



Edleston Primary School

Denver Avenue

Crewe

CW2 7PX

01270 685770

Headteacher: Mrs R Bagni

# Physical Education Policy

## Intent

Edleston Primary School recognises the value of Physical Education (P.E). We fully adhere to the aims of the national curriculum for physical education to ensure that all Children:

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives

## Implementation

P.E. is taught at Edleston Primary School as an area of learning in its own right as well as integrated where possible with other curriculum areas. It is taught at a minimum of one PE session a week, [include swimming, gymnastics, dance or games activities incorporating areas of athletics, outdoor/adventurous and team activities] plus additional daily physical activity through Golden Mile, exercise breaks in lessons and planning active lessons e.g. Commando Joes, Maths of the Day or using PE skills to teach/consolidate other learning eg arithmetic orienteering] to meet the Government Childhood Obesity Plan's ambition for schools to delivering 30 active minutes each day.

In addition, extra physical activities are provided through the schools before/after school and lunchtime clubs. Some clubs children request to attend and other club target children are invited to join - either to help prepare for inter-school competitions or encourage more active habits.

We teach lessons so that children:

- Have fun and experience success in sport
- Have the opportunity to participate in P.E at their own level of development
- Secure and build on a range of skills
- Develop good sporting attitudes
- Understand basic rules
- Experience positive competition
- Learn in a safe environment
- Have a foundation for lifelong physical activity, leaving primary school as physically active.

Teaching styles and strategies provide opportunities for children to participate in a range of activities and evaluate their own performance. Careful planning ensures time is spent in organising and resourcing lessons and activities. Children experience a range of opportunities to work individually, in pairs or in groups over time.

## EYF5

We recognise the importance of Physical development in the Early Years Foundation Stage as a key area of learning. There are two strands under Physical Development; Moving and Handling and Health and Self-care.

- ♣ Moving and Handling: Children learn to develop good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space.
- ♣ Health and self-care: Children learn the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe.

Additionally, elements of Expressive Arts and Design [‘Exploring and Using Media and Materials’ and ‘Being Imaginative’] link to PE skills– especially dance.

Children in the EYFS access time and space to enjoy energetic play daily, using large portable equipment. Furthermore, specific Physical Development lessons give children the opportunity to practise movement skills through games with beanbags, cones, balls and hoops. They participate in activities where they can practise moving in different ways and at different speeds, balancing, target throwing, rolling, kicking and catching. These skills can then be built on when children enter KS1

Please see Appendix 1 for frequently asked questions.

## Impact

P.E is taught as a basis for lifelong learning, where the children have access to a wide range of activities in the belief that if taught well and the children are allowed to succeed, then they will continue to have a physically active life. A high-quality physical education curriculum inspires all children to succeed and excel in competitive sport and other physically-demanding activities. At Edleston, we provide opportunities for children to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect

## Monitoring

Governors monitor coverage of National Curriculum subjects and compliance with other statutory requirements through:

- School visits,
- meetings with the school parliament,
- sharing children’s work
- feedback from staff.

Learning is monitored by the Leadership team and subject leaders across a variety of methods including:

- work scrutinies,
- learning walks,
- pupil interviews,
- analysing data.

## Inclusion

Teachers set high expectations for all pupils. They will use appropriate assessment to set ambitious targets and plan challenging work for all groups, including:

- More able pupils
- Pupils with low prior attainment
- Pupils from disadvantaged backgrounds
- Pupils with SEN
- Pupils with English as an additional language (EAL)

Teachers will plan lessons so that pupils with SEN and/or disabilities can study every National Curriculum subject, wherever possible, and ensure that there are no barriers to every pupil achieving. Teachers will also take account of the needs of pupils whose first language is not English. Lessons will be planned so that teaching opportunities help pupils to develop their English, and to support pupils to take part in all subjects; deepening and broadening their knowledge and understanding of concepts.

Further information can be found in our statement of equality information and objectives, and in our SEN policy and information report.

## Inclusion

At the School we are committed to promoting equal opportunities irrespective of socioeconomic background, gender, additional need, and ethnicity in all areas of the curriculum. We believe that children should have equal access to and participation in a range of physical education activities.

As a result, we use some of the PE and Sport Premium funding to pay outside providers to run additional sporting clubs at no cost to our families. We are committed to ensuring that all children participate in PE and physical activity irrespective of any special educational need(s) or physical disability they may have. We believe that children should have equal access to and participation in a range of physical education activities in order to reach their own potential. Research has shown that children ALL participating in PE together proves better outcomes for ALL than not being inclusive. Teachers can access resources, guidance or strategies on TOP Sportsability (free online resource) for better including all children in every PE lesson.

## Appendix 1

### What Health and Safety procedures are in place?

Health and good safe practice is always emphasised in each environment, including the handling of equipment and weather. Large equipment is inspected annually. Appropriate clothing- including footwear- is essential and children's attire is checked by teachers prior to undertaking PE activities. All lessons include health and safety talk at the start to ensure equipment/techniques are undertaken safely.

### What does my child need to wear for PE?

Children are encouraged to wear appropriate PE clothing: a plain t-shirt or a school branded PE t-shirt in your child's house colour should be worn along with navy blue shadow stripe shorts and black plimsolls[indoors] trainers [outdoors]. Children are encouraged and regularly reminded to bring P.E Kits. Teachers send polite reminder slips home to remind parents of children who have failed to wear PE kit and where possible, children are given 'spare' kit to wear for lessons. This helps to minimise the number non-participants/ inactive children. Children are bare-footed for gymnastics lessons, though they must bring their shoes to the lesson and leave them at the side in case of a fire emergency. Children with medium/long hair are reminded to tie it up securely.

### Can my child wear jewellery in PE?

Wearing jewellery is not allowed at Edleston Primary School. Children must not wear any kind of jewellery in PE lessons, including watches. If your child is unable to remove stud earrings, tape can be used to cover. .

### What will staff wear for PE?

It is important that staff should consider their own and their children's safety with regard to their own personal clothing, footwear and jewellery when involved in the teaching of any PE activity.

### When will PE be outside?

It is encouraged that outdoor PE lessons take place in all seasons and in as many weather conditions as feasible. Classes are timetabled to have an hour in the hall each week, so if the weather is not appropriate for outdoor PE, the PE lesson can still go ahead. Children are encouraged to wear clothing in line with the season and weather conditions, maximising access to all lessons.

### **When will my child go swimming?**

At Edleston Primary School, children attend swimming lessons at Crewe Lifestyle Centre in Year 4 (Summer term), Year 5 (Autumn term) plus then additional lessons for any children who haven't met end of KS2 expectations. Lessons are taught by specialist swimming instructors who assess the children at the start and end of the swimming course.

### **What competitions does the school do?**

Intra-school sporting competitive events are released every term by our School Games Organiser (SGO). The PE subject leader will liaise with staff to ensure that a range of children are selected for these events, and that we target PPG children whenever possible. For other events, we target SEND children, our least active or Gifted and Talented Children where appropriate. Every half term all children take part in inter

### **What extra-curricular activities are on offer?**

Many of our children will access further extra-curricular activities to enhance the work that goes on in curriculum time. We work with outside professionals to ensure our children have access to further opportunities for quality Physical Education provision and introducing children to new sports. Clubs offered last year/planned for this year: gymnastics, tri-golf, infant agility, boccea, sportshall athletics, track/athletics, field athletics, tag rugby, dodgeball, archery, fencing, Zumba, Wake and Shake, orienteering and football to name but a few.

### **How does Edleston spend the Primary Sports Funding?**

Edleston Primary School work as a collaborative unit in terms of taking all decisions; this will include decisions on funding, resourcing and time tabling. Ultimately, decisions on using the PE and Sport Premium funding will rest with the Headteacher. The funding's purpose is to:

*'fund additional and sustainable improvements to the provision of PE and sport, for the benefit of primary-aged pupils, in the 2018 to 2019 academic year, to encourage the development of healthy, active lifestyles.'*  
***PE and sport premium: conditions of grant 2018 to 2019 (academies), October 2018***

Schools receive PE and Sport Premium funding based on the number of children in Years 1 to 6. Information about the school's funding allocation, how it is spent and its impact each year is published on the Edleston Primary School website in the 'Office' section under 'Sports Premium'.