

**Physical Education Policy**

**Lidget Green Primary School**

**INTENT**

At Lidget Green Primary School, we recognise the value of Physical Education (P.E). We follow the National Curriculum for Physical Education to ensure that all pupils:

* Develop competence to excel in a broad range of physical activities.
* Are physically active for sustained periods of time.
* Engage in competitive sports and activities.
* Understand the importance of mental health.
* Lead healthy, active lifestyles.

**IMPLEMENTATION**

P.E. is taught at Lidget Green Primary School as an area of learning in its own right, as well as being linked where appropriate with other curriculum areas. It is taught at a minimum of two PE sessions, aiming for two hours of PE a week.

We teach lessons so that children:

* develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others.
* engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.
* apply and develop a broad range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement.
* enjoy communicating, collaborating and competing with each other.
* develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

The curriculum is designed to enable all children to enjoy physical activity and to experience success in sport. Extra-curricular provision also provides further challenge and access to a range of physical activity.

All children have the opportunity to participate in PE at their own level of development, with teachers ensuring that lessons cater for individual needs. As well as securing and building on a range of skills, children develop knowledge of the basic rules of a range of games and activities. They experience positive competition and a strong focus is placed on developing good sporting attitudes. Children learn in a safe environment and have a foundation for lifelong physical activity, leaving primary school as physically active young people.

**Teaching and Learning**

The curriculum is mapped to ensure that children have the opportunity to learn sports specific skills, apply them in a game, and evaluate their own performance. Careful planning ensures time is effectively managed to ensure that lessons and activities are well organised and resourced. Pupils experience a range of opportunities to work individually, in pairs or in groups over time.

Typical Lesson Structure:

* Lessons begin with a clear focus on the learning objective of the session. Success Criteria are then shared with pupils in order so they know how they can achieve the learning objective.
* There may be a ‘hook’ drawing child into the lesson and to engage and excite them. Lessons then commence with an introduction/warm up to prepare pupils physically for exercise.
* Direct teaching of knowledge and skills precedes subsequent skills practice by the pupils, under the supervision of the teacher.
* The main activity provides an opportunity for children to independently and cooperatively practise the skill(s), in a game or sequence.
* There may then be a celebration and sharing of individual achievements
* Lessons end with a closure discussion linking directly back to the intention and success criteria shared at the beginning. This is an opportunity for children to evaluate on their learning and progress.

**Swimming provision**

At Lidget Green Primary School, Year 3 children attend swimming lessons at The Academy of Swimming in Bradford. Each class participates in 3 half- terms of weekly lessons. Lessons are taught by specialist swimming instructors who assess the children at the start and end of the swimming course.

Pupils are taught to:

* perform safe self-rescue in different water-based situations.
* swim competently, confidently and proficiently over a distance of at least 25 metres.
* use a range of strokes effectively.

**Assessment**

Assessment of PE is an ongoing process. As each lesson progresses, the teacher carefully observes and assesses, intervening as necessary, to ensure that each child makes the full progress of which they are capable. Lessons are planned to ensure that lessons are fully inclusive and take account of children’s differing needs and physical ability. At Lidget Green Primary we use Target Tracker to record assessment.

**Planning**

The key knowledge and skills for each unit are mapped on the whole school progression map, which has been shared with staff  and which indicates the skills that need to be taught each term. The progression map also allows staff to see which skills have been covered and informs their planning as to which skills still need to be taught for each session. Staff also have access to the “PE Planning” website.

**Extra-Curricular Clubs**

Many of our children will access further extra-curricular activities to enhance the work that goes on in curriculum time. We work with a specialised coach from Junior Jam to ensure our children have access to further opportunities for quality Physical Education provision. This includes boys’ and girls’ football, Boxercise, Street Dance and Kwik Cricket.

**Early Years Foundation Stage**

At Lidget Green Primary School we recognise the importance of physical development in the Early Years Foundation Stage as a key area of learning. Physical activity is vital in children’s all-round development, enabling them to pursue happy, healthy and active lives. There are two strands under Physical Development; gross and fine motor skills. Both gross and fine motor experiences are developed incrementally throughout early childhood. By creating games and providing opportunities for play both indoors and outdoors, adults can support children to develop their core strength, stability, balance, spatial awareness, co-ordination and agility.

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. Repeated and varied opportunities to explore and play with small world activities, puzzles, arts and crafts and the practice of using small tools, with feedback and support from adults, allow children to develop proficiency, control and confidence.

These skills and acquired knowledge are then built on when children enter Key Stage 1.

**Equal Opportunities**

At Lidget Green we are committed to promoting equal opportunities irrespective of socio- economic background, gender, disability and ethnicity in all areas of the curriculum. We believe that children should have equal access to and participation in a range of physical education activities.

We are committed to ensuring that all children participate in PE and physical activity irrespective of any special educational need(s) or physical disability they may have. We believe that children should have equal access to and participation in a range of physical education activities in order to reach their own potential. Research has shown that children ALL participating in PE together proves better outcomes for ALL. Teachers have access to the online resource “TOP Sportsability” which has resources and guidance, including strategies, to ensure inclusion is in line with best practice in their PE lessons.

**Health and Safety**

We recognise that participation in PE and Physical Activities contains an element of risk. Staff are responsible for ensuring that they are familiar with Risk Assessments and safe practice to reduce the element of risk to the absolute minimum within their control.

* Staff are aware of pupils who have SEND with regards to physical activity and make special provision for needs where appropriate e.g. physical disability, asthma.
* Staff know about the safe practices involved in moving and using apparatus.
* Pupils wear appropriate clothing, remove jewellery and tie back long hair. If the removal of jewellery or studs is not possible they should be securely taped. We ask children to wear a PE kit consisting of navy shorts or joggers, red polo shirt, navy sweatshirt and dark or white trainers or pumps on the days they have P.E.
* School shoes are not permitted to be worn for PE.
* Correct use of equipment is taught along with any potential hazards, including completing a risk assessment for each area/ space that PE and school sport takes place in.
* Equipment and apparatus are stored safely at the end of each lesson.
* Pupils are taught to consider their own safety, and that of others, at all times.

In KS2, outdoor PE lessons take place all year round, weather permitting. Classes are also timetabled for a PE lesson the hall each week. KS1 children are timetabled to have two indoor P.E. lessons each week; these may take place outdoors in mild weather. Children are encouraged to wear clothing in line with the season and weather conditions.

Staff teaching or attending PE should wear appropriate clothing (tracksuit bottoms, shorts, t-shirt or jumper) and also consider their own and their pupils' safety with regard to their own additional personal clothing, footwear and jewellery when involved in the teaching of any sporting activity. Risk Assessments are in place for all school sporting trips, along with the requirement to record and submit all intended visits on the Evolve School Visits system. All school sports visits are submitted to the EVC and Head Teacher for approval before a visit can go ahead.

P.E. equipment is stored safely in the P.E. cupboard in the Main Hall. The PE cupboard is locked and only members of staff have access. The cupboard is regularly checked by the PE Coordinator to check its tidiness and organisation. Staff are advised to inform the PE Coordinator of broken, damaged or lost equipment so that replacements can be ordered.

**IMPACT**

Children are motivated to participate in a variety of sports through quality teaching that is engaging and fun. Children complete each key stage with a high proficiency in each aspect of PE. They to take responsibility for their own health and fitness and to enjoy the challenge of competitive sports. Children are aware of the link between physical activity and good mental health and understand its significance as part of a healthy lifestyle.

* Approved by SLT
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