

Asfordby Hill School

Achieving high Standards in all that we do.



PE POLICY

This Policy Links With: Teaching and learning PSHE	
Recommended:	Y
Statutory:	N
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Committee Responsible for Review:	QEHS
Signature of the Chair of Governors:	

“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

Rationale

This policy outlines the teaching, organisation and management of the PE taught and learnt at Asfordby Hill Primary School.

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. A healthy, active lifestyle promotes not just a healthy body but a healthy mind. 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. They 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.

Intent

At Asfordby Hill Primary School we believe that every child, irrespective of physical ability, race, gender, faith or stage of achievement has the right to reach their full potential in PE and attain enjoyment, satisfaction and success at their own level. We foresee that every child leaves Asfordby Hill Primary School physically active and finding enjoyment, a lasting sense of purpose, achievement and fulfilment in physical activity and sport. They will have developed physical skills, habits and interest that will promote a healthy lifestyle. Positive attitudes to physical endeavour including perseverance, fair play and sporting behaviour and the ability to cope with success and failure will be engrained. Children will know how physical exercise affects the body, understand the need for safe practice in physical activities and know how to achieve this. To accomplish this, we aim for all children to develop:

- analytical skills, evaluating and improving performance
- control, co-ordination and mobility
- skill and confidence in range of physical activities
- an awareness of physical capabilities of the body
- co-operative skills
- fundamental movements within every lesson

Implementation

At Asfordby Hill, our pupils are provided with a variety of opportunities to develop and extend their movement and sporting skills in a variety of contexts and situations:

- Whole Class quality first teaching

- Small group sessions
- Targeted interventions

What you will see in our school

P.E. is taught at Asfordby Hill as an area of learning in its own right, as well as integrated where possible with other curriculum areas. Children are encouraged to regulate their own thinking and learning and suggest ways in which they were successful, as well how they could improve. This consistent with the school's metacognitive approach to teaching and learning across the curriculum. It is taught for a minimum of two sessions per week so to achieve the 120 minutes recommended by the DfE. Teachers utilise the curriculum map to ensure that children develop a full range of skills across a wide range of sports and disciplines. Lesson plans demonstrate skills being taught progressively and in a fun and engaging way to ensure that school sport is enjoyed. We provide opportunities for all children to engage in extra-curricular activities before, during and after school, in addition to competitive sporting events. Children are signposted to local clubs in the area when aptitude and enthusiasm is shown. In addition to PE skills focussed lessons, children will experience an active curriculum throughout the day. They will take part in regular activity breaks to ensure that learning is not sedentary.

Skills audits are taken yearly by all teaching staff which feeds into the CPD planning for the following year. CPD could take the form of external courses, observations of specialist coaches, team teaching or in-house training sessions. Monitoring takes place throughout the year by the PE co-ordinator, PE governor as well as the senior leadership team. This will take the form of learning walks and child interviews.

We encourage and expect much physical development in the Foundation Stage. We relate the children's physical development to the objectives set out in the Early Learning Goals, which underpin the curriculum planning for children aged three to five. The children's learning includes moving confidently and imaginatively with control and coordination, recognising the changes that happen to their bodies when they are active and using a range of small and large equipment.

Pupils in KS1 and 2 are taught 6 areas of activity: Games, Gymnastic activities, Dance, athletic activities, Outdoor adventurous activities and Swimming. Swimming takes place during Year 3 and 4.

Games

Pupils are taught:

- a) simple competitive games, including how to play them as individuals and when ready, in pairs and in small groups
- b) to develop and practice a variety of ways of sending, including throwing, striking, rolling and bouncing, receiving and travelling with a ball and other similar games equipment
- c) elements of games play that include running, chasing, dodging, avoiding and awareness of space and other players.

Gymnastics

Pupils are taught:

- a) different ways of performing the basic actions of travelling, using hands and feet, turning, rolling, jumping, balancing, swinging and climbing both on the floor and using apparatus

- b) to link a series of actions both on the floor and using apparatus and how to repeat them.

Dance

Pupils are taught:

- a) to develop control, co-ordination, balance, poise and elevation in the basic actions of travelling, jumping, turning, gesture and stillness
- b) to perform simple movements or patterns, including some from existing dance traditions
- c) to explore moods and feeling and to develop their response to music through dances, by using rhythmic responses and contrasts of speed, shape, direction and level.

Swimming

Year 3 and 4 have one swimming session per week during Autumn Term, which is based at Waterfield Leisure Centre. Pupils access the National Plan for swimming.

Pupils are taught:

- a) water confidence.
- b) that swimming promotes and facilitates relaxation.
- c) water skills.
- d) the techniques of the main swimming strokes (front crawl, back stroke, breaststroke and butterfly when appropriate)

Outdoor Adventurous Activities

Pupils are encouraged to become more aware of their bodies and their capabilities, keeping themselves safe in the outdoor environment. Pupils have the opportunity to develop fine and gross motor skills in a variety of settings.

Athletic Activities

In this unit pupils concentrate on developing good basic running, jumping and throwing techniques. They are set challenges for distance and time that involve using different styles and combinations of running, jumping and throwing. In all athletic activities, pupils think about how to achieve the greatest possible height, speed, distance or accuracy. Pupils within this unit also prepare for sports day.

Assessment for learning will be evident throughout a topic with the teacher assessing the children's skills at the beginning of the unit (pre-assessment), adapting their teaching to suit the needs of the children throughout the unit (assessment for learning) then assessing the children at the end of the unit (post assessment). These assessments will be recorded on PE passport. All feedback provided will be verbal. Children will be encouraged to evaluate their own performance and the performance of others, offering areas for development as well as areas of strength. Towards the end of the school year, we assess and review each pupils' overall progress and attainment by drawing upon National Curriculum objectives. This will be reflected in the child's end of year report.

Impact

The majority of children at Asfordby Hill leave us as capable and confident sportspersons who enjoy sport and physical activity. Many engage in sporting clubs that are available in the

wider community. They also have the knowledge and understanding to make healthy lifestyle choices.

Our implemented curriculum has provided the following for our children:

- An ethos of physical activity and well-being throughout the school.
- PE teaching that provides challenge yet enables all children to succeed.
- An understanding of skills that we have as individuals and the value of difference.
- The ability to join in with team sports at a higher-level outside of school.
- The skills to swim unaided.
- A lifelong love of sport and physical activity.