



## St John's Stonefold CE Primary School, Rising Bridge

Whole School Policy for Physical Education	
Written By	Miss HJ Whiteford
Date	September 2021
Approved by FGB	November 2021
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### Values:

*Empathy Aspiration Generosity Love Endurance*

### Mission:

*Rooted and Established in God's Love: Nurture, Grow, Fly (Ephesians 3:17)*

### Vision:

*Our vision is to live and grow together as a loving church school family, who celebrate one another's individuality. Built upon our shared Christian values, St John's provides our children with excellent teaching of a bespoke and innovative curriculum, empowering them to flourish with the knowledge and skills for life.*

*From our vision, we inspire our children to have uncompromising aspirations and to thrive and succeed.*

## **Introduction**

St John's Stonefold Primary School recognises the vital contribution of physical education (PE) to a child's physical, cognitive, social and emotional development, as well as the role it can play in relation to a child's spiritual, moral and cultural development. PE is an integral part of the curriculum to be enjoyed by all children. It is a real opportunity for both teachers and children to consolidate and work on the values that underpin every aspect of school life.

## **Intention and Aims Generally**

1. It is the intention of the school to provide a broad and balanced PE curriculum to aid and increase children's self-confidence in relation to their ability to manage themselves and their bodies within a variety of movement situations.
2. The aim is to cater for the different strengths, needs and preferences of each child by using differentiated activities (where appropriate) consisting of individual paired and group activities. Through the variety of opportunities that PE offers children can develop a sense of personal achievement, fair play, teamwork and an understanding of the ways in which sport can transcend social and cultural boundaries. A range of activities will therefore be provided with a broad base of movement knowledge, skills and understanding, which children can refine and expand throughout their primary school years.
3. Children of all abilities will be encouraged to join clubs and organisations with the aim of extending their interest and involvement in sport. We will also encourage children to develop their creative and expressive abilities, through improvisation and problem-solving.
4. Children who are taught to appreciate the importance of a healthy and fit body begin to understand those factors which affect health and fitness. Our aim to raise children's awareness in this regard is therefore closely aligned with the school's policy on Personal, Social, Cultural and Health Education (PSCHE).
5. Through the Government Funding for Sport the School will, where possible, provide opportunities for both pupils and teachers to work with and alongside PE specialists and sports coaches. The aim is to enhance specialist and coaching facilities and to develop the skills and expertise of staff to provide better coaching, mentoring and advice to pupils across the

whole PE and sport spectrum. Spending will be reviewed and published on the school website.

### **Specific Aims in relation to Physical Development**

Different experiences for different age groups will ensure all pupils will be exposed to a range of appropriate challenges as they move through the school so that they:

- develop physical competence and confidence by acquiring and developing a range of fine and gross motor skills.
- become aware of the different shapes and movements that can be made with the body.
- develop knowledge, skills and understanding, and the ability to remember, repeat and refine actions with increasing control and accuracy.
- become aware of the benefits of a fit and healthy lifestyle by understanding the effects of exercise on the body and the importance of developing strength, endurance and flexibility.
- appreciate the value of safe exercising.

### **Specific Aims in Relation to Social, Emotional and Cognitive Development**

Participation in PE has other additional benefits which should help to:

- develop a love of physical exercise.
- develop the ability to work independently and communicate with, and respond appropriately towards, others using verbal and non-verbal communication.
- develop confidence in skills and abilities.
- promote an understanding of safe practice, and develop a sense of responsibility for the safety of others.
- realise that the right exercise can be fun and energise other things in life.
- create and plan games for mutual benefit.
- develop a sense of fair play.
- develop decision making and problem solving skills.
- develop reasoning skills and the ability to make judgements.
- develop an increasing ability to select, link and apply skills, tactics and compositional ideas.

- develop the ability to communicate non-verbally with the body.
- improve observational skills, the ability to describe and make simple judgements, and to use this knowledge and understanding to improve performance.
- understand that using correct techniques will improve accuracy and performance.
- enable performance evaluation and the ability to act upon constructive criticism.

### **Spiritual, Moral and Cultural development**

Developing a positive attitude generally is not simply about celebrating sporting success and learning to lose well; but also encouraging children always to do their very best regardless of their ability; praising progress and achievement in a way that does not cause fear or upset for lack of performance or failure; and treating team mates, opponents and referees with respect. Essentially, using every opportunity to maintain and raise self-esteem all round.

### **The PE Curriculum**

We follow the Lancashire Physical Education Scheme of work. Pupils in both KS1 and KS2 will engage in two lessons of high quality PE each week. One will be taught by the class teacher, the other by Rossendale Leisure Trust. In KS1 the curriculum focuses on fundamental movement skills to develop agility, balance and co-ordination. Curriculum content includes ball skills and team games, gymnastic and dance activities. KS2 includes swimming. At KS2 pupils will continue to apply and develop a range of skills and units of work which include a range of invasion, net/wall, and fielding and striking games, gymnastics, dance, athletics and swimming. Children's experiences will also be enriched through opportunities for outdoor and adventurous activities. A range of resources will be used to support progression across the curriculum for example specialist coaching sessions for different sports provided by Rossendale Leisure Trust.

### **Swimming**

Swimming lessons will be compulsory for all children from Year 3. Lessons will be paid for by school and delivered by the Local Authority. Children

are supported and taught by qualified swimming instructors and their class teacher which builds confidence and ensures children make progress. All children with long hair must wear swimming hats and a permission letter from parents must be provided if the children would like to wear goggles. Staff that accompany the children to their swimming lessons will ensure that any inhalers are taken with them.

### **Earrings in PE/Swimming**

Earrings must be removed before participating in PE lessons (including swimming). If a child is not able to remove their own earrings parents should do so before school on a PE day. If there are exceptional circumstances which prevents this from being possible for a defined period of time, parents should provide a letter explaining the reasons and the date from which earrings can be removed. During this period the earrings will be made safe using plasters, however a teacher may ask a child wearing earrings not to participate in an activity if they feel the risk is sufficient.

### **Staffing/Staff Development**

Each class teacher will take responsibility for planning, teaching and assessing the PE curriculum for their class. It is intended that all staff will take part in professional development to ensure secure subject knowledge and awareness of health and safety procedures. It is further intended that staff should be comfortable and competent in the area of activity being taught. Where additional support is required this will be provided by either the subject leader, specialist sports coaches or outside providers through INSET. All staff who attend CPD courses will provide feedback and disseminate information/learning.

### **Safety**

In order to minimise the risk of injury:

- children should dress in shorts/ tracksuit bottoms and t-shirts.
- trainers are worn for outdoor games, together with tracksuits if cold.
- jewellery or watches are not to be worn. Ears pierced for less than six weeks will be covered with plasters.

- long hair should be tied back and rigid headbands should be removed.
- children will be trained to lift and carry any apparatus sensibly into position under adult supervision, which will be checked by a teacher before use e.g. mats and benches.

### **Safeguarding**

All adults working with children in school with children will be DBS checked.

### **Clubs**

Varied extra-curricular activities compliment and supplement the range of activities covered in curriculum time. Clubs will be provided on a Tuesday morning and Tuesday afternoon by Rossendale Leisure Trust, these are completely free to children in order to encourage them to go. These clubs change half termly and can include cricket, rounders, dodge ball and multi-sports. Competitions are competed in by KS2 throughout the year which include athletics, cross country, dodgeball and football. Where possible KS1 will also take part in competitions.

### **Equipment**

A regular audit is taken on school equipment and updated where appropriate. Equipment is stored in the school hall or in the outdoor covered area.

Signed

HJ Whiteford

PE Co-ordinator

Headteacher

Chair of Governors

Reviewed: September 2021