



PHYSICAL EDUCATION, SCHOOL SPORT AND PHYSICAL ACTIVITY POLICY

2022/23

Introduction

Physical Education (PE) contributes in many ways to a child's education, wellbeing and physical state as it helps them lead full and valuable lives through engaging in purposeful and high-quality activity. It promotes active and healthy lifestyles, physical skills, physical development and knowledge of the body in action. PE enables children to learn confidence, perseverance, team spirit, positive competitiveness and organisation. PE is essential for helping children to develop fitness skills, understand the fundamentals or rules and develop important communication and team work skills.

Here at Springwood Heath, we aim to provide and promote inclusion and physical growth in a safe and engaging way. Our PE lessons are taught by class teachers who are specialists in their knowledge of safeguarding, inclusive differentiation, SEND, and physical literacy.

Our aim is to equip our children with the physical skills that they will need in later life and to help them master these fundamental skills from an early stage in their life. We wish to provide our children with the opportunities to participate in new sports, experience a range of different physical activities such as dance, gym, games and athletics alongside fortnightly swimming sessions in each class.

This year, following on from a successful introduction after the pandemic, we have introduced afternoon exercise slots for all classes. This is part of our incentive to make everyday life at Springwood Heath more active for all.

Curricular Aims

1. To develop physical competence to excel in a wide range of physical activities, including competitive sports.
2. To develop an increasing ability to select, link and apply skills, tactics and compositional ideas.
3. To improve observation skills and the ability to describe and make simple judgements on their own and others work, and to use their observations and judgements to improve performance.
4. For pupils to be active for sustained periods of time and to develop an understanding of the positive effects of the exercise on the body.
5. To develop the ability to work independently and respond appropriately and sympathetically to others.
6. To promote an understanding of safe practice and develop a sense of responsibility towards their own and others' safety and well-being.

To develop these, at Springwood Heath we promote the following attitudes towards sport:

- Always work well as part of a team and listen to others.
- Follow the conventions of the game and play honestly and fairly during competition.
- Be mindful of others and their environment.
- Persevere and never give up.

Strategies

At Springwood Heath, PE will be taught through;

- Exposition (demonstration, explanation and instruction) by the teacher to the class, groups or individuals
- Practical activity and related discussion
- Co-operative group work
- Consolidation and practice of fundamental skills
- Opportunity to discuss and reflect on their work through a plenary
- Use of professional/qualified coaching from Liverpool Football Club in the Community to enhance current provision within selected classes.
- Links made to Mental Health and Healthy Schools
- Extended high-quality provision through after school activities making use of teacher talents and professional/qualified coaches.
- Use of on site facilities such as the on site swimming pool and sports arena.

Children are entitled to high-quality PE lessons. Each child participates in weekly PE and fortnightly swimming sessions. We also promote health and wellbeing with our lunchtime mindful club and by participating in the daily mile.

Curriculum

The areas of physical activity (games, gymnastics, dance, athletics, swimming and outdoor activities) are set out in the Foundation Stage Curriculum and National Curriculum 2014. Our curriculum is based on these objectives and teachers teach each of these areas of PE throughout the year.

Areas of activity

Early Years pupils should be taught:

Games

- Spatial awareness
- Basic motor skills
- Co-ordination and control
- Aiming, predicting and estimating

Dance

- Using their imagination in art, design, music, dance, imaginative role-play and stories

Gymnastics

- Travel around, under, over and through balancing and climbing apparatus

Games (KS1 and KS2) - Pupils should be taught:

- Simple competitive games
- A variety of ways to send, receive, strike and travel with/without a ball
- Games which include running, chasing, dodging, avoiding and awareness of space and other players
- To develop core skills in attacking, defending, invasion, striking and fielding
- To play small-sided and simplified versions of net/wall and target games

Gymnastics (KS1 and KS2) - Pupils should be taught:

- To use technical vocabulary
- To perform basic actions of travelling (turning, rolling, jumping, balancing, climbing)
- To link movements on the floor and apparatus
- To repeat movements / develop sequences
- To develop complex movements

Dance (KS1 and KS2) - Pupils should be taught:

- To compose and control movements by varying shape, size, direction, level, speed, tension and continuity
- Investigate different genres of dance
- To express feelings moods and ideas
- To respond to various stimuli including music

Athletics (KS1 and KS2) – Pupils should be taught:

- To develop and refine basic running, jumping and throwing techniques using a variety of equipment
- To measure, compare and improve their own performance

Swimming (KS2) - Pupils should be taught:

- To swim unaided, competently and safely for at least 25m
- To develop confidence in water and
- To develop floating skills and support positions
- To develop an effective and efficient swimming strokes on the front and back
- To understand and follow basic water safety and survival skills

Outdoor Activities(KS2) - Pupils should be taught:

- To perform outdoor and adventurous activities in a variety of environments
- To face physical and problem-solving challenges individually and collaboratively

Swimming

We are fortunate in having a swimming pool. The pool is 16 m long x 8 m wide. All children from Year 3 to Year 6 have swimming lessons every other half term. Children are told at the beginning of term which day their swimming lessons take place and each class has a timetable of this.

When swimming, children are required to wear appropriate clothing – swimming costume (no bikinis) for girls and close-fitting trunks for boys, a towel, a swimming hat - (all children are given their first hat free of charge) they can be purchased from the school office for £1.20 each, and goggles if they wear them.

If a child is not swimming on a particular day they should bring a note from home explaining the reason. If children miss swimming without a reason the school will send a letter to parents to let them know.

Role of Curriculum Subject Leader

- With the Head teacher, to share a role in the monitoring and evaluation of the PE curriculum throughout the school.
- To encourage other members of staff in their teaching of PE and to give support where appropriate.
- To encourage staff to work within the guidelines laid down in the PE policy.
- To keep up to date with current good practice and with national changes within the PE curriculum.
- To manage a budget to purchase in line with the school's needs.
- To support members of staff in the use of effective planning, assessment and recording systems.
- To oversee an annual inspection of all PE equipment.

Lessons

Teachers are encouraged to plan and deliver high quality lessons by using inclusive techniques and objectives from the National Curriculum.

High-quality lessons should include:

- A clear learning objective
- Teaching the children to warm up safely
- The teaching of fundamental skills and techniques
- The application and adaptation of learnt skills in games activities
- Modelling of correct technique
- Use of correct and specific technical vocabulary
- Performance and evaluation of each other's work
- Work which reflects the learning objective
- Teaching the children to cool down safely
- Teaching the children the impact PE has on their bodies

Assessment

Summative and formative assessment is carried out by all teachers in the school for PE. Assessment includes:

- Informal observation of individual pupils
- Annual assessment check sheet linked to National Curriculum objectives
- In lesson, pupil observations that inform future planning
- Children self-reflect and self-assess during lessons as well as assessing their peer's performances.
- Floor books in KS1
- For swimming, teachers follow national swimming levels as a guide for teacher assessment of individuals.

Resources

All teachers and children (when assisted by an adult) have access to a wide range of sporting equipment that is appropriate for children of all needs. The equipment is regularly checked and if needed, equipment is replaced. Teachers and children are vocal about equipment requirements for the school and throughout the year the school tries it's best to meet these requirements. This year, we have replaced all basketballs, bought new nets and tennis equipment and have invested in outdoor play equipment such as ping pong sets and skipping ropes.

Health and Safety

Everyone has a duty under health & safety guidelines to ensure PE activities are carried out with due regard to the safety of staff and pupils in line with school, Local Authority and Health & Safety Policies. Advice can be sought from the Local Authority's adviser, or the staff members responsible for Health & Safety.

- All equipment, apparatus and environment should be checked before the start of every lesson by teacher and is the responsibility of the teacher

- Children should be given health and safety guidance through the lesson
- If a child has a serious accident then they are to be taken to a school first aider
- All jewelry should be removed and stored safely before each lesson
- If children wear stud earrings they should be taken out by the child. If this is not possible, the child should be given tape to cover their earrings. Children must place and remove the tape independently
- All long hair should be tied back
- Suitable clothing should be worn for each lesson. Children should not engage in physical activity without correct kit
- For indoor PE children should walk to the hall with suitable footwear on (pumps/trainers or schoolshoes)
- All children taking part in indoor PE should be bare foot or suitable footwear for indoor PE (pumps not trainers)
- For gymnastics when the apparatus is being used suitable footwear should be worn (pumps or barefoot only)
- All children with verruca's should wear pumps and verruca socks for swimming.
- Children without a PE kit will be required to borrow spares if appropriate or participate in the lesson as an observer. If this happens on multiple occasions then parents will be informed.
- Every child must have a school PE kit. They should bring it into school at the beginning of a half term and take it home at the end of a half term for cleaning.

When travelling to sporting activity, the appropriate risk assessments are completed and the followed issues addressed:

- All children wear seat belts
- All supervising adults to be aware of risk implications
- All transporting adults to be fully insured
- Parent permission for taking children out of school obtained
- Parent permission for children to be transported by other parents
- Appropriate risk assessments are obtained and given to the school office
- After school competitions children to be transported by their parents or a responsible adult who the child's parents have given permission. School to be informed.

Extra-Curricular Provision

Depending on the time of the year, Springwood Heath provides opportunities for children in a wide variety of areas. These after school clubs are updated and changing according to the interests of the children.

After school clubs are available for children to attend from Reception to Year 6 and are run by a mixture of teaching staff and external agencies and coaches.

All sports clubs are open to all genders and abilities and are delivered by qualified coaches or teachers who deliver high quality lessons. The provision of these extra-curricular clubs is reviewed annually and registers are kept to ensure opportunities are provided for all children.

Date completed: 22/8/22

Signed:

PE LEAD: Mr Harry Jones

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Head teacher: Mr Ian Hunt

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