



## THE WHITE ROSE FEDERATION

### PE POLICY

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| Responsible officer                    |                     |
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|  |                     |
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| Links to Other Policies |  |
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## **PE Policy**

The aim of physical education in the White Rose Federation is to enable all pupils in our care to work towards becoming independently active within school and the community. We encourage them to develop competence and confidence in physical skills and to value the contribution of others. We aim to produce well-rounded pupils with strong personal skills.

Physical education takes place both in the school and in the wider community including the local high school, local leisure centre, local college and on residential visits.

Our teaching is based on the programmes of study contained in the National Curriculum Document and emphasis will be placed on the process of planning, performing and evaluating within an active environment.

### **Physical Education in the National Curriculum**

The Government believes that two hours of physical activity a week through both Curriculum time and extra-curricular activity should be an aspiration for all schools. Competitive games are compulsory, although it is for schools to choose how to organise the curriculum to include the programmes of study.

PE offers opportunities for children to:

- Become skilful and intelligent performers
- Acquire and develop skills, performing with increasing physical competence and confidence in a range of physical activities and contexts
- Learn how to select and apply skills, tactics and compositional ideas to suit activities that need different approaches and ways of thinking
- Develop their ideas in a creative way
- Set targets for themselves and compete against others, individually and as team members
- Understand what it takes to persevere, succeed and acknowledge others' success
- Respond to a variety of challenges in a range of physical contexts and environments
- Take the initiative, lead activity and focus on improving aspects of their own performance
- Discover their own aptitudes and preferences for different activities
- Make informed decisions about the importance of exercise in their lives
- Develop positive attitudes to participation in physical activity.

## **Curriculum Aims**

- To develop skilful use of the body, the ability to remember, repeat and refine actions and to perform them with increasing agility, balance, control and co-ordination
- To develop an increasing ability to select, link and apply skills, tactics to a number of sports
- To develop an understanding of the effects of exercise on the body, and an appreciation of the value of safe exercising
- To develop the ability to work as a team or individual player, taking the lead and learning to work collaboratively with others or on their own
- To promote an understanding of safe practice, and develop a sense of responsibility towards their own and others' safety and well-being

## **Curriculum Planning and Organisation**

- Each class is timetabled so that they have PE at least twice a week regularly
- The playground areas and field are used to facilitate activities such as outdoor activities and games
- Teaching staff deliver high quality PE activities/lessons for 1.5-2 hours per week
- Swimming lessons are provided by qualified teachers from Selby Leisure Centre
- Coaches from local sport clubs (e.g. tennis/cricket/rugby/football) regularly provide additional opportunities for extending the PE curriculum
- After school sessions run weekly for all children
- Through the Carlton Holy Family sports partnership, the children are all given regular opportunities to participate in competitive sporting activities, taster festivals. School staff accompany the teams to these events.
- The school has strong links with the local college who specialise in sports coaching. We provide opportunities for young coaches to work with our students at the college.

Furthermore, the college and high school provide opportunities for children to access a wider range of sporting activities utilising their campus facilities.

## **Early Years Foundation Stage**

Physical development within the EYFS framework is one of three prime areas for learning. The two related early learning goals are:

- Moving and handling
- Health and self-care

Children access a range of daily activities to develop their fine and gross motor skills and have access to a dedicated outside area. In addition to this, they also have a weekly PE lesson.

## **Key Stage 1 & 2**

PE schemes of work have been adapted to meet the needs of each individual class and are supplemented with ideas and activities from other sources. The schemes are in accordance with the current National Curriculum guidelines.

- Lessons are blocked in units of work to promote greater depth of understanding, developing skills, application of these skills and the ability to reflect.
- Currently swimming lessons take place every other year for Years 3 to 6. If there is space within the maximum pupil numbers, we will also take Year 2 pupils. Transport time to the local pool is included as part of the PE time allocation.

## **Contribution of PE to teaching in other curriculum areas**

### *English*

Links between PE and English include: writing sequences, following/giving instructions, oral/peer assessments, speaking and listening, and movement within drama.

### *Maths*

Links between PE and Mathematics include: measurement, shape and space, sequences, number, angles, position and movement, rotation and time.

### *ICT*

Children use capturing and recording equipment (cameras and videos) for evaluation/development of skills.

### *PSHE*

PSHE and PE links include following rules, living healthily, co-operating with others and understanding fairness and equality.

### *Values*

Through sport children are taught the values of respect, trust, honesty, friendliness, teamwork, self-belief, fair play and perseverance.

### *Healthy Eating*

The school recognises that physical activity is just one element of healthy lifestyles and actively promotes healthy eating. These messages are shared in clubs, lessons and through cookery sessions with all age groups.

### **Inclusion**

- Lessons will provide good quality experiences that are suitably challenging for all pupils.
- Children will undertake different activities, but all will be given the same opportunity to achieve the aims through an appropriate range of activities.
- For the purposes of competitions, all children will be given the opportunity to participate in the experience.

## **Assessment & Recording**

- Assessment is usually carried out by teachers in the course of the normal class activity.
- This is done mainly through observations and sometimes through discussion with children.
- A photographic/video record is sometimes used to document some of their work.
- Physical development levels and progress are recorded by the EYFS teachers for each child.
- Levels of attainment are recorded on O-track for KS1 and KS2 pupils.
- Physical Education and physical development are included as part of the end of year reports to parents.

## **Health & Safety**

- Pupils are taught how to improve their own abilities to assess risks.
- First aid equipment is available, and key operational staff are trained in what action to take, including calling for assistance in the event of an accident.
- Inhalers for pupils suffering from asthma are made readily accessible.
- The subject leader makes termly visual checks for wear and tear and security of major items, and all staff are responsible for reporting to the subject leader if any items show wear and tear.
- Any items constituting a danger are taken out of use immediately.
- All large items of equipment are inspected annually by an independent safety expert.
- Pupils are taught how to move and use apparatus safely under the supervision of a teacher or responsible adult.
- Pupils are made aware of safe practice and understand the need for safety when undertaking any activity. (e.g. not lifting hockey sticks above the waist, not jumping or running in front of others).
- Pupils are taught to understand the safety risks involved in wearing inappropriate clothing, footwear or jewellery and other body piercings. All jewellery to be removed.
- Teachers ensure that no jewellery is worn in lessons and long hair should be tied back. Earrings to be taken out.
- Pupils wear suitable footwear when travelling to and from the hall (relevant at Chapel Haddlesey only).
- If a child has no trainers/pumps for outdoor PE, they are to use their school shoes if they are suitable for the activity.

## **Resources**

- There is a variety of equipment to enable pupils to achieve objectives, which are best suited for their age and stage.
- Large equipment and mats and some indoor PE resources are stored in the hall (relevant at Chapel Haddlesey only).
- Outdoor equipment is stored in the outdoor store or playtime storage units.