

Physical Education Policy

Physical Education, incorporating the essential elements of dance, gymnastics, games, athletics, swimming and outdoor/adventurous activities, is fundamental to a happy and healthy lifestyle. We aim to deliver a fully inclusive, varied and challenging programme of activities that children can enjoy and engage in during and beyond their school life. Huge health benefits can be gained by pupils as a result of high quality PE as they make healthy choices and lead active lives. Our aims:

- PE will be enjoyable for all pupils
- Pupils will be happy, motivated, healthy and active members of the community
- Pupils will develop positive attitudes towards physical activity
- Pupils will understand the body's response to vigorous activity and how this can alter over time as a result of effort or practice
- Pupils will recognise the long-term health benefits of an active lifestyle
- We will provide a range of sporting opportunities during which pupils may discover a talent or desire to pursue during and beyond their school days
- We will provide opportunities for pupils to be successful, leading to increased confidence and self-esteem.
- We will provide opportunities to take part in competitive events
- Lessons will be challenging and develop skill levels including accuracy, speed, strength, agility, stamina and creativity
- Pupils will reflect, assess and evaluate their own performances as well as that of others in a supportive and positive way

Physical activities at our school include a number of elements to ensure that every pupil receives their entitlement:

- PE and sport within the curriculum
- Opportunities throughout the school day, including break times and lunchtimes
- Physical activity during school clubs
- Engagement in sporting competitions
- Physical activity sessions led by specialist coaches

Provision

Our pupils receive a minimum of two hours high quality PE every week. In EYFS, physical activity is taught via real experiences both indoors and outdoors. Pupils are given opportunities for throwing, catching, aiming, balancing, climbing and travelling through and on objects such as tunnels or wheeled toys. Planned activities are supported by adult/child interactions. Pupils also take part in forest school activities. In KS1, equal time throughout the year is spent on the three areas of dance, gymnastics and games. In KS2, pupils are taught dance, gymnastics, games, athletics, swimming and outdoor/adventurous activities. Swimming sessions are provided in KS2 with the expectation that all pupils can swim a minimum of 25 metres. Year 5/6 pupils are given the opportunity to take part in a 3-day residential at outdoor activity centres.

Differentiation

Every member of staff differentiates for all pupils, including those with SEND, with the sole purpose of raising individual standards of achievement. Differentiation may be by task or outcome.

Extra-Curricular Opportunities

The pupils receive supervised playtimes each day, during which they are given opportunities to socialise with their friends, peers, siblings and children of different ages. They are provided with a range of play equipment which promotes physical activity and co-operation. Pupils have access to a playground with markings and a large playing field which can be used in dry weather. The trim trail and pagoda are also available to enhance physical activity. During lunchtime sessions, the pupils are invited to take part in playground activities which are organised and led by the Year 5/6 play leaders. Every pupil takes part in 10 minutes of morning exercise – 'Wake Up Shake Up' and the 'Appleton Mile' are offered on alternate days. After-school sports club is on offer for every pupil and includes: football, tennis, multi-sports, tag rugby and hockey. The school participates in matches and tournaments organised within the small school cluster of village schools. Activities include: athletics, cross-country, football, cricket, hockey, rounders, netball and 'Change 4 Life'.

Clothing

- Pupils are expected to wear a coloured house team T-shirt and dark shorts
- Trainers or plimsolls are worn during outdoor and indoor games activities
- Dance and gymnastics are carried out in bare feet
- Long hair must be tied back
- Ear-rings and jewellery must be removed or taped

Facilities and Resources

There is a wide range of equipment stored in the PE shed. Pupils are encouraged to help set up and put away equipment as part of the learning experience. By so doing, the pupils learn to handle equipment safely.

Assessment

Ongoing teacher assessment identifies strengths and areas for development. Achievement is assessed in accordance with guidance for development in the Foundation Stage and expectations in the National curriculum. Video recordings of sporting activities can be used to assess and improve the quality of pupils' work. Pupils are also encouraged to evaluate their own achievements and those of their peers. Monitoring of the subject is carried out by the PE Leader and the Head Teacher.

Health and Safety

The school's Health and Safety policy outlines the safe codes of practice for our school and provides the necessary guidelines on the response and reporting of accidents. Risk assessment is an integral part of our planning and we respond appropriately. In the event of an accident, the teacher will never leave the class unsupervised. A reliable pupil will be sent for help. The accident will be recorded in the school accident book as soon as possible. Any medication required for individuals, such as an inhaler or epipen, is to be readily available.

Sports Premium Fund

The government provides additional funding to improve the provision of physical education (PE) and sport in primary schools. This funding - provided jointly by the Departments for Education, Health and Culture, Media and Sport - must be spent on provision of PE and sport. Schools must spend the additional funding on improving their provision of PE and sport and have been given the freedom to choose how they do this. See the 'Sports Premium Report' for further information about how we use the additional funding to enhance sporting opportunities for our pupils.

Revised: March 2018

Review date: March 2021

Appleton Wiske Community Primary School
PE Policy

Name	Position	Signature	Date
Neil Clark	Head Teacher		
Karen Hainsworth	Class Teacher		
Liz Atkinson	Class Teacher		
Bethany Rowling	Class Teacher		
Sarah Cousans	Class Teacher		
Paula Gudger	HLTA		
Helen Allen	GTA		
Nicki Gyll	GTA		
Jackie Loverock	GTA		
Sue Stainthorpe	GTA		
Clare Moore	Club and Kitchen Assistant		
Daniel Hills	Club Assistant		
Chris Ring	Co-Chair of Governors		
Kate Green	Co-Chair of Governors		