



Physical Education Policy

It is important that children and the adults within Castle View Primary School are aware of the long term health benefits of taking part in regular exercise. It is about making exercise a 'normal' part of the day so that it becomes a 'habit' for life.

Physical education provides pupils with the opportunity to be creative, competitive and overcome challenges both individually and as part of a team.

- It promotes positive attitudes towards a healthy and active lifestyle
- Pupils learn how to think in different ways and make decisions in response to creative, competitive and challenging activities
- They learn how to reflect on their performance, plan, perform and evaluate actions, ideas and performances to improve the quality of their work
- Physical education helps pupils develop personally and socially
- They work as individuals, in groups and teams, developing concepts of fairness and of personal and social responsibility

Aims

We aim to promote and encourage healthy lifestyles and participation in competitive sports through Physical Education and sporting activities.

By promoting activity we also aim to improve the confidence and self-esteem of those taking part and to increase personal and social development. We provide opportunities to try new activities to promote enjoyment and support the increasing levels of activity through our partnership links.

We aim to provide two hours of quality P.E. per week for our children with opportunities for extra-curricular P.E. and sport activities.

The place of PE in the curriculum

P.E. is a foundation subject in the National Curriculum and requires six areas of activity:

- games Key Stage 1 and 2
- gymnastics Key Stage 1 and 2
- dance Key Stage 1 and 2
- athletics Key Stage 2
- outdoor and adventurous activity Key Stage 2
- swimming Key Stage 2



Objectives

At Castle View we are working towards:

- Promoting positive attitudes towards PE and raising the profile of PE and sport across the school
- Developing the knowledge, skills and understanding of staff in teaching PE and sport
- Increasing the opportunities to take part in new physical challenges
- Making PE training available to more staff
- Increasing attainment and developing assessment and tracking PE and sport.

Teaching and learning and curriculum planning within PE

At Castle View, we are aware of the aims of the National Curriculum and we are creating a continuous, balanced and progressive programme of skills and knowledge from Reception to Year 6. Class teachers adapt and plan their lessons in order to personalise learning for the needs of the children. Pupils are taught the importance of keeping their bodies healthy and active within PE lessons and this is also fed in through Science and PSHE lessons. Some classes do yoga sessions regularly to support our children with mental health and mindfulness.

The curriculum planning in PE is carried out in three phases (long-term, medium-term and short-term):

- The long-term plan maps out the PE activities covered in each term during the key stage. The PE subject leader devises this plan in conjunction with teaching colleagues in each class.
- The medium-term plans are based on the progression of skills and knowledge. These plans define what we teach, and ensure an appropriate balance and distribution of work across each term.
- PE activities build upon the prior learning of the pupils. The scheme has progression planned into it, so that the pupils are increasingly challenged as they move up through the school.

We aim to provide our children with 2 hours of PE and sport weekly. Our Reception and Year 1 classes take part in a Wake Up, Shake Up session every week alongside developing fundamental skills within designated PE lessons. Our EYFS outdoor provision encourages children to be physically active as much as possible throughout the day and supports the development of the fundamental movement skills.

The foundation stage

We encourage the physical development of our pupils in EYFS, as an integral part of their work. In addition to this, fine motor skills are continuously being developed through the range of activities provided in the classroom.

The pupils also benefit from specific outdoor provision which includes a selection of PE equipment to help develop their gross motor skills, coordination and control. Skills from curriculum lessons are built upon and reinforced. Lessons are differentiated to enable pupils to undertake activities that offer appropriate physical challenge, both indoors and outdoors, using a wide range of resources to support specific skills.



KS1 and KS2

In Key Stage 1, the children will develop fundamental skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and in groups. Pupils will take part in a variety of games, gymnastics and dance activities and engage in competitive physical activities.

In Key Stage 2, the children will continue to apply and develop a broader range of skills, learning how to use them in different ways and link them to make actions and sequences in movement. Pupils will have opportunities to take part in a variety of games, gymnastics and dance where they will be encouraged to collaborate, compete and communicate effectively and confidently.

Year 5 children will be taught to swim competently, confidently and proficiently while Year 6 develop essential lifesaving skills.

We use our sports funding for membership of the Lancaster and Heysham School Sports Network and the Lancaster School Sports Association to enable us to take part in regular sports activities, events and competitions.

Inclusion

All children are given access to the PE curriculum. Lessons are differentiated to enable full access. Support is given where necessary and the equipment and sometimes the rules are adapted to allow all children to join in. Where pupils are to participate in activities outside our school (a sports event at another school, for example) we carry out a risk assessment prior to the activity, to ensure that the activity is safe and appropriate for all pupils in consultation with the SENCO and/or parents.

Assessment for learning and recording

Children are assessed in all areas of the activities covered in PE throughout the year and teachers make a judgement against the National Curriculum levels of attainment.

Photographic/video evidence and annotations are used to make this judgement. Feedback to pupils about their own progress takes place in the context of the PE lesson. Children are involved in self and peer assessment with each unit of work during PE lessons. Children are initially assessed on their Fundamental skills at the start of the year and are then reassessed at the end of Key Stage 1.

Reporting to parents takes place during Parents' Evenings, and annually through a written report. Information regarding the assessment of individual children's skills is recorded and passed on to subsequent teachers.

Equipment and resources

Each unit or activity has specific equipment and resources. These are monitored regularly by the Subject Leader to ensure they are available and ready to use. It is the responsibility of the



class teacher to collect the equipment they need for each lesson and then return to its place. The loss or damage of the equipment must be reported to the Subject Leader, who will replenish resources in consultation with teaching staff.

- We have a school hall which has fixed apparatus
- A range of moveable gymnastic equipment
- Mats
- Various baskets of equipment for striking games
- Storage unit in the PE store which has clear labels to keep resources tidy and easy to find.

Facilities available for Physical Activity

- Adventure playground
- School hall
- Large playground to the rear of the school with netball court markings
- Large field to the rear of the school
- Smaller playground at the side of the school building
- Lancaster University facilities for swimming in KS2.

Staffing responsibilities

- All children are expected to dress appropriately for all physical activity. Teachers are encouraged to set the example in terms of dress, removal of jewellery etc.
- Class teachers are expected to plan lessons following the PE scheme, teach effectively and inform the subject leader of any PE related issues
- Class teachers should monitor the attendance/participation of their own class.
- Class teachers will report to parents at the end of the school year and through regular parents' evening.
- CPD will be provided where possible for any teacher who requests support.
- The subject leader will provide support for all staff as necessary.
- Subject leader will oversee the assessment and recording process for the subject.

Health and Safety

We encourage the children to consider their own safety and the safety of others at all times. We expect them to change for PE into the agreed school PE kit. Teachers should set a good example by wearing appropriate clothing when teaching PE. Jewellery should not be worn for any physical activity including earrings. If this is not possible, children should come to school with pre-taped ears or plasters to cover ears themselves. Children who have asthma must take their inhaler to the PE lesson, whether to the hall, outside or to swimming lessons.

Reviewed [September 2019](#) S.Walker

