

# *Central Primary School*



## *Physical Education Policy*

## **Our motto: Children are Central**

Physical education (PE) is the study of different sports and exercise including dance, games, gymnastics, swimming and water safety, athletics and outdoor adventure activities. At Central Primary PE is a core part of our pupils' learning experience.

### **Aims and objectives**

The objectives of teaching PE in our school are:

- to enable children to develop and explore physical skills with increasing control and coordination;
- to encourage children to work and play with others in a range of group situations;
- to develop the way children, perform skills, and apply rules and conventions, for different activities;
- to show children how to improve the quality and control of their performance;
- to teach children to recognise and describe how their bodies feel during exercise;
- to develop the children's enjoyment of physical activity through creativity and imagination;
- to develop an understanding in children of how to succeed in a range of physical activities, and how to evaluate their own success;
- to expose children to the rules of fair play through healthy competition
- to create cross-curricular links between PE and other subjects
- to teach children the importance of fitness and to inspire them to value it as a lifelong behaviour choice
- to expose children to a range of physical activities and sports, and the sporting experts and support staff who work within these areas

### **Teaching and learning style**

PE is taught as a discreet subject in our curriculum. It is taught for at least 2 hours a week, usually made up of three forty-five-minute sessions that give pupils a range of PE experiences throughout the year. One of these sessions is always dance and in Year 5 children will learn to swim as part of their PE curriculum.

Our PE curriculum is a progressive curriculum that aims to develop pupils' skills throughout the school. Throughout the school our PE curriculum is designed to build on pupils learning and ensure that there is always progression of their skills. We have published on our website the units of work pupils will undertake in each year group.

### **Dance**

As a school we have a specialist approach to the teaching of Dance. This builds on pupils' skills from Reception through to Year 6. We employ a specialist teacher of Dance to work with our pupils and to develop their Dance skills throughout the school. Again, this is a progressive scheme of work and reflects our dedication as a school to physical and creative development. The work completed in Dance in class is complimented by a range of after school and extra-curricular Dance activities throughout the year.

### **Assessment**

The PE curriculum is assessed through skill based assessments that are aligned with the National Curriculum 2014 and the curriculum plans of the school. This allows teachers to broadly say whether a child is at age related expectations in PE; above age related expectations or below age related expectations. Teachers use their assessments to support pupils' skill development across the different areas of PE education and to inform the differentiation and challenge that they may use in each lesson with their class.

## **Inclusion**

We recognise that in all classes children have a wide range of ability in PE, and we seek to provide suitable learning opportunities for all children by matching the challenge of the task to the ability of the child. We achieve this by:

- Setting tasks which are open-ended and can have a variety of responses;
- Setting tasks of increasing difficulty, some children not completing all tasks;
- Changing the learning methods (support, positioning, choreography) to suit the learning needs of different children;
- Grouping children by ability, and setting different tasks for each ability group;
- Providing resources of different complexity, depending on the ability of the child;
- Using adults to support children individually or in groups.
- Working with partners, in groups or with an adult

## **Extended Schools**

PE forms a key part of the extended school provision. There are a range of PE related activities that run throughout the year and these after school activities link into and build on the learning that takes place in PE lessons.

Where possible the school links up with other schools to provide opportunities for pupils to compete against other schools, between different houses in order to develop and build on their skills in a sporting competition.

Each year the school has a Health and Fitness week that promotes both physical well-being and healthy living. This week is used as an opportunity to develop the range of sporting experiences pupils have access to.

## **Resources**

There are sufficient resources for teaching PE in the school. The majority of these resources are located in the PE cupboard which is located next to the main hall. Some PE equipment is stored in the outside store on the playground.

## **Sports Premium**

The school receives the Sport Premium (from 2013) and uses this money to support the development of opportunities for pupils. Some of this money is used to develop staff knowledge to enhance provision across the school. Please see our Sport Premium publications on the school website for further information.

## **Equality**

In accordance with the Equality Act 2010 we seek to;

- a) Eliminate discrimination, harassment, victimisation and any other conduct that is prohibited by or under the act
- b) Advance equality of opportunity between persons who share a relevant protected characteristic and persons who do not share it
- c) Foster good relations between persons who share a relevant protected characteristic and persons who do not share it

Our PE Policy seeks the promotion of equality and seeks to tackle any discrimination rigorously through the exploration of different activities and sports and the active participation of all.

**Review**

This policy will be reviewed at least every two years.