



PE Policy

Introduction

Lord Blyton Primary School recognises the vital contribution of physical education (PE) to a child's physical, cognitive, social and emotional development, as well as the role it can play in relation to a child's spiritual, moral and cultural development. PE is an integral part of the curriculum to be enjoyed by all children. It is a real opportunity for both teachers and children to consolidate and develop a healthy outlook to both the physical and academic side of education.

Intention and Aims

It is the intention that Lord Blyton Primary school administers two hours of planned curriculum PE delivery to all their children.

A broad variety of topics will be covered in order to maximise each individual child's potential.

During PE lessons we will aim to cater for each child's individual needs using differentiation where appropriate; and using individual and group activities. PE lessons will offer the children the opportunity to experience personal achievement, team work, fair play and understanding how skills learnt in PE can transfer over into academic lessons and the outside world.

Children will be given a wide range of tasks to complete where they will explore different movements, tasks and challenges which they will get the opportunity to practice, develop and refine throughout their primary school careers.

We will aim to encourage children of differing abilities to join a range of extra curricular clubs, with the aim of improving their interest and participation in sport.

Children who understand the importance of a healthy and fitness lifestyle further understand the impact that has on a positive healthy lifestyle – we aim to raise our children's awareness in this topic therefore PE will crossover into PSHE lessons.

Through the government's Sport Premium funding we aim to be involved in as many participation and competitive events as is possible, further enhancing our children's involvement in sport and general active levels. We will utilise specialist coaches for sports not covered within the curriculum. What we spend will be reviewed and published on the school website.

Specific Aims in relation to Physical Development

Develop physical competence and confidence by acquiring and developing a range of fine and gross motor skills.



Become aware of the different shapes and movements that can be made with the body.

Develop knowledge, skills and understanding, and the ability to remember, repeat and refine actions with increasing control and accuracy.

Become aware of the benefits of a fit and healthy lifestyle by understanding the effects of exercise on the body and the importance of developing strength, endurance and flexibility.

Appreciate of the value of safe exercising.

Specific Aims in Relation to Social, Emotional and Cognitive Development

Develop a love of physical exercise.

Develop the ability to work independently and communicate with, and respond appropriately towards, others using verbal and non-verbal communication.

Develop confidence in skills and abilities.

Promote an understanding of safe practice, and develop a sense of responsibility for the safety of others.

Realise that the right exercise can be fun and energise other things in life.

Create and plan games for mutual benefit.

Develop a sense of fair play.

Develop decision making and problem solving skills.

Develop reasoning skills and the ability to make judgements.

Develop an increasing ability to select, link and apply skills, tactics and compositional ideas.

Develop the ability to communicate non-verbally with the body.

Improve observational skills, the ability to describe and make simple judgements, and to use this knowledge and understanding to improve performance.

Understand that using correct techniques will improve accuracy and performance.

Enable performance evaluation and the ability to act upon constructive criticism.

Spiritual, Moral and Cultural development

Developing a positive attitude generally is not simply about celebrating sporting success and learning to lose well; but also encouraging children always to do their very best regardless of their ability; praising progress and achievement in a way that does not cause fear or upset for lack of performance or failure; and treating team mates, opponents and referees with respect. Essentially, using every opportunity to maintain and raise self-esteem all round.



The PE curriculum

Early Years Foundation Stage (EYFS)

In the Early Years Foundation Stage (EYFS) opportunities will be presented to the children where they can be active; develop coordination, spatial awareness; control and movement. They will also get the opportunity to handle various pieces of equipment in a working environment.

They will receive 1 hour of structured PE per week, in addition to regular outdoor play opportunities and have the prospect of taking part in festivals through our partnership with the school games network.

Key Stage 1

In key stage 1 our children will receive 2 hours of timetabled PE lessons in conjunction with government expectations. The lessons will be of high quality in line with the national curriculum and will cover aspects such as: the fundamentals of movement; skills to improve balance, agility and coordination. Furthermore they will participate in gymnastics and dance activities and will gain an introduction into team activities.

There will be opportunities throughout the year for our KS1 children to participate in extra curricular clubs before, during and after school to enhance the interest in sport and a healthy lifestyle.

Festivals and competitions will be entered where whole class participation will be required given those children who are less interested a mandatory opportunity to take part.

Key stage 2

Our key stage 2 children will receive 2 hours of structured timetabled PE lessons in conjunction with government guidelines. Swimming will start in Key stage 2 and will be given as an extra session of PE, meaning every year group in Key stage 2 will at one time across the year will be receiving 3 hours of timetabled PE, over and above the government guidelines.

In key stage 2 the children will have the chance to further develop and enhance their teamwork skills, learn and refine their skills in net and wall games and striking games. They will also continue to develop their gymnastics and dance skills. A wide range of athletics topics will be covered in KS2.

Additionally they will be offered regular extra curricular clubs; before, during and after school, as well as regular opportunities to take part in festivals and tournaments both competitive and non competitive due to our partnership with the school games network.



Swimming

Swimming lessons are compulsory for all our KS2 children, and will take place at Haven Point in South Shields; they will aim to be able to competently and consistently swim at least 25m.

PE kit

Our school PE kit consists of a white t-shirt and black shorts/leggings; for outdoor lessons jumpers, tracksuit bottoms and coats can be worn to adapt to the weather conditions. Footwear must be either plimsoles or trainers.

For extra -curricular clubs the children's own sporting clothes can be worn, however when representing the school in competitions, matches, festivals or tournaments school branded kit or correct PE kit is mandatory.

Earrings must not be worn for PE, in the instance where they have not long been in the child's ear; tape can be worn as a protective safety measure. However should the teacher feel the activity carries a greater risk the child may be asked to sit the session out on health and safety grounds.

Any child needing to miss out on a PE lesson(s), the parent or carer needs to inform the school as early as possible.

Staffing

Mr Gilmore will be responsible for all planning, preparing, assessment and delivery of PE lesson from years 1-6. In the EYFS the respective class teacher will plan, prepare, assess deliver to their classes. In all cases the lessons will be in conjunction with the national curriculum expectations.

All staff will undergo CPD opportunities where necessary to ensure our children are taught at the highest possible level.

Safeguarding

All adults who work with the children in our school will have the appropriate DBS check and clearance.

Links with other subjects

PE links to other subjects, e.g. Literacy, (recount/report/instructions), Science (body parts/pulse rates) and Maths (shape/position/directions/counting/measuring and graphical representation of data). ICT 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 topics in PE will be covered in a way that includes all children regardless of their background, gender, ethnicity or physical ability. Learning outcomes will be set in



line with the national curriculum expectations and in line with the school's special needs and equality policy.

Assessment

Assessment will be made throughout the year and changes to individual's learning will be made so that as many pupils as possible will be at the expected level in PE at the end of their own academic year. These assessments will be made by lesson observations, as well as peer and self -assessment.

School Sport Network (SSN)

The school is part of the South Tyneside School Sport Network (SSN) and therefore has a link to local authority sporting events both competitive and non -competitive, as we have this partnership it is a further aim that the following targets will be achieved:

Increased participation in high quality PE.

Increased participation in high quality out of school hours learning.

Increased participation in high quality informal activity.

Increased attainment and achievement through PE and sport.

Improved behaviour and attitude in PE, sport and whole school.

Increased participation in competitive and performance opportunities.

Increased involvement in community sport and improved quality of community life.

Monitoring and Review

This policy will be reviewed on a yearly basis