

Moorside Primary School



Physical Education Policy



MOORSIDE PRIMARY SCHOOL

PURPOSE, VISION & VALUES

Our Purpose

Moorside Primary is a school at the heart of our diverse community in the West End of Newcastle.
We pride ourselves in being a caring school community where everyone is welcome.
We strive to deliver an outstanding education for all our children.
We help everyone to become caring and active citizens
We encourage everyone to thrive and achieve their full potential.

Our Vision

We want everyone in our school to work together to make us as good as any school can be.
We want to create new opportunities for everyone to succeed.
We want to create a culture which broadens all of our horizons.
We want everyone to be able to tackle the challenges we will face in an ever changing world.
We want all of our children to effectively engage with each other and with our community.

Our values

We all believe that

Our local community deserves a school they can be proud of
We are a caring community where everyone is welcome
We all value, respect and support each other
Our community has the right to be safe and healthy.
Our children should have the chance to enjoy and be enthused by their time in our school

We all work together to make sure that

Everyone always tries their best and take pride in all that they do
Everyone demonstrates good manners at all times
Everyone respects each other and show consideration
Everyone respects and cares for our environment and resources
Everyone celebrates each other's successes and achievements

Purpose

The **purpose** of study and the aims of the **National Curriculum for physical education** (2014) state:

A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.

Aims and Objectives

Physical Education (PE) develops pupils' knowledge, skills and understanding so that they can perform with increasing competence and confidence in a range of physical activities.

These include dance, games, gymnastics, swimming and water safety, athletics and outdoor adventure activities. Physical education promotes an understanding in children of their bodies in action. It involves thinking, selecting and applying skills, and it promotes positive attitudes towards a healthy lifestyle. Thus we enable pupils to make informed choices about physical activity throughout their lives.

The **objectives** of teaching PE at Moorside Primary School are to:

- Enable pupils to develop and explore physical skills with increasing control and coordination.
- Encourage children to work, compete and play with others in a range of group situations.
- Develop the way pupils perform skills, and apply rules and conventions for different activities.
- Show pupils how to improve the quality and control of their performance.
- Teach pupils to recognise and describe how their bodies feel during exercise.
- Develop the enjoyment of physical activity through creativity and imagination.
- Develop an understanding in pupils of how to succeed in a range of physical activities, and how to evaluate their own success.

Teaching and Learning

We use a variety of teaching and learning styles in PE lessons. Our main aim is to develop the pupils' knowledge, skills and understanding, and we do this through a mixture of whole-class teaching and individual or group activities. Teachers draw attention to good examples of individual performance as models for the other pupils, and we encourage them to evaluate their own work as well as the work of other pupils. Within lessons we give the pupils the opportunity both to collaborate and to compete with each other, and they have the opportunity to use a wide range of resources.

PE Curriculum Planning

The Foundation Stage

We encourage the physical development of our young children in the early years as an integral part of their work. We relate the physical development of the children to the development stages of the Development Matters Document and the objectives set out in the Foundation profile, which underpin the curriculum planning for children aged three to five years of age. We encourage the children to develop confidence, control of the way they move, and care in the handling of tools and equipment. We give all children the opportunity to undertake activities that offer appropriate physical challenge, both indoors and outdoors, using a wide range of resources to support specific skills.

Key stage 1

Pupils should 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. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Pupils should be taught 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
- participate in team games, developing simple tactics for attacking and defending
- perform dances using simple movement patterns

Key stage 2

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and linking them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Pupils should be taught to:

- use running, jumping, throwing and catching in isolation and in combination
- play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
- develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- perform dances using a range of movement patterns
- take part in outdoor and adventurous activity challenges both individually and within a team
- compare their performances with previous ones and demonstrate improvement to achieve their personal best

Swimming and water safety

All schools must provide swimming instruction either in key stage 1 or key stage 2 and at Moorside Primary School we aim to provide such experiences in Year 3.

During focused lessons pupils should be taught to:

- swim competently, confidently and proficiently over a distance of at least 25 metres
- use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]
- perform safe self-rescue in different water-based situations

Monitoring

The monitoring of the standards of pupils' work and of the equality of teaching in PE is the responsibility of the senior leadership team along with the PE subject team. This work involves supporting colleagues in their teaching, being informed about current developments in the subject, and providing a strategic lead and direction for PE in the school.

Links to other curriculum subjects

These links are made where meaningful and key vocabulary is introduced, developed and reinforced at all times.

Personal, social, health and citizenship education (PSHE)

Pupils are taught the benefits of exercise, healthy eating, and how to make informed choices about their lifestyle. In PE pupils are encouraged to work cooperatively across a range of activities and experiences. They learn to respect the views, contributions and abilities of others.

Maths

Pupils learn to apply numeracy skills when counting, measuring and timing. They are also encouraged to use mathematical terminology for shapes, space and position.

Equal Opportunities and Inclusion

Every pupil has equal access to national curriculum physical education. Learning experiences are differentiated in such a way as to meet the needs of all pupils. All pupils in the school have equality of opportunity in terms of curriculum balance, curriculum time, use of resources, use of facilities and access to extracurricular activities.

Assessment and Recording

Pupils work will be assessed throughout each unit of work using formative and summative assessment methods. Pupils' progress will be monitored by the individual class teacher who will use observations as well as other methods to set realistic targets for the individual pupil, based on their strengths and areas to develop. Teachers use assessment criteria which track skills taught and help inform judgements. At the end of each unit an indication of the progress made will be recorded and the senior leadership team will continually monitor this process.

Health and Safety

It is the general teaching requirement for health and safety that applies to this subject. We encourage the pupils to consider their own safety and the safety of others at all times.

Safe Practice

All teachers should make themselves aware of the health and safety arrangements for the areas of activity that they are teaching. This school follows the **"Safe Practice in Physical Education" guidance provided by the Association for Physical Education (afPE)** which is the only PE Subject Association in the UK.

All pupils will be taught how to handle and carry apparatus and other resources appropriately. They should be taught to recognise hazards, assess the consequent risks and take steps to control the risks to themselves and others.

Specific guidance on all areas of activities to ensure safe practice includes:

- developing an awareness of own and others' safety
- wearing appropriate clothing and footwear (both pupils and staff)
- being involved in appropriate warm up and cool down exercises
- being taught the correct procedures for lifting, carrying and placing equipment
- responding readily to instructions, signals and rules
- being familiar with established routines and relevant rules

Jewellery and hair

Wearing jewellery is not allowed at Moorside Primary School. Pupils must not wear any kind of jewellery in PE lessons, including watches. Pupils with medium/long hair are reminded to tie it up securely. Pupils are required to remove their headscarves or any other religious headwear for the duration of PE lessons however school does provide an alternative form of headwear.

Staff must adhere to the above, in order to keep themselves and others safe, when teaching due to the increased physical contact with pupils when modelling or participation in the activity.

Weather

It is encouraged that outdoor PE lessons take place in all seasons and in as many weather conditions as feasible. Classes are timetabled to up to an hour in the hall each week, so if the weather is not appropriate for outdoor PE, the PE lesson can still go ahead. Pupils are encouraged to wear clothing in line with the season and weather conditions, maximising access to all lessons.

Pupils and staff must refrain from tying jumpers around their waists and shoulders for safety purposes and general presentation. In hot weather staff will make the decision on the length of time a lesson should be held outside due to the risk of sun exposure.

Hygiene

Pupils are taught about the body changes that occur when they exercise along with recognition of the short and long term effects of exercise on the body. Aspects of hygiene are addressed in upper Key Stage two.

Staff must be positive role models at all times and must therefore change in to or out of their PE kit prior to or after their taught sessions at the earliest convenience. Staff will not remain in sportswear all day.

Staff dress

When teaching PE, staff will wear school PE kit for adults which has been agreed. This is important in regards to their own and their pupils' safety including footwear and jewellery when involved in the teaching of any PE activity. Staff will avoid wearing excessively tight or transparent clothing which will restrict their movements when teaching, modelling and participating in physical activities. Staff will have been allocated a t- shirt and sweatshirt and are encouraged to wear these during lessons for consistency and role modelling of high expectations across the school.

Equipment and Resources:

All resources are regularly reviewed in order to ensure they are appropriate to the range of activities undertaken, pupil ages, abilities and needs of pupils in order to enhance learning. Resources should be counted out and counted in, returned in good condition and working order.

The pupils should be encouraged to:

- Look after resources
- Use different resources to promote learning
- Return all resources tidily and to the correct place (staff should oversee)
- Be told of any safety procedures relating to the learning experiences and resources to be used
- Carry or handle resources safely and with care and respect

Extra-curricular activities

At Moorside Primary School we endeavour to provide a range of PE related activities for pupils at the end of the school day. These encourage pupils to further develop their skills in a range of the activity areas. The school sends details of the current club activities to parents at regular intervals during the term. As a school we are beginning to increase our involvement in sports events and activities against other schools. This introduces a competitive element to team games, and allows the pupils 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.

PE and Sport Premium Funding

The PE and sport premium is designed to help primary schools improve the quality of the PE and sport activities they offer their pupils.

'Schools must spend the additional funding on improving their provision of PE and sport, but they will have the freedom to choose how they do this' (DfE June 2013). Our detailed sports premium spending plans are available on our website: <http://www.moorside.newcastle.sch.uk>

The school receives PE and Sport Premium Grant from the Government and this has enabled us as a school to update the PE equipment in the school including an increase in the resources we can offer pupils during the non-structured times in the day such as playtimes, lunchtimes and after school clubs. The purpose of this is to try and keep our pupils as engaged as possible in physical activities throughout the school day. Without the PE Grant this investment in new resources would not have been possible. This has enhanced the provision for all pupils in the school's commitment to and ability to resource PE. Continuing CPD and staff development would use other funding streams to ensure that the school had the expertise to improve the quality of teaching.

Staff Continued Professional Development (CPD)

All staff are requested to participate in professional development to ensure secure subject knowledge, consistency and an awareness of health and safety procedures and up to date knowledge. This is exemplified in the teacher's standards. Staff should be comfortable and competent in the area of activity being taught. Staff should indicate where they feel they need support so that appropriate support can be given through in house support or further CPD from outside agencies or other professionals.

PE Kit

School PE T-shirts (Provided by school)

Shorts or jogging pants (Provided by school)

Bare feet during inside activities

Trainers or plimsolls for outside activities

Jogging top for colder weather

No earrings or jewellery – should be removed before school by parent in the event of being newly pierced the earrings should be removed for PE and retainers worn.

No football or other sport tops worn in school or for PE



Date to be implemented	May 2019
Date to be reviewed	January 2020