe, unique. As a primary school we have access to a purpose built sports hall, a performing Arts Room, a limited access to multi-functional hall, hard court surface areas, a grassed playing field and a small picnic area (used for OA activities). As well as superb facilities in which to teach, the school also has a well-resourced PE store areas for use in both key stages, portable football, portable and fixed gymnastics equipment as well as many mats and benches. Equipment is checked regularly and stock replenished as often as budget allows.

Teachers have access to equipment and literature, via the coordinator, and can always rely on advice when needed. Our year 6 and SEN children get termly access to Becontree Leisure Centre Pool facilities. Training is available as required to the staff here to ensure that standards of delivery are high. Staff here regularly attend courses offered by the Barking and Dagenham Borough. Specialist members of staff always aim to keep abreast of new movements and initiatives. Local coaches are often invited in to work alongside teachers and support staff and this has helped enormously to raise the standard of teaching in these sporting areas.

Health and Safety

Since this area now actually forms part of the National Curriculum it is important that we understand that the safety of children in lessons is of paramount importance ‘

- Safe Practice in PE (BAALPE booklet) is available to all staff.
- It should be noted that, in the event of an emergency, phones are within a short distance of PE lesson locations and PE staff carry mobile phones for outside activities.
- First aid boxes are available from the sports hall and main office. The school’s Health and Safety Policy is applied here.

PE Kits

Physical activity is integral to the good health of our children and thus, suitable PE kit is essential in ensuring that pupils access the PE National Curriculum to its potential, and participate safely and comfortably in physical activity at School. We believe that a uniform kit encourages our children to have a sense of belonging to a community and promotes a feeling of pride and equality.

All pupils should bring their PE kit to class even if they are not going to be actively involved as a performer. If a pupil is injured or unwell, a signed note from the parent or guardian must be provided to the PE teacher at the start of the lesson. Pupils who are excused will still need to change into PE kit as they will be involved in the learning process through the role of a coach, umpire, referee or leader.

Valence Primary kit is compulsory and consists of; white PE T-shirt, dark PE shorts/dark jogging bottoms/dark Leggings, sports trainers or black plimsolls.

Pupils who fail to bring in the correct PE kit will be required to borrow school kit. Failure to bring the correct PE kit will result in a letter home.

Jewellery and Long hair

All jewellery must be removed for PE. If a student has newly pierced ears (i.e. 6 weeks or less) then earrings must be covered completely.

Long hair must be tied back in order to prevent entanglement in apparatus and to prevent it obscuring vision.

Role of the Coordinator

The role of the PE Coordinator involves;

- Adapting various schemes of work, with lesson ideas to support its implementation.
- Supporting colleagues in all aspects of the curriculum.
- Maintaining and replacing equipment.
- Ensuring areas for lessons are safe.
- Assisting with recording keeping and assessment of the subject.
- Monitoring the teaching of the subject at school.
- Attending meetings and courses, which will inform future development of the subject and ensure other staff are aware of courses themselves.
- Ensuring that pupils have the opportunity to become involved in extra – curricular clubs to further develop skills and talents.
- Ensure standards remain high in each year group through effective monitoring of the subject.
- Keep up to date with local, national, intra and inter competitions

Curricular Programme.

The PE programme is delivered by PE specialists and class teachers within the exception of swimming. This is taught by specialised swimming instructors in key stage 2.

The PE specialist teaches one lesson of PE per week and the class teacher teaches the second lesson of PE lesson every week.

Each child will receive the following **ACTIVE** PE time per week:

Foundation Stage: At least 2½ hours of active play per day

Key Stage 1: 1hr x 2 lessons.

Key Stage 2: 1hr x 2 lessons, 1 term of allocated swimming in Year 6.

Planning

The Physical Education curriculum and the schemes of work used by the school, covers all areas of activity outlined as statutory in the PE National Curriculum 2013. Each year group covers certain aspects of the curriculum during the child's time at the school. The current schemes of work are being updated and lesson plans are available for all of curriculum areas for each year group, if required.

Valence Primary School-

- Ensures that all pupils receive 2 hours' curriculum time physical education each week. (KS1/2)
- Provides a physical education programme which is broad, balanced and fully inclusive, suiting the needs of all pupils.
- PE programme will cover the key elements which are:

Foundation Stage	Key Stage 1	Key Stage 2
<ul style="list-style-type: none"> - Physical Development <ul style="list-style-type: none"> - Fine & gross motor skills - Understanding changes that happen to their body after physical activity - Keeping healthy and safe 	<ul style="list-style-type: none"> - Games, - Dance, - Gymnastics - Athletics 	<ul style="list-style-type: none"> - Games, - Dance, - Gymnastics, - Athletics, - Outdoor & Adventurous Activities - Swimming – Yr 6

- Curriculum-based learning is enhanced by the annual Foundation Stage, Key Stage 1 and 2 sports days in which the pupils are given the chance to perform in front of parents.
- Provides ongoing monitoring of PE lessons, in order to ensure that high quality outcomes are achieved.
- Ensures that all PE lessons have a warm up and cool down.

Cross Curricular Links

Valence Primary School promotes physical activity and health related exercise within other lessons – e.g. the affect of exercise on the body.

- Literacy (dance topics linked)
- Numeracy and geography (orientation)
- Science (effects on the body)
- Art (creating celebration of sports materials)
- ICT (data dandling for run a mile)
- RE (religious dance)
- PHSE (how the body works/feels)

Out of School Hours Activity.

After School Clubs:

We aim to encourage all pupils to take part in a range of clubs, and involve them in deciding what clubs they would like to participate in. Registers of the clubs are kept to identify those who do not take part in (extra) regular exercise. A range of clubs are offered each year to prepare the pupils for competitions. This is in addition to other physical activity clubs offered. The list of current clubs are available at the office/PE Co-ordinator.

Competition.

Pupils take place in a range of intra-school and inter-school competitions organised through the School Sport Partnership.

Monitoring and Evaluation.

The PE coordinators will have the lead responsibility for the monitoring of physical activity in the school. Each lesson taught should contain two adults

which will enable the teaching of PE and the monitoring, assessing and recording of pupil's progress.

A range of measures will be used to evaluate the impact of the policy in line with the above mentioned objectives.

Review date by staff: Person Responsible

Review date by governors

Signed: (Chair of Governors)

Signed: (Headteacher)

Next review date: