

St.Helena's Church of England Primary School

Physical Activity Policy

**"It is our responsibility to learn and achieve our dreams as a family."
Opening minds, widening horizons and developing a better world**

Valuing Community, Compassion, Endurance, Friendship, Hope, Respect, Thankfulness, Wisdom

The Importance of Physical Activity

Physical activity is an essential part of the development of children and provides a basis for encouraging the importance of adopting life-long healthy attitudes. All children are given the opportunity to take part in a wide range of activities in a safe, competitive environment to give them a choice for future participation and maintenance of a healthy life-style.

Our School Aims

- To develop the children's enjoyment of physical activity through creativity and imagination.
- To develop skilful use of the body, the ability to remember, repeat and refine activities and to perform them with increasing control, safety, co-ordination and fluency.
- To develop an increasing ability to select, link and apply skills, tactics and compositional ideas.
- To improve observational skills and the ability to describe and make simple judgements on their own and others work, and to use their observations and judgements to improve performance.
- To develop an understanding of the effects of exercise on the body and an appreciation of the value of safe exercising.
- To develop the ability to work independently and communicate with and respond positively towards others.
- To develop communication skills and an understanding of team sports, to perform as a successful team
- To deepen an understanding of tactical awareness through competitive play
- To promote an understanding of safe practice and develop a sense of responsibility towards their own and others' safety and well being.

Opportunities for children to take part in Physical Activity

- 2 hours/week of Games and PE within or outside of the curriculum time
- EYFS/KS1 encouraged to use exercise activities within class everyday
- KS2 encouraged to play competitive sports at break/lunch time
- Break times and lunch give all the children an opportunity to play with sports equipment. Mid-Day supervisors and young leaders encourage children to take part in physical activities.
- Swimming for Year 5 and Year 6.
- Residential week at an Activity Centre for Year 5 and Year 6.
- After school/lunchtime clubs for physical activity offer a range of sports. E.g. Football, multi-skills and cricket
- JB Coaching will ensure 'high quality and vigorous' activity is paramount in PE lessons, though tailored CPD coaching sessions
- We will endeavour that, at some point in the year, every child will take part in an intra/inter-schools competition/festival (Y1-6)

Strategies for Teaching and Learning

We use a variety of teaching and learning styles in Physical Activity lessons. Our principal aim is to develop the children's knowledge, skills and understanding and we do this through a mixture of whole class teaching and group activities. Teachers draw attention to good examples of individual performance as models for the other children and we encourage the children to evaluate their own work as well as the work of other children. Within lessons, we give the children the opportunity both to collaborate and to compete, and they have the opportunity to use a wide range of resources.

In all classes there are children of differing physical ability. Whilst recognising this fact, we provide suitable learning opportunities for all children by matching the challenge of the task to the ability of the child by changing the space, equipment, challenge or time.

Curriculum Planning

P.E. is a foundation subject in the National Curriculum. Our school uses the Complete PE schemes of work as the basis for its curriculum planning in P.E. We have adapted the national scheme to the local circumstances of the school. The activities taught are appropriate to the relevant age and needs of the individual child.

The curriculum planning in P.E is carried out in three phases (long-term, medium-term and short-term). The long-term plan maps out the P.E. activities covered in each term during the key stage.

Our medium-term plans give details of each unit of work for each term. These plans define what we teach and ensure an appropriate balance and distribution of work across each term.

We plan the P.E. activities so that they build upon the prior learning of the children. Whilst there are opportunities for children of all abilities to develop their skills, knowledge and understanding in each activity area, there is planned progression built into the scheme of work, so that the children are increasingly challenged as they move up through the school.

The Foundation Stage

We encourage the physical development of our children in FS1 and 2 as an integral part of their work. We relate the physical development of the children to the objectives set out in the EYFS, which underpin the curriculum planning for children aged three to five years of age. We encourage the children to develop confidence and control of the way they move, and the way they handle tools and equipment. We give all children the opportunity to undertake activities that offer appropriate physical challenge, both indoors and outdoors, using a wide range of resources to support specific skills.

The Contribution of Physical Activity to Teaching in Other Curriculum Areas

English

Physical activity contributes to the teaching of English in our school by encouraging children to describe what they have done and discuss how they might improve their performance.

Computing

Technology can enhance Physical activity performance and evaluate skills through the use of a video or digital camera.

Personal, Social and Health Education (PSHE) and Citizenship

Physical activity contributes to the teaching of personal, social and health education and citizenship. Children learn about the benefits of exercise and healthy eating, and how to make informed choices about these things.

Cultural Links

The teaching of dance offers the opportunity to learn dances from other cultures. This enables children to gain an understanding and insight of these experiences.

Spiritual, Moral, Social and Cultural Development

The teaching of Physical activity offers opportunities to support the social development of our children through the way we expect them to work with each other in lessons. Groupings allow children to work together and give them a chance to discuss their ideas and performance. Their work in general enables them to develop a respect for other children's levels of ability and encourages them to co-operate across a range of activities and experiences. Children learn to respect and work with each other, and develop a better understanding of themselves and of each other

Extra-Curricular Activities

The school provides a wide range of physical activity related sessions after school that further develop children's skills. We take part in all local appropriate competitions which promotes a sense of team spirit and co-operation amongst our children.

Equal Opportunities

We teach Physical activity to all children, whatever their ability, as P.E. forms part of the school curriculum policy to provide a broad and balanced education to all children. Teachers provide learning opportunities that are matched to the needs of children with learning difficulties, and work in P.E. considers the targets set for individual children in their Learning Plans/ Educational Healthcare Plans.

Assessment and Recording

Teachers assess children's work in P.E by making informal judgements as they observe them during lessons. At the end of a unit of work, the teacher makes a summary judgement about the work of each pupil in relation to specific outcomes through the Classroom Monitor system. We use this as a basis for assessing the progress of the child, to inform future planning and targets. These records also enable the teacher to make an annual assessment of the progress of each child, as part of the child's annual report to parents.

Resources

There is a wide range of resources to support the teaching of P.E. across the school. We keep most of our equipment in the P.E. shed. The hall contains a range of large apparatus, and we expect the children to help set up and put away this equipment as part of their work. By so doing, the children learn to handle equipment safely. The children use the Southview Swimming Pool for swimming lessons.

Health and Safety

The general teaching requirement for health and safety applies in this subject. We always encourage the children to consider their own safety and the safety of others. We expect them to change into the agreed clothing (blue/black shorts and white/navy t-shirt, warm tracksuits and suitable footwear) for each activity area – a range of spare clothing will be kept in each classroom. All jewellery must be removed for PE and Games. Long hair must be tied back.

Monitoring and Review

The monitoring of the standards of children's work and of the quality of teaching in Physical activity is the responsibility of all staff.

The Governors will review this policy annually unless it is necessary to ratify changes brought about by Government policy and recommended practice.