



DORMANSTOWN PRIMARY ACADEMY

Physical Education Policy

Policy Reviewed: January 2018

Aims

Dormanstown Primary Academy has high expectations in Physical Education and believes that P.E. offers pupils the unique opportunity to develop physical, social and cognitive skills and the knowledge to have a healthy lifestyle.

The objectives of teaching P.E. in our school are:

- To encourage fun and enjoyment through physical education and for children to develop an excitement and enthusiasm for physical activity and sport.
- To enable children to develop and explore physical skills with increasing control and co-ordination and for all children to acquire fundamental movement skills.
- To encourage children to work with others so they can play as part of a team.
- To increase the awareness of being safe and staying safe during PE lessons, including the need for rules and regulations.
- To help children improve their skills and performance, using various techniques, including observation and evaluation.
- To teach children to recognise and describe how their bodies feel during exercise, and know what happens to our bodies and be able to explain this.
- Develop an appreciation for health and fitness and the benefits of an active life style.
- To develop the children's enjoyment of physical activity through creativity and imagination
- To encourage every child to reach their full potential.
- To encourage more children to participate in sport both out of school and in extra-curricular clubs.

Physical Education in the National Curriculum

P.E. is a National Curriculum subject and an entitlement for all for pupils in Foundation Stage, Key Stage 1 and 2.

At Dormanstown Primary Academy, children receive 2 hours of high quality physical education per week. Teachers follow the National Curriculum and Curriculum Map for their year group.

Children will experience:

Key skills and fundamental movement (balance, movement, hand eye-coordination, changing direction) – EYFS & KS1

Gymnastics – EYFS, KS1 & KS2

Dance EYFS KS1 and KS2

Speed, Agility and Quickness – EYFS, KS1 & KS2

Athletics – KS1 & KS2

Football – KS2

Hockey – KS2

Tennis – KS2

Netball – KS2

Cricket – KS2

Tag Rugby – KS2

Orienteering – KS2

Swimming – KS2

Planning in PE

Work is planned using Curriculum Maps and P.E. programme for each half term in accordance with National Curriculum requirements. Teachers follow the programme and supplement this with the L.C.P. scheme of work and with First Funs, Start to Play and Matalan resources.

Teaching and Learning

A variety of teaching techniques will be used throughout lessons and over the academic year. Activities will be created to suit the children's needs in order to maximise each Physical Education lesson.

Start of lesson / Objective(s): Teachers highlight the lesson objective(s) to the group and set expectations.

Warm up: Teacher / child led pulse raiser warm up to get the blood flowing around the body. Children understand the importance of a warm up and the affect this has on the body.

Skill: Children will be taught skills with progression, which will be differentiated for different abilities.

Small sided games: Games to work on the skills practised during the lesson in a game situation.

Concluding the lesson: Teachers review the aims of the lessons. All children should be able to answer the question "What have I learnt in P.E. today?" Children cool down at the end of a lesson.

School Games Values

Children learn about the six school games values: **Passion**, Self-Belief, **Honesty**, **Determination**, **Team Work**, and Respect.

Strategies for assessment and reporting

Assessment for learning is an ongoing process which takes place throughout each unit of work and allows lessons to be planned to ensure every child reaches their full potential. Assessment provides information for reporting to parents.

Health and safety

Our aim in P.E. is to keep all children safe during the lesson. We follow the recommendations given in The Safe Practice in Physical Education published by BAALPE. Earrings must be removed before taking part in P. E. lessons. They can only be taped if recently pierced. Each member of staff is fully aware of any medical conditions of any child they teach and how to best deal with them. Pupils not participating should be asked to observe the lesson, and contribute where appropriate.

Promoting key skills through Physical Education:

Social Skills The development of vital social skills such as teamwork, communication and leadership.

Cognitive Skills The development of cognitive skills such as decision making and analysis. To recognize the nature of a challenge, think of different ways to approach a task and self- evaluate. To collect and analyse data, using different forms of measurement and Information Technology.

Physical Skills To improve learning and performance, through recognising what they do well and what they need to do better, helping them to observe a good performance and develop the confidence to do something new.

Knowledge of Health and Fitness To develop pupils' knowledge and understanding of healthy lifestyles.

Confidence: To develop children's confidence in trying new exercises and sports; being able to overcome setbacks positively.

Clothing

Foundation Stage & Key Stage 1

P. E. shoes or bare feet, shorts Tee-shirt or vest and pants.

Key Stage 2

Indoor - P.E. shoes or bare feet, shorts and t-shirt

Outdoor - As above with suitable warm clothing, trainers may be worn.

Caps and cream can be used in hot weather.

Swimming One piece swimming costumes or trunks are required by swimming regulations. Goggles can be worn if a letter from parents is received (medical evidence).

Special Needs

As an inclusive academy we always endeavor to meet every child's individual needs.

Equal opportunities

We strive to ensure that all children at Dormanstown Primary Academy have equal opportunities. Every single child will have an opportunity to take part in a wide variety of sports on the Curriculum Map.

Equipment and Teacher Reference Materials

Resources and P.E. equipment is stored in the hall. Children will be taught where to find and how to handle the P.E. equipment safely. The children will be taught to treat equipment with respect, to collect, use and replace individual items in the appropriate place. Teachers will make sure that everything is replaced tidily and safely once the lesson is over. Safety is of paramount importance. If any equipment is found to be faulty or unsafe the teacher will remove it from use and report to the P.E. coordinator.

Outside Agencies

We use what expertise we can to help the children reach their potential. This will include fostering and maintaining links with outside agencies. This will be facilitated by the P.E. Coordinator and extended school worker.

Out of Hours Learning

We provide additional physical activities to both enrich and extend the curriculum. Sports clubs will run throughout the year. Activities will change each half term and will be displayed on the school website.

Range of sports on offer:

Key Stage 1: Football, Multi-Sports, Basketball, Gymnastics, Fitness, Athletics (track & field) & Athletics (throwing & jumping).

Key Stage 2: Hockey, Football, Tag Rugby, Basketball, Netball, Gymnastics, Cricket & Tennis.

- We offer enrichment activities which are led by Sports Leaders.
- Children compete in a variety of competitions.
- Links are made with local sports clubs.
- We encourage a competitive element to team games and play intra competitions in school and inter competitions against other local academies. This is to enhance the achievement of children throughout the academy and to offer greater opportunities to the gifted and talented children.

P.E. Lead & P.E. Team

- Play a lead role in the development of P.E. practice through the academy.
- Offer professional development and support to staff as appropriate.
- Organise competitive sports fixtures and tournaments.

- Action plan appropriate use of the Sports Premium funding to support the development of Physical Education, health and fitness and increased opportunities for competition.
- To action plan and strive to achieve the School Games P.E. Kitemark.