



Physical Education Policy

2022

Contents

- Introduction
- Aims and Purposes
- Foundation Stage
- Key Stage 1
- Key Stage 2
- P.E Lessons Teacher/TA role in P.E Expectations from pupil
- Uniform expectations in P.E
- Cross curriculum links
- Lunchtime and Extra Curriculum Activities
- Links with sporting organisations
- Assessment, Record Keeping and Reporting
- Role of Parents/Guardians
- Role of the P.E coordinator

Marsh Lane Primary School P.E Policy 2022-23

Physical Education develops pupils' physical competence and confidence and their ability to use these to perform in a range of activities. It promotes skilfulness, physical development and knowledge of the body in action. Physical Education provides opportunities for pupils to be creative, competitive, cooperative and face up to different challenges as individuals and in groups and teams. It promotes positive attitudes toward healthy and active lifestyles. Pupils learn how to think in different ways to suit a wide variety of creative, competitive, cooperative and challenging activities. They learn how to plan, perform and evaluate actions, ideas and performances to improve their aptitudes, abilities, preferences and make choices about how to get involved in lifelong physical activity.

National Curriculum for England and Wales; Physical Education; p15

Introduction

At Marsh Lane Primary School PE plays a very important role in the development of our children. Through an enriched PE curriculum, a broad and wide range of after-school sport clubs and a varied competition programme, we aim to encourage a lifetime love of sport which inspires all children to maintain an active and healthy lifestyle and to reach their full potential.

High quality and inclusive PE, sport and physical activity leads to improved fitness, health and well-being, concentration, attitude and academic achievement. Year after year, the range of sporting opportunities we provide at Marsh Lane has been increasingly beneficial to the children at the school and has resulted in:

- Raising children's attainment
- Building self-esteem
- Learning to work as a team, developing leadership skills and building friendships which extend beyond school life
- Experiencing healthy competition which can ultimately help them to deal with life's successes and failures
- Encouraging and developing a healthy and active lifestyle

Children's early years are critical in building the foundations, skills, engagement in and love of sport. At Marsh Lane, through our values of Honesty, Self-Belief, Teamwork, Passion and Commitment we aim to give our children the best possible start in life.

1. Aims and Purposes:

P.E at MLPS offers opportunities for pupils to:

1. Develop a positive attitude to participate in physical activity.
2. Make informed decisions about the importance of exercise in their wider life during school, after school and in adulthood.
3. Become skilful and intelligent performers by acquiring and developing physical competence and confidence in a range of physical activities and contexts.
4. Learn how to select and apply skills, tactics and compositional ideas to suit activities that need different approaches and ways of thinking.
5. Develop creative and critical thinking.
6. Set targets for themselves and compete against others individually and as team members.
7. Provide opportunities for all children to participate in all activities at their own level whilst extending their skills and knowledge to achieve their full potential.
8. Become a good sports person, who plays fairly and can develop a team spirit.
9. Understand risks and how to assess them for their own health and safety.

2. Foundation Stage

Physical development in the Early Years.

Pupils will join in a range of lessons comprising of Fundamental movement skills taught through Dance, Gymnastics and Games based activities. Lessons follow the same structure as further up school and pupils are taught the skills and movement needed but also the skill of evaluation of others, and individual assessment using a success criteria.

Continuous provision also offers an opportunity for the development of Physical skills. Pupils are able to develop and refine their gross and fine motor skills through: climbing equipment, balls, bats and hoops, bikes and scooters and structured, child led learning activities.

3. Key Stage 1

Pupils are required to follow a curriculum in which they develop a range of skills: agility, balance and coordination. These skills are taught through activities which promote the development of fundamental movement skills (FMS) and build upon those acquired during Foundation Stage. Through dance, games and gymnastics based activities, pupils will repeatedly refine their F.M.S.

4. Key Stage 2

In KS2, pupils refine and broaden their FMS, selecting and applying the skills they have learnt in a variety of different context:

Games-Fielding, attack and defence, Invasion games

Dance- performing, appreciation and evaluation.

Gymnastics-both floor work and the use of apparatus.

Outdoor and Adventurous

Athletics

Swimming – Children in KS2 are taken to Eckington swimming pool for swimming lessons. Instruction is given by trained swimming teachers at the pool. Swimming assessment is based on whether the child can swim 25 metres with confidence and independently based on the National Curriculum requirements. Other skills and techniques will be assessed through observations and through the swimming instructors. Those who have not achieved the required 25m standard, will attend additional classes to support their achievement.

5. P.E Lessons

Teachers and Teaching assistants should ensure that:

All lessons are inclusive.

Lessons should be conducted in a secure, supportive and disciplined manner that demonstrates mutual respect.

Pupils should learn the rules, etiquette, laws and codes for various activities.

All lessons have a clear Learning Intention and Success Criteria to support learning.

Lessons are clearly differentiated to ensure progress for all learners.

Follow the schools scheme of work.

Pupils are assessed throughout the session as well as at the end of a unit of work.

Pupils will:

Have an opportunity to work independently, in pairs, small groups and large teams. Evaluate one's own work and the work of others. Have an opportunity to try new sports.

Pupils will follow written and verbal instructions accurately.

Follow rules and safety expectations – be taught how to consider risks

Wear correct clothes/equipment.

Remove jewellery.

Be trained how to lift, carry, move and place heavy equipment safely and with care.

Warm-up and recover before and after exercising.

See Risk Assessments

6. Correct P.E clothing

Indoor P.E lessons

Blue/black shorts/leggings

White t-shirt

Black P.E shoes

(Barefoot for gymnastics and dance)

Outdoor P.E lessons

Children should wear the above clothing stated or a tracksuit.

Jewellery

Jewellery should not be worn. If ears are pierced, earrings should be removed. If they cannot be removed, they should be taped.

*Staff are not to take earrings out of pupil's ears nor take responsibility for items of jewellery.

7. Cross Curricular Links

Some examples:

Science Health and Fitness.

Maths Speed Distance Time Measuring Recording Handling Data

English Speaking and Listening, Subject-specific vocabulary

Music Rhythm Tempo Dance

ICT Use of stop watches. Use of digital camera and digital video. Use of the internet for researching sporting events

History Dances relating to the historical periods studied

8. Lunchtime and Extra-curricular activities

Lunchtime/Playtime Activities at Marsh lane Primary School provide the opportunity for all pupils to take part in adult directed and non-directed tasks during breaks.

A playleader employed by MLPS ensures that lunchtimes are active

Year 6 - Young Leaders

Year 6 pupils are trained by Qualitas coaches during autumn 1 to take on a leadership role at lunchtime. These pupils work with younger children in developing games and providing a positive role model.

All pupils will have an opportunity to take part in after school sporting club.

9. Links with Sporting Organisations

Qualitas - this organisation provides opportunities to work with professional coaches during after school clubs and during curriculum time. Pupils have opportunities throughout the year to take part in competitions and events with other schools in large sporting venues.

10. Assessment, Record Keeping and Reporting (please refer to the School's Assessment and Teaching and Learning Policies)

Children's standards and achievements in PE are assessed in line with the School's Assessment Policy. Assessment in PE for years 1-6 includes:

- On-going Assessment for Learning (AfL) practices within class and group sessions, including the sharing of and reference being made to Learning Objective and Success Criteria and self and peer assessments of understanding, outcomes and progress;
- Feedback of children's work; against the shared learning objective and success criteria is given in the form of verbal feedback.
- The Subject Leader also utilises Assessing Pupil Progress (APP) strategies throughout the year to develop an overview of achievement and skills in PE and inform further subject development needs.
- Pupils have a clear understanding of the assessment criteria used.
- Assessment takes place at the end of each activity and used to inform future planning and student target setting.
- Documented evidence from third-party sports coaches

11. Role of Parents/Guardians

The school aims to involve parents/carers in their children's learning as much as possible and to inform them when appropriate, of their child's progress in PE.

Parents/carers have the opportunity to meet with the child's class teacher at least twice a year at Teacher consultation meetings and receive an annual report at the end of the summer term. Information about their child's attitudes and achievements in PE is shared with parents/carers at these times.

Parents are openly invited to attend sporting events and fixtures and encouraged to do so; in order to support their child in friendly and competitive situations.

Parents are expected to provide their child with a PE kit (socks, white t-shirt, plain navy shorts, plain jogging bottoms, a plain jumper/tracksuit top and a pair of trainers).

12. P.E Subject Leader Role.

A named person is appointed to take the lead in overseeing all aspects of P.E in school in line with school policy. *Debbie Morris*

- Roles/responsibilities: to
- Assist teaching staff develop a curriculum to follow.
- Monitor PE teaching, planning and assessment
- Provide an audit of provision in school and a development plan.
- Provide staff with links to curriculum development.
- Liaise with other members of staff in offering lunchtime/after school opportunities from outside agencies.
- Be the Primary Link Teacher with Qualitas
- Liaise with sporting organisations that work with our school.
- Provide a timetable of sporting opportunities throughout the year.
- Provide links with parents in the form of newsletters and updated web site information.
- Provide a structure of how the Sports Premium Funding will be used at Marsh Lane Primary School to have a sustainable impact upon the attainment and achievement of all children.
- Provide a display area for children, staff and parents to inform every one of sporting achievements or events.
- Order/maintain equipment and resources

This policy will be observed in practice by the subject manager on a regular basis as part of the monitoring Process

Policy Ratified on October 2022

Policy Reviewed October 2023

Signed by _____ Chair of Governors