



Newton Leys
Primary School & Nursery

Newton Leys Primary School
PE
Policy

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Adopted by Governing Body:

Review Date:

Newton Leys

Physical Education Policy

Introduction:

Newton Leys School recognises how physical education (PE) has a vital impact on a child's physical, cognitive, emotional and social development, as well as the role it can play in relation to their cultural, moral and spiritual development. PE is an integral part of the National Curriculum where learning physically should be enjoyed by all children. This subject provides an opportunity for pupils and staff to consolidate and work on all aspects of school life, and prepares and educates children to lead an active healthy lifestyle in the future.

Aims and Intentions:

- At Newton Leys we aim to deliver a broad and balanced PE curriculum to enhance children's self-confidence in relation to their ability to develop fundamental movement skills, awareness of themselves and their bodies through a variety of movement situations.
- We aim to cater for all different abilities and needs by differentiating activities (where appropriate) to support all children reaching their full potential. Through the variety of opportunities differentiated PE offers children to experience fair play, teamwork, personal achievement and an understanding of the ways in which sport can transcend cultural and social boundaries.
- Throughout their primary school years our aim is that children will refine and expand a broad base of movement skills, knowledge and understanding.
- To encourage children to join sporting clubs and organisations both within school and outside of school, with the aim of extending their interest and involvement within sport past just their PE lessons. We will aim to offer a wide variety of sports and performing arts activities to develop children's creativity, problem-solving and improvisation skills.
- We believe children who are educated and taught to appreciate the importance of health and fitness will understand in depth what choices will lead to living a healthy, active lifestyle. Through subjects such as Personal, Social and Health Education (PSHE) and delivering health and well-being lessons within Physical Education Lessons we aim to develop children's understanding and knowledge, which they can take and apply to their everyday lives and future.

Specific Aims in relation to Physical Development

- Different experiences for different age groups will ensure all pupils will be exposed to a range of appropriate challenges as they move through the school so that they:
 - o Become aware of the different movements and shapes that can be made with the body.
 - o Develop physical competence and confidence by acquiring and developing a range of fine and gross motor skills.
 - o Become aware of the benefits of a fit and healthy lifestyle by understanding the effects of exercise on the body and the importance of developing strength, endurance and flexibility.
 - o Develop knowledge, skills and understanding, and the ability to remember, repeat and refine actions with increasing control and accuracy.
 - o Appreciate of the value of safe exercising.

Specific Aims in Relation to Social, Emotional and Cognitive Development

- Participation in PE and sport have other additional benefits which should help to:
 - o Develop a love of physical exercise.
 - o Develop the ability to work independently and communicate with, and respond appropriately towards, others using verbal and non-verbal communication
 - o Develop an increasing ability to select, link and apply skills, tactics and compositional ideas.
 - o Develop the ability to communicate non-verbally with the body.
 - o Improve observational skills, the ability to describe and make simple judgements, and to use this knowledge and understanding to improve performance.

- Understand that using correct techniques will improve accuracy and performance.
- Enable performance evaluation and the ability to act upon constructive criticism.
- Develop confidence in skills and abilities.
- Promote an understanding of safe practice, and develop a sense of responsibility for the safety of others.
- Realise that the right exercise can be fun and energise other things in life.
- Create and plan games for mutual benefit.
- Develop a sense of fair play.
- Develop decision making and problem-solving skills.
- Develop reasoning skills and the ability to make judgements.
- Develop an increasing ability to select, link and apply skills, tactics and compositional ideas.

Spiritual, Moral and Cultural development

- Developing a positive attitude generally is not simply about celebrating sporting success and learning to lose well; but also encouraging children always to do their very best regardless of their ability; praising progress and achievement in a way that does not cause fear or upset for lack of performance or failure; and treating team mates, opponents and referees with respect. Essentially, using every opportunity to maintain and raise self-esteem all round.

National Curriculum

EYFS

In the Early Years Foundation Stage (EYFS), opportunities are provided for children to be active and to develop their co-ordination, control and movement through moving and handling activities which involve the use of a range of equipment and involve different spatial experiences. Structured lessons and opportunities for outdoor physical activity take place.

KS1 & KS2

At Key Stage 1 the impact of physical activity on language and numeracy development is apparent - teaching children to respond to commands, numbers, colours and where they are learning specific language related to the activities. The Multi Skills scheme of work encourages a range of basic games skills. These can then be applied to specific sports in KS2.

In Key Stage 2 the language and terminology associated with areas of activity should be given a high profile in the children's planning and evaluating of their own or others' performance. The Children will study specific sports building upon the skill taught in KS1. (football, basketball, hockey, rugby, multi skills, athletics, rounders and cricket).

Where practicable children should be involved in:

- planning
- performing
- evaluating
- working co-operatively with others
- understanding the effects of exercise and fitness on the body
- appreciating the need for safe practice

The ideals associated with fair play and good sporting behaviour will be encouraged at all times, including showing respect to coaches, officials and volunteers who make sporting opportunities and competitions possible.

Swimming

- To improve the quality of swimming through the provision of a qualified instructor. To enable children to have the correct equipment for their lessons (for example: providing swimming hats so all are able to participate).
- Provide additional swimming provision targeted to pupils not able to meet the swimming requirements of the national curriculum.

Jewellery/Earrings in PE and Swimming

- Jewellery and earrings must be removed before participating in PE lessons (including swimming). If a child is not able to remove their own earrings parents should do so before school on a PE day. If there are exceptional circumstances which prevents this from being possible, parents should provide a letter explaining the reasons and solutions or compromises to address this. During this period the earrings or jewellery will be made safe using micropore tape, however a teacher may ask a child wearing jewellery or earrings not to participate in an activity if they feel the risk is sufficient.

Inclusion

- The school takes great pride in ensuring that all pupils can access PE, adjusting lesson activities as appropriate. Some children with particular needs may require different activities, for example with a particular focus on fine motor skills if hand to eye coordination is a challenge. However, pupils should be included as much as possible and doing the same sport / activity alongside their peers.
- Simple differentiation should follow the STEP principle:
 - o S = change the space available
 - o T = change the time allowed
 - o E = change the equipment, e.g. softer or larger balls, different sized bats
 - o P = change the people, e.g. size of the groups

Planning and Staff Development

- All PE staff will take responsibility for planning, teaching and assessing the PE curriculum for each class at Newton Leys. Planning is readily available to be shared with all teachers who require planning. It is intended that all staff will take part in professional development to ensure secure subject knowledge and awareness of health and safety procedures to ensure staff are comfortable and competent in the area of activity being taught.

Kit, Equipment and Safety

- As with all physical activity, it is important that certain procedures are followed to minimise the risk of injury. On the child's PE day they will come to school in their PE kit (This allows for maximum activity time in the lesson). All children will be barefoot in gymnastics and dance, unless they have a condition which requires footwear, in which case they will wear plimsolls. Training shoes/ track suits are suitable for activities outside.
 - o Children should dress in plain dark blue shorts and white t-shirts for indoor PE and outdoor PE in temperate weather.
 - o Children may wear dark blue tracksuit bottoms and sweatshirts / hoodies for outdoor PE.
 - o Children will work in bare feet for all indoor and apparatus work.
 - o Plimsolls or trainers are worn for outdoor games (plimsolls are not always the most suitable footwear for certain activities e.g. football).
 - o Jewellery is not to be worn. Earrings must be removed. Watches should be removed also.
 - o Long hair should be tied back and rigid headbands should be removed.
 - o Children will be trained to lift and carry any apparatus sensibly into position under adult supervision. The teacher will check it before use.

Safeguarding

- All adults working with children in school with children will be DBS checked.

Out-of-school-hours Learning (OSHL)

Varied extra-curricular activities (both competitive and non-competitive) compliment and supplement the range of activities covered in curriculum time. The planned programme for 2020/2021 reflects a breadth and balance across the national curriculum areas of activity, including dance, games and athletics. A range of interschool fixtures, tournaments and festivals within the MK School Sports Partnership will be participated in (where/when allowed due to current circumstances).

Links with other subjects

- PE can link to other subjects, e.g. Literacy, (recount/report/ instructions), Science (body parts/pulse rates) and Maths (shape/position/directions/counting and graphical representation of data). ICT is also recognised as a potential tool for recording movements and actions to develop children's ideas as well as the appropriate use of audio visual and data logging equipment. Other ICT resources such as iPad can assist in self and peer evaluation within PE lessons.

Records and assessments

- Assessment for learning will be made through short term (daily/weekly) observations of children's work, through discussion with the children, and through their own self-assessment. Assessment of learning will be made through medium term (summative) assessments and longer term (formative) assessments.
- Half termly RAG assessments of the children will be made, this will include progress and attainment as well as behaviour.
- The PE staff will provide teachers with assessments on every child, every half term which will assess the children on their attainment level (Exceeding, Expected, Emerging) behaviour, effort and understanding of the sport.

School Sport Partnership

- Newton Leys accesses curricular support, competitive opportunities for our pupils and training for staff through the MK School Sports Partnership

COVID-19 – Keeping children safe within PE

- Within PE lessons we are keeping social distancing in place where ever possible.
- Children are in year group bubbles, and for the majority of lessons will remain in their classes/ the same ability groups
- Equipment will be thoroughly cleaned between year groups
- We have a cleaning station in place equipped with cleaning spray, disposable clothes, wipes and hand sanitiser.
- M.Luya has attended a Transcend Level 2 Award in Infection Prevention, Mitigation and Management.

Monitoring and Review

- This Policy will be reviewed yearly