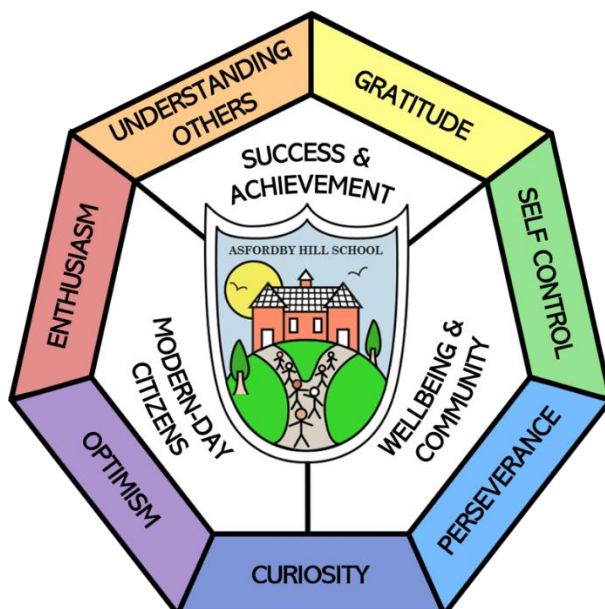


The Asfordby Hill School

Physical Education Policy



Individual Value; Valuing Individuals

Our Vision & Aims:		
<p>Success & Achievement</p> <ol style="list-style-type: none"> All children have their personal success celebrated. All children achieve highly, regardless of background. All children are resilient, respectful and confident learners. 	<p>Modern-Day Citizens</p> <ol style="list-style-type: none"> All children leave with deep, flexible knowledge. All children leave literate, including digital literacy. All children experience a rich, broad and balanced curriculum built on foundational British values. 	<p>Wellbeing & Community</p> <ol style="list-style-type: none"> All children are happy and safe at school. All children equipped to take charge of their own wellbeing. All children experience an excellent personal development program.

This Policy Links With:	
<i>Teaching and learning Policy Assessment Policy</i>	
<i>SEN Policy Health and Safety Policy</i>	
Recommended or Statutory	
Date Reviewed:	November 2024
Date of Next Review:	November 2027
Committee Responsible for Review:	QEHS
Date of agreement by Governors:	3.2.25

“Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity.” -John F.Kennedy

Vision

At Asfordby Hill Primary School, our vision for physical education is that all pupils develop a secure foundation in the knowledge and skills they will need for the future, both for their time in education and in their lives beyond. Pupils will have hopefully developed a passion for physical activity and discovered a sport that they enjoy.

Rationale

At Asfordby Hill Primary School, we believe that a healthy, active lifestyle promotes not just a healthy body but a healthy mind. Physical Education develops pupils' physical competence and confidence and their ability to use these to perform in a range of activities. It promotes skilfulness, physical development and knowledge of the body in action. Physical Education at Asfordby Hill provides opportunities for pupils to be creative, competitive, co-operative and face up to different challenges as individuals as well as in groups and teams. It promotes positive attitudes toward healthy and active lifestyles. Children learn how to plan, perform and evaluate actions, ideas and performances to improve their aptitudes, abilities, preferences and make choices about how to get involved in lifelong physical activity.

Our school policy is developed in accordance with the National Curriculum for Physical Education and the Early Years Foundation Stage Framework. Throughout this policy, the term 'PE' includes the Knowledge and Understanding elements of the Foundation Stage Curriculum, alongside National Curriculum PE for Key Stage 1 and 2. Through PE, pupils at Asfordby Hill Primary School will continue to deepen their understanding of the complexity of people's lives, the process of change, the diversity of societies and relationships between different groups, as well as their own identity and the challenges of their time, through respect, care and appreciation for the others.

Intent

At Asfordby Hill Primary School, we believe that PE is a vital part of educating the whole child, ensuring that they have the skills, knowledge and understanding to lead a healthy life now and in the future. We believe that PE provides children with the opportunity to learn about physiology, health, well-being, relationships and personal target setting. This comes through taking part in a range of competitive sports, PE lessons, fitness activities and a range of other activities.

We aim to provide a PE curriculum that children from EYFS up to Year 6 enjoy and participate in but also which provides experiences and opportunities to develop their health, fitness and well-being. We intend to offer a high-quality physical education curriculum that inspires all children to succeed and excel in competitive sport and

other physically demanding activities. It provides opportunities to become physically confident in a way that supports their health and fitness. Opportunities to compete in sport and other activities embed our school values; perseverance, self-control, gratitude, understanding others, enthusiasm, optimism and curiosity.

At Asfordby Hill Primary School, we recognise that children come to PE with a range of experiences and abilities. All children are supported within PE and school sport, whatever needs or talents they may have. Children who demonstrate talents in a particular sport will be signposted to local clubs and further opportunities to refine their skills.

At Asfordby Hill, our curriculum aims to provide each child with access to a broad and balanced programme of activities which are both accessible and challenging, that develop the children's fundamental movement skills so that children at different stages of development, of varying ability and of either gender, have the opportunity to experience a variety of athletic activities, sports, gymnastics, dance and outdoor adventurous activities (OAA) as prescribed by the National Curriculum, in as safe an environment as possible. In order to achieve this, we aim to:

- Stimulate and maintain pupil interest and enjoyment in PE and physical activity and to promote health and fitness for current and future lifestyles.
- Enable children to be familiar with a body of substantive knowledge, principles and vocabulary relating to PE.
- Enable children to see PE as a major feature in our lives; related to employment, leisure and culture.
- Enable children to understand and use safe practices in PE and appreciate its importance. Understand the short and long-term effects of exercise on the body and understand the role of exercise in a healthy lifestyle.
- Develop a range of desirable personal qualities focusing on Asfordby Hill's values- perseverance, self-control, gratitude, understanding others, enthusiasm, optimism and curiosity.
- Develop children's skills in working both independently as well as part of a group/team/house in varied activities utilising children's communication and oracy skills.
- Employ teaching methods and resources that will allow all children to have equal access to PE and to experience enjoyment and success. This may include adaptations in activity or equipment.
- Encourage leadership skills and personal development in all year groups. Specifically through the implementation of the house system with team captains responsible for being a positive role model to others, encouraging all pupils to be involved in physical activity and initiating ideas.

Implementation

Staff at Asfordby Hill will plan and teach PE lessons using the Complete PE scheme of work. The Complete PE programme provides a fun and simple-to-follow scheme of work and support for the Early Years Foundation Stage, Key Stage 1 and Key Stage 2 practitioners that give them the confidence and skills to deliver high-quality PE lessons.

It is fully aligned to the National Curriculum in England and Ofsted requirements. The scheme focuses on the development of agility, balance and coordination, healthy competition and cooperative learning. The foundations of the scheme are built upon the fundamental movement skills (FMS) of agility, balance and co-ordination, inclusive competition and broader essential skills (creative, cognitive, social and personal skills).

The following table details the coverage of PE through the school.

Year Group	PE Coverage
EYFS (Chestnuts)	Locomotion, Balance, Games for Understanding, Dance, Ball skills, Athletics
Year 1 (Willow)	Locomotion, Dance, Team building, Swimming, Athletics, Games for understanding, Health and wellbeing, Ball skills
Year 2 (Holly)	Ball skills, Invasion games, Gymnastics, Games for understanding, Dance, Swimming, Athletics, Team building
Year 3 (Rowan)	Problem solving, Invasion games, Gymnastics, Dance, Mindfulness, Swimming, Bat and ball games, Communication and tactics
Year 4 (Beech)	Communication and tactics, Invasion games, Athletics, Gymnastics, Dance, Mindfulness, OAA, Net and wall games, Bat and ball games, Swimming.
Year 5 (Sycamore)	Invasion games, Health related exercise, Gymnastics, Dance, Problem solving, Communication and Tactics, Athletics, Bat and ball games, Swimming.
Year 6 (Oak)	Dance, Invasion Games, Athletics, Leadership, Net and Wall games, Dance, Gymnastics, Bat and ball games, Health related Exercise, Swimming.

EYFS

Physical Development is a prime area of development in the Early Years Foundation Stage and subsequently, we encourage the physical development of our children as an integral part of their learning. We use the guidance set out in the Early Years Framework as a basis for planning the physical development of our children alongside the Complete PE scheme of learning. We encourage the children to develop confidence and control in the way they move and the way they handle tools and equipment. We give all children the opportunity to undertake activities that offer appropriate physical challenges, both indoors and outdoors, using a wide range of resources to support specific skills. Our children have the benefit of an outstanding outdoor area in which to develop their gross motor skills.

Equal Opportunities

Every child, regardless of gender, ethnicity or physical/ academic ability, has the right to equal opportunities in the teaching and learning of PE. At Asfordby Hill, we ensure that pupils are treated as individuals in an environment where they feel respected and valued, ensuring equal access to equipment, and delivering a curriculum free from stereotyped ideas.

Extra-Curricular Activities

At Asfordby Hill, we are committed to recognising the importance of physical activity and competitive sports outside the curriculum. We believe that links with our School Sport and Physical Activity Network (Melton and Belvoir), local secondary schools, local sporting clubs and organisations and our own school-led extra-curricular provision create a positive experience and environment for pupils to try out new sports/activities and hone in their skills.

Children are given regular opportunities to represent Asfordby Hill in various sporting and competitive events within our local network, as well as opportunities for skills development in festival events. We do our best to ensure that equal opportunity is available for all pupils and that, wherever possible, all pupils are offered the chance to take part in a competitive or skills development event at some point during each academic year.

Safety

Safety is an important aspect of PE and school sports and is at the forefront of all teaching and learning in PE. Children are encouraged to show concern for the safety of themselves and others whilst taking part in PE activities and moving equipment and apparatus. The importance and understanding of warming up and cooling down to prevent injury is taught as well as the need for controlled, quiet working when appropriate. Care of equipment is taught and where appropriate, children are taught how to 'put out' and 'put away' apparatus and equipment (under adult supervision) as part of a lesson.

PE Kit

On PE days, children come into school wearing their PE kit to prevent the loss of learning time. PE kit with the school logo is available to purchase from the school office however is not mandatory. PE kit consists of:

- Navy t-shirt
- Black shorts or tracksuit bottoms
- Red sweatshirt/ hoodie
- Trainers suitable for physical activity (not fashion trainers or plimsoles)

Safety elements of PE kit:

- All earrings should be removed or taped prior to coming to school
- All jewellery (including sports watches) should be removed
- All long hair should be tied back

Impact

The teaching of PE at Asfordby Hill will result in the majority of children not only acquiring the appropriate age-related substantive concepts linked to the PE curriculum but also the disciplinary concepts which will equip them to progress from their starting points to perform the skills required within different sports. At Asfordby Hill, we motivate and encourage pupils to participate in a range of sports which are engaging, fun and support them in developing a wide range of skills. We support children to apply a wide range of disciplinary skills alongside substantive concepts to both their PE

lessons and real-life experiences both now and in the future. We inspire children to be responsible for their own health and well-being, motivating children to lead a happy and healthy life.

Assessment of PE

A multi-faceted approach is taken to the assessment of PE at Asfordby Hill. The effectiveness of summative assessment of substantive and disciplinary concepts in PE is limited. It is important to be wary of purely making judgements from the outcomes of a single lesson, rather than what has been committed to long-term memory. The vast majority of staff's assessment of children in PE should be in formative assessment, in order that misconceptions are addressed at the point that they are made.

Opportunities for formative assessment may take the following forms:

- Verbal responses from pupils within lessons
- Retrieval practice
- Pupil interviews
- Games/matches/tournaments within lessons

Co-ordinator Role

The PE co-ordinator is responsible for:

- The PE policy and curriculum
- Safety checks on resources and equipment
- Offering appropriate advice, support and current information to teachers/ other adults linked to the school
- Monitoring continuity, progression and assessment
- Provision and organisation of resources
- Keeping abreast of new developments, participating in and providing INSET when appropriate
- Liaising with other schools, the local school games organiser and external sporting providers to organise and participate in inter-school events.

PE and Sport Premium

Sports Premium funding is used to fund additional and sustainable improvements to the provision of PE and school sports, for the benefit of our children and to encourage the development of healthy, active lifestyles. The spending report for Sports Premium funding is published on the school's website by the end of the summer term.

What is published on the website:

- Amount of premium received
- A full breakdown of how it has been spent
- What impact has been seen on pupils' PE and sports participation and attainment
- How improvements will be sustainable in the future
- What percentage of pupils in the Year 6 cohort for the current academic year can do each of the following

- swim competently, confidently and proficiently over 25m
- use a range of strokes effectively
- perform safe self-rescue in different water-based situations