

# LAVANT C.E. PRIMARY SCHOOL



## PHYSICAL EDUCATION (PE) POLICY

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## **Introduction**

Lavant CE Primary School recognises the vital contribution of physical education to a child's physical, cognitive, social and emotional development as well as the role it can play in a child's spiritual, moral and cultural development. We aim to provide a broad and balanced P.E. curriculum to aid children's increasing self-confidence in their ability to manage themselves and their bodies within a variety of movement situations. Through a balance of individual, paired and group activities, we aim to cater for the different strengths, needs and preferences of each child, using differentiated activities where appropriate. We believe that 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. We plan a range of activities that aim to provide children with a broad base of movement knowledge, skills and understanding, which they can refine and expand throughout their primary school years. All children are encouraged to join clubs and extend their interest and involvement in sport. We provide opportunities and encourage pupils to share and celebrate their sporting experiences and achievements both inside and outside school. We encourage children to develop their creative and expressive abilities, through improvisation and problem-solving. Children are taught to appreciate the importance of a healthy and fit body, and begin to understand those factors which affect health and fitness. This work is closely aligned with our policy on Personal, Social and Health Education (PSHE). We offer outdoor education opportunities for children throughout the school annually. Different experiences for different age groups ensure all get a range of appropriate challenges during their time at Lavant Primary School.

## **Aims:**

### **Physical development:**

- To develop physical competence and confidence by acquiring and developing a range of fine and gross motor skills.
- To be aware of the different shapes and movements that can be made with the body.
- To develop knowledge, skills and understanding, and the ability to remember, repeat and refine actions with increasing control and accuracy.
- To promote fitness and a healthy lifestyle by understanding the effects of exercise on the body and the importance of developing strength, endurance and flexibility.
- To exercise safely and know personal limitations.

### **Social and emotional development:**

- To develop a love of physical exercise/activities.
- To develop the ability to work independently and communicate with, and respond appropriately towards others using verbal and non-verbal communication.
- To develop confidence in their own skills and abilities.
- To promote an understanding of safe practice, and develop a sense of responsibility towards the safety of themselves and others.
- To realise that the right exercise for you can be fun and will give you energy for other things in life.
- To create and plan games and teach them to one another.
- To develop a sense of fair play.

### **Cognitive development:**

- To develop decision making and problem solving skills.
- To develop reasoning skills and the ability to make judgements.
- To develop an increasing ability to select, link and apply skills, tactics and compositional ideas.
- To develop the ability to communicate non-verbally with the body
- To improve observational skills, the ability to describe and make simple judgements on their own and others' work, and to use this knowledge and understanding to improve their own performance.
- To understand that using the correct technique will improve accuracy and individual performance.

- To be able to evaluate performance and act upon constructive criticism.
- Develop leadership skills to develop confidence and aid others development and enjoyment.

### **Spiritual, moral and cultural development:**

- To develop a positive attitude to themselves and others.
- To experience a range of differing activities and realise that physical activity doesn't have to be about winning a competition - doing your best is as important.
- To be able to encourage others and give praise for their achievements so that when children perform they do not fear failure.
- To treat your team, the opposition and the referee with respect.
- To raise self-esteem through opportunities to celebrate sporting success.

### **The PE Curriculum:**

At Lavant C.E Primary teachers plan using key objectives set out in the Early Learning Goals and PE National Curriculum.

Pupils in both KS1 and KS2 engage in two hours of high quality PE during the course of each week. 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. At KS2 pupils continue to apply and develop a range of skills and units of work include a range of invasion, net / wall, and fielding and striking games, gymnastics, dance, athletics and swimming. We also enrich children's experiences through opportunities for outdoor and adventurous activities. [Each class undertakes a daily 15 minutes of fitness during which time pupils are encouraged to complete a fast walk/run, undertake skipping activities or a participate in a keep fit exercise programme. Pupils are also encouraged to be active during playtimes through provision of a wide range of sports equipment.](#)

### **Swimming:**

It is in the National Curriculum that all children should be able to swim at least 25m by the age of twelve. Therefore, swimming lessons are compulsory for all children in Key stage 2. At Lavant C E Primary children learn swimming in Years 3, 4, 5 and 6 with qualified swimming instructors and class teachers.

### **Bikeability**

[Pupils in year 6 complete the bikeability programme during the spring term.](#)

### **Staffing/Staff development**

Each class teacher takes responsibility for planning, teaching and assessing the PE curriculum for their class. All staff take part in professional development to ensure secure subject knowledge and awareness of health and safety procedures. One PE lesson a week is provided by a very experienced SCS sports coach. It is important that staff are comfortable and competent in the area of activity being taught and should indicate where they feel they need support so that appropriate support can be given by either the subject leader, specialist sports coaches or outside providers through INSET. All staff who attend CPD courses must provide feedback/disseminate the information.

### **Safety**

As with all physical activity, it is important that certain procedures are followed to minimise the risk of injury.

- Children should dress in shorts, tracksuit bottoms and t-shirts.
- Children will work in bare feet for all indoor and apparatus work.
- Plimsolls or trainers are worn for outdoor games, together with tracksuits if it is cold.
- Jewellery is not to be worn. Watches should be kept safely in the classroom.
- 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. The teacher will check it before use. (See Manual Handling of PE Equipment – Risk assessment)
- Teachers should set a good example by wearing appropriate clothing when teaching P.E

### **Resources**

There is a wide range of resources to support the teaching of PE across the school. We keep most of our small equipment in the PE shed, and this is accessible to children only under adult supervision. The hall contains a range of large apparatus which is checked annually by Universal Services. The children use the school playground and field for games and athletics activities and the local swimming pool for swimming lessons.

### **Safeguarding**

All adults working with children in school are to be checked for appropriate DBS clearance. This includes coaches as well as staff working on a one off basis or with clubs. Children in Year 5 and 6 change separately.

### **Out-of-School-hours Learning**

Our extra-curricular programme compliments and supplements the range of activities covered in curriculum time. The planned programme reflects a breadth and balance across the NC areas of activity, including Running, Table tennis, Badminton, X-fit, dance, games and athletics. We participate in a range of inter-school fixtures, tournaments and festivals within the West Sussex Schools partnership & West Sussex area.

At the beginning of each term, we publish a documented timetable of clubs. The extra-curricular content aims to be varied – including competitive, non-competitive and team- and individual based clubs appropriate for all pupils.

### **Links with other subjects:**

PE can link to other subjects, e.g. Literacy, (recount/report/ instructions), Science (body parts/pulse rates) and Maths (shape/position/directions/counting and graphical representation of data). IT is also recognised as a potential tool for recording movements and actions to develop children's ideas as well as the appropriate use of audio visual and data logging equipment.

### **Equality:**

All aspects of PE are taught in such a way as to include all children regardless of their gender, background, culture or physical ability. Learning objectives are set in line with our Special Needs and Equality Policies.

### **Roles and Responsibilities**

The PE subject leader is responsible for monitoring and evaluating the implementation of this policy and to monitor and evaluate progress throughout the school in P.E. He / she must liaise with new staff on the implementation of policy when they first commence post.

Class teachers are responsible for implementing the policy and for monitoring progress of children in their class.

### **Summary:**

At Lavant we believe PE to be an integral part of the curriculum to be enjoyed by all children. It is a real opportunity for both teacher and child to consolidate and work on the values that underpin our school and its beliefs.