

Physical Education Policy 2023 - 2024

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1.1 Introduction and Rationale

This policy will set out the aims and objectives of PE and School Sport within Packmoor Ormiston Academy and how it will contribute to the physical well-being of our children. It will show how we aim to ensure coverage of the National Curriculum and its schemes of work.

At Packmoor Ormiston Academy we believe that Physical Education develops pupils' physical confidence, competence and boosts their ability to use skills in a range of different activities. It promotes skilfulness, physical development and a knowledge of the body in action. Physical education also promotes positive attitudes towards healthy and active lifestyles. Pupils learn how to think in different ways and make choices about how to get involved in lifelong physical activity.

1.2 Aims & School objectives

Key Aim:

To ensure **ALL** pupils leaving Packmoor Ormiston are **physically literate** and with the **knowledge, skills and motivation** necessary to equip them for a **healthy, active lifestyle** and **lifelong participation** in physical activity and sport.

Key Objectives:

- To develop a broad range of sports for all pupils to participate.
- To ensure engagement of all pupils with differentiating abilities to access different activities and sports.
- To develop teacher's confidence and abilities in delivering a range of physical education activities.
- To develop informative knowledge organisers and PE plans for the teachers and key stages to use in their planning and lessons.
- To enable the school to actively participate in competitive activities and competitions.
- To enable the children to participate in outdoor and adventurous activity, building character and embedding values.
- To encourage and develop children awareness and understanding of a healthy lifestyle
- Raise the profile of sport and PE within school by achieving the platinum award in 'our school games.'
- To develop Early Years children's gross motor development, through PE and sport.

- To Continue the two-week block of swimming in year 4

1.3 Staffing and roles

The roles of the PE coordinator and the PE Lead:

- To be responsible for the planning and development of the P.E curriculum throughout the whole school.
- To ensure continuity and progression in the children's skills and abilities from foundation stage through to the end of key stage 2.
- To ensure enrichment opportunities are available for all pupils.
- To support and assist colleagues in lesson planning and teaching methods.
- To demonstrate good practice and support the active ethos of the school.
- To ensure materials and training resources are available and to make other staff aware of relevant CPD opportunities.
- To coordinate AOTTs (Adults other than teachers) when organising events, competitions and travel arrangements.
- To report Sports Premium and expenditure.
- To provide updates and annual report to the Governing Body.
- To promote 'our school games' framework helping the school raise the profile of P.E.

1.4 National Curriculum

The PE staff will ensure coverage of the relevant schemes of work, as outlined in the National Curriculum.

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/239040/PRIMARY_national_curriculum_-_Physical_education.pdf

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/239086/SECONDARY_national_curriculum_-_Physical_education.pdf

PE in Early Years

Physical Development Physical activity is vital in children's all-round development, enabling them to pursue happy, healthy and active lives. Gross and fine motor experiences develop incrementally throughout early childhood, starting with sensory explorations and the development of a child's strength, co-ordination and positional awareness. Gross motor skills provide the foundation for developing healthy bodies and social and emotional well-being. Fine motor control and precision helps with hand-eye co-ordination which is later linked to early literacy.

(Extract from Statutory framework for the early years foundation stage: early adopter version)

1.5 Entitlement

The government recommends that schools spend a minimum of 50 – 80hrs a year delivering PE. Here at Packmoor Ormiston Academy we aim to continue to provide 2 hours of PE a week. We also strive to organise a range of opportunities during break times and lunch times for children to part take physical

activity. In addition, there will be opportunities throughout the year to attend after school sports clubs (OSHL) helping the school to reach the recommended 60 minutes of physical activity each day.

1.6 Teaching & Learning

The organisation of PE in the school promotes teaching and learning. Lessons are blocked in units of work to promote greater depth of understanding, development of skills, contextual application of these skills and the ability to perform reflectively.

Children will be presented with opportunities to be creative, competitive, co-operative and to face challenges as individuals and in small groups or teams. They will learn how to think in different ways to suit the different challenges. They will be given the opportunity of demonstrating their learning, using a range of communication styles, allowing for effective assessment. This assessment will be used to inform planning and promote greater learning.

Physical Education and sport are important in giving children the knowledge, understanding and the tools to make informed choices about healthy living and have a positive impact on their own health and well-being we are currently maximising the benefits of P.E. to improve academic performance, behaviour and social relationships, whilst holistically developing all children. It is a real opportunity for both teachers and children to consolidate and work on the values that underpin every aspect of school life.

The structure of the scheme of work will promote teaching and learning as it provides both continuity and progression. This scheme of work specifies progression of skills, knowledge and understanding.

1.7 Enrichment

Throughout the calendar year there will be a number of enrichment activities through events such as: Change4Life days which focus on promoting healthy lifestyles through different physical activities; inter- and intra-school competitions ran by the School Games Organisers; leadership opportunities through PE and playground leaders; and targeted provision for Gifted and Pupil Premium children.

1.8 Health & Safety

The school follows the Health and Safety guidelines set by the BAALPE 'Safe Practice in PE' document and the guidelines of the whole school policy for Health and Safety. Risk assessments have been made for all relevant areas and activities using the LA risk assessment template.

Issues include:

- Use of equipment, apparatus and techniques in accordance with Health and Safety requirements.
- Appropriate storage of equipment and apparatus.
- Teaching pupils to understand the need for safe practice in physical activities and how to achieve this.
- Pupils wearing the correct, appropriate P.E. kit which is different to that worn in the classroom.
- Jewellery is not permitted for P.E.
- Supervision of students during OSHL.

- Involvement of AOTTs in OSHL.
- HSE annual check.

1.8 Annual Review

The PE policy will next be reviewed in 2024 by the PE Coordinator & PE Lead.