

# Hingham Primary School



## PE policy

<b>Formally adopted by the Governing Body/ Trust of:-</b>	<b>Hingham Primary School</b>
<b>On:-</b>	<b>October 2022</b>
<b>Chair of Governors/Trustees:-</b>	<b>Susan Gothard</b>
<b>Review date:-</b>	<b>October 2024</b>



# Physical Education Policy

**The purpose of study and the aims of the national curriculum for physical education (2014) state:**

*A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.*

## **Aims**

The national curriculum for physical education aims to ensure that all pupils:

- develop competence in order to compete in a broad range of sports and activities
- are physically active for sustained periods of time
- lead healthy, active lives.

Our aims for Physical Education are (linked to our vision of 'Nurture, Learn, Achieve'):

**Nurture** – We regularly encourage children to be healthy and active. This helps all children practise teamwork in school which they can then use in the communities they are part of.

**Learn** – We broaden our children's experiences of physical activity with a broad and varied PE curriculum. This enjoyment of PE promotes a lifelong love of physical activity in children and staff. We offer staff CPD training in PE to ensure high quality provision.

**Achieve** – We provide intra and inter-school competition through our SSP. We encourage children to record their personal bests and attempt challenges. This helps us achieve improved attitudes to health and regular purposeful activity. We first focus on skill development in each sport and then allow children to hone those skills by competing in competitive matches.

**PE and sport premium funding:** The school receives £ 17,490 PE and sport premium. The school uses this funding to meet the following requirements, reporting back annually on the impact of its plans to:

- Meet national requirements for swimming and water safety
- KI 1 - The engagement of all pupils in regular physical activity (30 mins/day)
- KI 2 - The raising of the profile of PE and sport across the school
- KI 3 - The increased confidence, knowledge and skills of all staff teaching PE
- KI 4 - The broader range/experiences of sports and activities offered to all
- KI 5 - The increased participation in competitive sport

**Link Governor:** Our PE and sport Link Governor is Karen Care.

## **PE Kit:**

All pupils in Key Stage 1 and Key Stage 2 must wear appropriate clothes for PE. No jewellery is worn.

Long hair must be tied back

Earrings must be removed or covered by tape if recently pierced.

Parents are informed of our PE kit requirements and they are expected to comply. Children come to school in their PE kits on their PE days. They must be smart as the PE uniform is part of the school uniform.

Parents must provide a written note if pupils cannot participate in PE stating the medical reason. Pupils unable to take part in the physical part of the lesson will be included in another purposeful aspect of the lesson.

<b>PE uniform</b>		
<b>Indoor/Summer PE</b>	<b>Outdoor PE</b>	<b>Swimming</b>
Colour team t-shirt	Colour team t-shirt	Swimming trunks or one-piece costume
Navy or black shorts	Navy or black shorts or jogging bottoms	Swimming hat
Trainers/bare feet	Trainers	Towel
<b>No plimsolls are required</b>	Navy, black or colour team hoody	Googles (recommended)
		All named and in a labelled bag

**Entitlement:** The school provides all pupils with the full entitlement of two hours high quality Physical Education a week. Units of work are blocked in accordance with the PE scheme of work for EYFS, KS1 and KS2. Currently, we are being supported in planning through Get Set 4 PE.

**Daily Physical Activity approach:** Hingham Primary School aims to provide all children with regular physical activity, for 30 minutes each day including an active lunch time.

**EYFS - Physical development** involves providing opportunities for young children to be active and interactive; and to develop their co-ordination, control, and movement. Children must also be helped to understand the importance of physical activity, and to make healthy choices in relation to food.

In our school, this is structured into 1 weekly session of approximately 45 mins alongside daily continuous provision including building, climbing, cycling, scooting etc. This helps the children achieve a good level of development at the Early Learning Goals.

**All Key Stage 1 and Key Stage 2** classes offer 2 lessons of 1 hour each week. Each class is timetabled so that facilities are available and children know when to wear their PE kits to school.

**Curriculum Planning:** Hingham Primary School uses the 'Get Set 4 PE' scheme of work for EYFS, KS1 and KS2.

PE contributes to the development of Speaking and Listening skills by encouraging children to follow instructions, understand and respond to instructions, understand the task and terminology used to express it, act on advice given, learn from others, ideas exchanged, team tactics, peer evaluation

**Personal, social, health, relationship education (PSHRE):** Children are taught the benefits of exercise, healthy eating, and how to make informed choices about their lifestyle. In PE children are encouraged to work cooperatively across a range of activities and experiences. They learn to respect the views and abilities of others.

**Teaching and Learning:** Lessons are blocked in units of work to promote greater depth of understanding, developing of skills, contextual application of these skills and the ability to perform reflectively. Children have opportunities to be creative, competitive, co-operative and to face challenges as individuals and in small groups or teams. They learn how to think in different ways to suit the different challenges. They are given the opportunity of demonstrating their learning, using a range of communication styles, allowing for effective assessment. This assessment is used to inform planning and promote greater learning. This scheme of work specifies progression of skills, knowledge and understanding.

**Monitoring of Standards of Teaching and Learning:** The PE Subject Leader conducts sampling of lessons across the year. Using the subject specific exemplification material from Ofsted or other agreed criteria, they look at what they observe and compare that with the exemplification material to ensure standards of teaching and learning and pupil achievement are high. The additional PE Premium funding is used here to release the subject leader to ensure that this happens in accordance with best practice and this policy.

**Assessment and Recording:** Pupils work is assessed throughout each unit of work using formative and summative assessment methods. Pupils progress is monitored by the individual class teacher who uses these methods to set realistic verbal targets for the individual pupil, based on their strengths and weaknesses. At the end of each unit an indication of the progress that they have made is recorded. This will allow an overview of all progress made over that academic year. This allows a comparison to be made with national expectations. Pupils also use ICT to record their achievements and to enhance their learning. This includes digital photography/ video and data handling.

**Equipment and Resources:** All resources are recorded on the resources for PE list. These are regularly reviewed in order to ensure they are appropriate to the range of activities undertaken, pupil ages, abilities and needs of the children in order to enhance learning.

The pupils are encouraged to:

- Look after resources (Golden Rule – “Care for everything in our school”)
- Use different resources to promote learning
- Return all resources tidily and to the correct place
- Be told of any safety procedures relating to the carrying or handling of resources.

**Safe Practice and Risk Management:** All teachers are aware of the health and safety arrangements for the areas of activity that they are teaching. This school

follows the “Safe Practice in Physical Education, Physical Activity and School Sport” (2020) guidance provided by the Association for Physical Education (afPE). A copy of the afPE manual is located in the staffroom.

The School employs the P.I.E. model extolled by afPE – ‘**Prevent, Inform, Educate**’. All pupils will be taught how to handle and carry apparatus, resources appropriately. They are taught to recognise hazards, assess the consequent risks and take steps to control the risks to themselves and others. Staff who lack confidence in teaching areas of activities are supported by access to INSET training either in school or on appropriate courses.

**Adjustments:** Physical education in our school will comply with the three basic principles for inclusion:

- Set suitable learning challenges
- Respond to pupils’ diverse learning needs
- Strive to overcome potential barriers to learning and assessment for individuals and groups of pupils

**Equal Opportunities and Inclusion:** Every pupil has equal access to national curriculum physical education. Learning experiences are adjusted in such a way as to meet the needs of all pupils. All pupils in the school have equal opportunities to access a broad, balanced, varied and resource rich-curriculum. All children have access to extra-curricular activities.

**Staff Continued Professional Development (CPD):** All staff take part in professional development to ensure secure subject knowledge, consistency and awareness of health and safety procedures and up to date knowledge. Staff are comfortable and competent and are supported in their professional development by utilising the planning materials in Get Set 4 PE.