

# Pooles Park Primary School Physical Education (PE) Policy



## 1 Aims and objectives

1.1 Physical Education develops the children's knowledge, skills and understanding so that they can perform with increasing competence and confidence in a range of physical activities. These activities include dance, gymnastics, swimming, athletics and team sports. Physical Education promotes thinking, selecting and applying skills and positive attitudes towards a healthy lifestyle. We hope to enable children to make informed, healthy choices and encourage lifelong participation in physical activities.

### 1.2 The objectives of teaching PE at Pooles Park are:

- To enable children to develop and explore physical skills with increasing control and coordination;
- To encourage children to work and explore independently and with collaboratively with others (pairs/groups);
- To show children how to improve the quality and control of their performance and evaluate their own success;
- To teach children to recognise and describe how their bodies feel during exercise and learn how to make healthy lifestyle choices;
- To develop the children's enjoyment of physical activity through creativity and imagination;
- To develop resilience in competitive contexts with success and loss.

## 2 Teaching and learning style

2.1 At Pooles Park we use a variety of teaching and learning styles in PE 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 individual, pair or 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 others. Within lessons we give the children the opportunity to collaborate and to compete with each other.

2.2 In all classes children have a wide range of physical ability. We provide suitable learning opportunities for all children by matching the challenge of the task to the ability of the child. We achieve this through a range of strategies:

- Setting common tasks that are open-ended and can have a variety of results;
- Setting tasks of increasing difficulty to challenge more able pupils;
- Providing a range of challenge through the provision of different resources.

### **3 PE curriculum and competitions**

- 3.1 Every child in the school is taught PE for 2 hours per week. We teach a variety of team games, dance, gymnastics and athletics. Our Outdoor and Adventurous curriculum is fulfilled through a residential week for children in upper Key Stage 2.
- 3.2 Swimming and water safety lessons are delivered in Year 3. Each child is taught to swim confidently over 25 metres using a range of strokes.
- 3.3 Medium term plans map out the PE activities each term. Every lesson has an individual learning intention that builds upon prior learning. Plans are monitored by the PE coordinator.
- 3.4 Pooles Park is a member of the Islington Schools Sports Partnership. Through this affiliation, pupils benefit from entry to inter-schools sports competitions throughout the year. Key Stage 2 pupils benefit from the schools links with Arsenal Football club through their competitive football league and inclusion club for less able pupils.

### **4 Early Years Foundation Stage**

- 4.1 EYFS Physical Development is a prime area of learning. Development in this area involves providing opportunities for young children to be active and interactive; and to develop their co-ordination, control, and movement. Children are also helped to understand the importance of physical activity, and to make healthy choices in relation to food. We aim to deliver this through planned, purposeful activities, with a mix of adult-led and child-initiated activities.

### **5 Contribution of PE to teaching in other curriculum areas**

#### **5.1 Speaking and Listening**

PE contributes to the development of Speaking and Listening by encouraging children to describe what they have done and to discuss how they might improve their performance and the performance of others.

#### **5.2 Personal, social and health education (PSHE) and citizenship**

Children learn about the benefits of exercise and healthy eating and how to make informed choices about these things. The teaching of PE offers opportunities to support the social and emotional development of our children through:

- Group work and co-operation;
- Building resilience in contexts with success and loss;
- Individual competition and progression to build confidence.

### 5.3 **Computing and Information Technology**

Information Technology enhances the teaching of PE. In dance and gymnastics video/photographic representations enable children to compare each other's performances, and use these to improve the quality of their own work.

### 5.4 **Core curriculum areas**

Where possible, links will be made to the core curriculum subjects. Maths will be included through measurement and time. Instruction writing and self-evaluations will be linked to Literacy. Science will be covered through forces; friction, water resistance, materials of equipment etc.

## 6 **PE and inclusion**

6.1 We teach PE to all children. We strive hard to meet the needs of those pupils with special educational needs, those with disabilities, those with special gifts and talents, and those learning English as an additional language. These children are recognised as key groups to monitor in terms of their achievement outcomes.

### 6.2 **Provision for the more able, 'gifted' and 'talented'**

At Pooles Park, 'gifted and talented' refers to children who are more able in a more creative channel (e.g. gymnastics, music, art). This is usually represented by the 'top 5%' of each cohort. Provision for more able gifted and talented children includes:

- In class differentiation through task and equipment;
- Opportunities to work with external providers (eg. Arsenal Football Club);
- Attendance at inter-school competitions

## 7 **PE and Sport Premium**

7.1 The PE and sport premium is designed to help primary schools improve the quality of the PE and sport activities they offer their pupils. It is a statutory responsibility of all schools to publish the level of PE and Sport Premium received how the school has spent the funding and the impact of the spending on learning outcomes. An overview of Pooles Parks Sports Premium can be found on the school's website.

## 8 **Assessment for learning**

8.1 Teachers assess children's work in PE through lesson observations. All pupils are encouraged to evaluate their own work, and the work of others. Teachers record the progress made by children against the learning intention. At the end of a unit of work, teachers will assess if the child has achieved the curriculum statement. Teachers use their assessments to plan future lessons.

## 9 **Resources**

9.1 There are a wide range of resources to support the teaching of PE across the school. Each year the PE resources are audited and replaced when necessary. The middle 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 playground for games and athletics activities, the indoor halls for gymnastics and dance and an off-site swimming pool for swimming lessons.

## 10 Health and safety

10.1 During PE lessons the safety of pupils is a priority.

It is ensured through the following:

- Conducting annual checks on all equipment and facilities;
- All jewellery must be removed including earrings, recently pierced ears should be covered with sticky plaster/tape;
- We expect children to change for PE into the agreed kit. Long hair must be tied up. Children work in bare feet for gymnastics and dance and use trainers/plimsolls for outdoor activities;
- Teachers set a good example by wearing appropriate clothing when teaching PE;
- Pupils adhere to basic rules regarding behaviour within the physical activity setting, including stopping immediately in response to a given command and never using a piece of equipment without being told to do so;
- Teachers are aware of children with medical conditions and all medication is taken to PE lessons. Use of medication is recorded;
- First aiders in school are well known to those leading physical activity sessions;
- Any pupil who is deemed a risk to himself or herself or anyone else in the practical situation should be removed from the working environment immediately.

## 11 Extra-curricular activities

11.1 The school provides a variety of sports clubs at the end of the school day. These encourage children to further develop their skills and increase their fitness. The school also competes in inter-school competitions, including the Islington football league and other ad-hoc tournaments. This introduces a competitive element to team games and allows the children to put into practice the skills that they have developed in their lessons. These opportunities foster a sense of team spirit and cooperation amongst our children and a pride in representing their school.

## 12 Monitoring and review

12.1 The Pootes Park PE policy will be reviewed at least every two years. At the end of each year, the Sports Premium plan will be evidenced and the impact evaluated. Each autumn term the PE coordinator will review equipment. In the spring term, the PE coordinator will conduct learning walks, gather pupil perceptions, conduct a staff review and update the school PE development plan.