



Smile – Learn – Excel

PE Policy

Intelligence and skill can only function at the peak of their capacity when the body is healthy and strong.

John F. Kennedy

Policy Reviewed: September 2021

Next Review: September 2022



Introduction

At Shortlanesend School we recognise the importance PE plays in the curriculum, to mental and physical well-being and for long term life skills. We are fully committed to providing all children with opportunities to engage fully in Physical Education (PE).

PE should provide opportunities for all pupils to become physically literate and confident in a way which also supports their health and fitness.

Our children should acquire not only physical skills, knowledge and understanding, but also the awareness and importance of leading healthy, active lives as well as the values of sportsmanship, fairness and respect through the sports and activities they undertake.

Aims

- Develop knowledge, skills and understanding across a range of sporting activities.
- Engage in moderate to intense physical activity over sustained periods of time.
- Participate in competitive sports and activities.
- Lead healthy and active lives, picking up positive habits for their future lives.
- To compete in games and activities in a collaborative team.
- To develop Staff competence and confidence in the delivery of high quality PE lessons
- To promote safe practice in all activities.
- To use sport to build pupils self-confidence and self-esteem.
- To encourage involvement in extra-curricular sporting activities and develop community and club links.
- Increase participation in competitive sports both in and out of School.
- To develop Staff competence and confidence in the delivery of high-quality PE lessons.

Curriculum

The curriculum at Phoenix Primary School covers the National Curriculum Programmes of Study in PE as stipulated in the PE National Curriculum 2014 document. The School has bought into the **Arena PE Scheme** of Work from The PE Hub which is used to ensure progression.

Key Stage One

Sport & Games

- Children learn to master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.



- Children learn to participate in team games, developing simple tactics for attacking and defending.
- Children learn to perform dances using simple movement patterns.

Key Stage Two

Sports and Games

- Children learn to use running, jumping, throwing and catching in isolation and in combination.
- Children learn to play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending.
- Children learn to develop flexibility, strength, technique, control and balance.
- Children learn to perform dances using a range of movement patterns.
- Children learn to take part in outdoor and adventurous activity challenges both individually and within a team.
- Children learn to compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Swimming

Lessons can happen in either Key Stage.

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

Role of Co-ordinator

Our PE Lead has overall responsibility for everything relating to PE, Physical Activity and the development, monitoring and review of the provision of PE and Physical Activity. Our PE Lead will consult with the Head of School and SLT on PE matters and provision.



Our PE Lead and members of the school's SLT are responsible for the overall monitoring of the quality of PE and physical activity provision.

We monitor PE in the curriculum through subject reviews and self-evaluation in order to provide an accurate perspective on how it is being delivered and how it can be further improved.

Physical Education is monitored and evaluated through:

- Lesson observations
- Monitoring of lesson planning
- Monitoring of equipment
- Pupils Assessment data
- Feedback from staff
- Children questionnaires
- Pupil records of participation, focusing on different groups
- Feedback from pupils/school council about PE and general physical activity
- Pupil attendance and achievement in sporting competitions
- Attendance at after school sports clubs

When external providers are used to deliver physical activity, the PE Lead will observe to ensure that high quality lessons are delivered and assessed consistently.

Assessment & Recording

Assessment is carried out by the Class Teacher, PE Lead and any outside providers (where appropriate). Children will be levelled as either Working Towards, Expected or Exceeding, in accordance with Age Related Expectations as per the Assessment Procedures for the curriculum areas covered.

Swimming will be assessed with support from the swimming instructors during the swimming block of lessons.

Our PE Lead is responsible for publishing Swimming data on the School Website, as per National Guidance.

Sports Premium

Our PE Lead oversees how our School Sports Premium funding is maximised across a number of areas relating to PE and sport at Shortlanesend School; with the aim of



ensuring that the money is used effectively to allow all our children to participate and experience a range of sporting and outdoor experiences.

A breakdown of the funding can be viewed on the School website.

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 safe practice to reduce the element of risk to the absolute minimum within their control:

- Staff are aware of pupils who have special needs 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 and the teacher is confident this strategy is effective.
- Pupils may be asked to remove shoes when participating in indoor activities such as gymnastics.
- Correct use of equipment is taught along with any potential hazards.
- Equipment and apparatus is stored safely at the end of each lesson.
- Children are taught to always consider their own safety and that of others.
- School shoes are not permitted to be worn for PE

Staff teaching PE should wear the PE kit provided by School 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 always carried out in advance for all school sporting trips.

Extra-curricular activities and clubs

We strive to offer a range of after school clubs across both Key Stages. Most are provided free of charge by teachers in the school. Some clubs may require a charge



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of payment if they are run by external providers. (We work with our parents and guardians to try to ensure that any such cost is never a barrier especially for our Pupil Premium and vulnerable families) These clubs complement the curriculum, the interests of pupils and the local sporting opportunities.

Equal opportunities and inclusion

We comply with the Equality Act 2010 and are proactive in ensuring that all pupils, including those with special needs or disabilities are provided with a comprehensive programme of physical activity. For pupils with disabilities or health conditions we will adapt activities to suit their individual needs. Where appropriate, this may mean providing specialised equipment, differentiating activities, offering a parallel or separate activity or setting a challenge appropriate to their skill level.