

Totley Primary School



PE and Sport Policy

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Reviewed by:	Ben Paxman
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Physical Education and Sport Policy

Introduction and Aims

At Totley Primary we aim to instill a passion for PE and sports. We feel that it is important to encourage a healthy lifestyle, and strive to do this by engaging children in a range of sporting experiences, with high quality PE teaching. As PE and sport enhance physical ability, confidence and self-esteem, we aim to develop each child to fulfil their potential by providing them with the required knowledge and skills, and giving them the opportunity to compete internally, and with other schools.

Through the effective delivery of Physical education and sport, we aim for our children to:

- Be physically educated
- Enjoy PE and sport
- Understand that PE and sport are part of a healthy, active lifestyle
- Have confidence to, and willingly participate in a range of activities
- Be eager to improve and achieve
- Be active learners; thinking about what they are doing and making good choices

Curriculum and Planning

Planning for PE lessons should respond to the group of children's needs. The national curriculum states that at KS1, children should 'develop fundamental movement skills' (including running, jumping, throwing, and catching) and access a broad range of opportunities which extend their agility, balance and coordination. They should be given the opportunity to engage in competitive and cooperative physical activities, and participate in team games, developing simple tactics for attacking and defending.

In KS2, children should continue to apply and develop a broader range of skills, and transfer these across different activities and sports. Flexibility, strength, technique, control and balance should be developed. They should also learn how to evaluate their performance, and have an awareness of their personal best; understanding how to improve, and seek to improve this within varied sports. Children should be given the chance to play competitive games, and apply basic principles for attacking and defending. Opportunities should also be provided to take part in outdoor and adventurous activity.

In KS1 and KS2 children should perform dances using a range of movement patterns.

Pupils should be taught:-

How exercise affects the body in the short term.

To warm up and prepare appropriately for different exercises.

Why physical activity is good for their health and well-being

Various planning resources are available to staff on 'staffshare'. The PE leader will also hold all hard-copy planning and schemes of work and provide these for staff when requested. Planning formats will vary as appropriate for specific sports and areas. Following coaching from outside agencies, and delivery of these areas by staff, where possible opportunities will be provided for children to experience inter or intra-school competition.

Teaching and Learning

The Government recommends that two hours of high quality PE a week, swimming is taught during key-stage 2, and opportunities for all children to join in a variety of extra-curricular sports clubs run by staff and outside agencies. This gives them the opportunity to develop their skills, enjoy performance and encourage sport as part of a healthy lifestyle.

During PE lessons, children should remain physically active for at least 10 consecutive minutes by the end of KS1, and 20 consecutive minutes by the end of KS2.

Opportunity and provision in PE and extra-curricular activities will be planned and delivered to meet the needs of all pupils. PE experience will reflect the whole school policy on promoting equal opportunities for all pupils. Differentiation should enable all pupils to achieve the best of their ability.

Differentiation can be catered for in a range of ways, such as;

- Grouping children by ability and setting different tasks for each group
- Providing a range of challenges through the provision of a variety of appropriate resources / equipment, individual, paired and group work
- Providing extension activities or more skills based activities for higher ability children.

Health and Safety

In order to ensure the safeguarding of our children, staff will follow the Safe Practice in PE and Sports (2012) document.

Clothing and jewellery:

- Children will wear suitable clothing for indoor and outdoor PE. This will include suitable training shoes (unless in the hall in which children can be bare-foot), tracksuit shorts or bottoms, and a different T Shirt to their school uniform.
- Ear-rings must be taped up or taken out (exception: must be taken out for swimming).
- No jewelry should be worn (exceptions: studded earrings taped up, adults can wear a watch for time-keeping).
- Hair should be securely tied back.

Adults delivering PE sessions should follow the same clothing and jewellery policy.

Assessment and Recording

Children should be given verbal feedback throughout lessons in order to enable them to improve their performance. There should also be the opportunity for children to self and peer-assess to evaluate performance and make suggestions for improvements.

Children should be formally assessed once a term in relation to age related expectations.

Sports Premium

The PE and sports leader will be responsible for ensuring that the PE and Sports budget (allocated by SLT), and Sports Premium funding is spent appropriately to ensure it has value and impact. The budget will be spent on:

- Professional development of staff in order to deliver high quality PE and sport teaching
- Resources (including planning) and equipment in order to enhance children's physical education skills development
- Funding competitions (including transport) to enable a high percentage of children to participate in competitive sport
- Subsidising physical extra-curricular activities to enable a higher percentage of children to access these.

Monitoring/Reviewing

Staff should input the unit of work taught, including key objectives for each lesson on 'staff share'. Staff should also reference the scheme of work followed. If staff are receiving CPD through a specialised sports coach, they should write notes each lesson (including learning objectives, teaching points of key skills, and activities to apply these skills), and input these on to the planning template on 'staffshare' in order that other staff can access and deliver lessons from this planning. The PE and sports leader will review planning input from coach delivery and units of work taught.

PE and sports resources and equipment will be audited and updated on an annual basis and resources and equipment will be purchased, if appropriate, when requested from staff members in order to have an impact on learning and skills development.