



Kirkstall Valley Primary School Physical Education Policy

Please read this policy in conjunction with others, especially *Inclusion, Educational Visits and Risk Assessments*.

Rationale

Physical education is a statutory requirement of the National Curriculum and an essential contributor to the development of the whole child. Through a high-quality physical education programme, pupils develop physical competence and confidence and are given opportunities to be physically educated and become physically literate. Through a combination of entitlement and choice of activity, the physical education provision will contribute to the personal development, health and wellbeing, enjoyment, success and achievement of all pupils across the whole curriculum and beyond.

Physical education provides pupils with the opportunities to be creative, competitive and face up to different challenges, as individuals and in groups and teams. It promotes positive attitudes towards a healthy and active lifestyle. Pupils learn how to think in different ways and make decisions in response to creative, competitive and challenging activities. They learn how to reflect on their performance, plan, perform and evaluate actions, ideas and performances to improve the quality of their work.

Physical education helps pupils develop personally and socially. They work as individuals, in groups and teams, developing concepts of fairness and of personal and social responsibility. They take on different roles and responsibilities, including leadership, officiating and coaching. Through high-quality physical education, pupils discover their aptitudes, abilities and preferences and make informed choices about how to get involved in lifelong physical activity.

School Vision for PE

PE, physical activity and school sport all have a high profile at Kirkstall Valley Primary School and we strongly believe that they contribute to the holistic development of young people and make an active contribution towards many aspects of pupils' social, moral, spiritual and cultural development. Our high-quality PE curriculum inspires all pupils to succeed and excel in both competitive sport and other physically demanding activities. It is through these opportunities that pupils become physically confident; they learn that physical activity is fun and is important to lead a healthy lifestyle, as well as having a lifelong commitment to being active and healthy. Our children compete in many competitions, both inter- and intra-school, which build character and embed key values such as teamwork, fairness and respect for themselves as well as others.

Aims and Objectives

The National Curriculum for physical education aims 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
- lead healthy, active lives.

Kirkstall Valley Primary School's aims are to:

- Provide every child with a minimum of 2 hours of high quality PE each week, alongside many other opportunities for Physical Activity.
- Provide learning situations in which all pupils will be able to develop their physical ability to the full.
- Enable pupils to acquire and develop skills, performing with increasing physical competence and confidence in a range of physical activities and contexts.
- Provide stimulating and challenging opportunities that help to promote physical development such as cardio-vascular health, flexibility, muscular strength and endurance.
- Enable pupils to understand the importance of physical education in respect of a healthy lifestyle. (Knowledge and understanding of fitness and health).
- Develop positive attitudes towards participation in physical activity.
- Provide a safe learning environment for physical activity and an understanding of the need for safety.
- Provide pupils with opportunities to become aware of and conform to the principles of fair play, demonstrating good sporting behaviour.
- Enable pupils to actively participate in a wide range of activities with confidence, developing self-esteem through achievement.
- Promote equal opportunities for all and value the contribution of others irrespective of gender, ability, social/cultural background.
- Develop links between physical education and other aspects of the curriculum.
- Enable pupils to solve problems and find alternative solutions to physical challenges on their own and with others.
- Enable pupils to select and apply skills, tactics and compositional ideas to suit activities that need different approaches and ways of thinking.
- Help pupils develop their own ideas in a creative way.
- Teach pupils to set targets for themselves and compete against others, individually and as members of a team.

- Provide opportunities for pupils to take initiative, lead activity and focus on improving aspects of their own performance.
- Help pupils discover their own aptitudes and preferences for different activities.
- Enable pupils to make informed decisions about the importance (and value) of exercise in their lives.
- Give firm foundations for life-long participation in sporting activity.

Curriculum

Each child at Kirkstall Valley Primary School receives physical education teaching in each of the following areas of activity:

- Dance
- Gymnastics
- Invasion games
- Net and wall games
- Striking and fielding games
- Athletics
- Swimming

Outcomes

Intended outcomes that we deem to be desirable from the PE programme include:

Skill acquisition	Skill application	Movement appreciation
Recreation in society	Knowledge	Understanding
Health/fitness principle	Awareness of safety	Competition
Rules of how to officiate	Leadership	Challenges
Enjoyment	Creativity	Problem solving
Self-control	Tolerance	Respect
Honesty	Self-esteem	Responsibility
Sense of achievement/well-being	Communication skills	Language terminology

Entitlement and progression

In the **Foundation Stage** the prime areas of learning are:

- Communication and language
- Physical development
- Personal, social and emotional development

The specific areas of learning are:

- Literacy
- Mathematics

- Understanding the world
- Expressive arts and design

Nursery and Reception Class have two structured PE lessons every week, which focus on fundamental movement skills. These lessons are often taken from our whole school PE scheme – **Real PE**. (Nursery children also use **Sticky Kids** resources - active movement with music sessions.)

Children have daily opportunities for **physical development** using the outdoor learning area where children have free flow access all day. There is an inviting area designated to movement and a large area for physical play. We have large equipment including swings, a slide, monkey bars, bikes and scooters.

In **Key Stage 1** pupils develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend agility, balance and coordination, individually and with others. They engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Pupils are taught to:

- Master basic movements such as running, jumping, throwing, catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities.
- Participate in team games developing simple tactics for attacking and defending.
- Perform dance using simple movement patterns.

In **Key Stage 2** pupils continue to implement and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Pupils are taught to:

- Use running, jumping, catching and throwing in isolation and combination.
- Develop flexibility, strength, technique, control and balance.
- Perform dance using a range of movement patterns.
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Swimming and Water Safety

All children at Kirkstall Valley are taught to swim as part of the National Curriculum and have access to swimming instruction in Key Stage 2. Pupils should be taught to:

- Swim competently, confidently and proficiently over a distance of at least 25 metres
- Use a range of strokes effectively such as front crawl, backstroke and breast stroke
- Perform safe-rescue in different water-based situations

Year 3 pupils participate in weekly swimming lessons from February half term to the end of the year and then again in Year 4 from September to February half term. This provides them with consistent 1-hour lessons over the period of a whole school year.

Swimming sessions are conducted in accordance with the guidelines set down by Bramley Swimming Baths. The coaches providing these sessions track performance and progression, feeding back to the class teacher.

After School Clubs

After school clubs further enhance the PE curriculum, allowing pupils opportunities to broaden their experience and take part in competitive sport. We provide a selection of different activities such as Dance, Football, Rugby, Multi-Skills, Outdoor Adventure, Rounders and Cricket. These are activities the pupils have specifically asked for using class and individual questionnaires.

In partnership with the local football provider 'Goals', we offer the opportunity for pupils to attend after school training sessions with Goals coaches on their grounds. Reception and Key Stage 1 children are picked up from school and escorted there by parent/carers while Key Stage 2 are escorted by members of staff.

Safe Practice

In all areas of PE, safety guidelines should be strictly adhered to in order to promote safe practice and fulfil the safety requirements of the national curriculum. We follow the safety guidelines 'Safe Practice in PE and School Sport' provided by the Association for Physical Education, a copy of which is kept by the PE Subject Leader.

Pupils are taught to recognise and take some responsibility for their own safety and are taught to recognise and be aware of hazards that are present from an early age.

Dress Code for children

In the interest of health and safety, appropriate kit should be worn for PE activities. Acceptable kit is that which presents no risk of injury to the wearer or other pupils.

Indoor kit:

- bare feet, plimsolls or trainers, dependent on the activity (e.g. bare feet for dance and gymnastics)
- plain white or blue t-shirt
- black or blue shorts, tracksuit or jogging bottoms

Outdoor kit:

- as above, with the addition of appropriate clothing for the weather
- suitable footwear for the surface (trainers or outdoor pumps)

Swimming:

- swimwear (no bikinis) and towel

All clothing **must** be clearly labelled with the child's full name.

All jewellery should be removed before the lesson. Responsibility cannot be taken by staff for the removal or safe-keeping of children's jewellery.

Religious artefacts should be removed or made safe. Whenever an item is forbidden to be taken off, it should be made acceptable by taping, padding or covering with a sweatband.

Long hair should be tied back.

Key Stage 1 and Lower Key Stage 2 pupils will change together for PE in their classrooms. Upper Key Stage 2 pupils will change in separate areas (classroom and cloakroom).

Failure to produce a PE kit

The failure to produce a PE kit should be avoided by ensuring children and their parents/carers know when PE lessons will be taking place and understand the importance of changing for these lessons. Staff will encourage and support all children to bring correct kit when required. After three repeated incidents of not having the correct kit, parents will be informed to ascertain the reasons and ask for their co-operation. Spare clothing is available at school for children to use if necessary. The exception for this is for swimming. Children without correct kit will be left in school with another class.

Non-Participation in PE

Children should only miss PE lessons on health grounds if this is requested by their parents/carers either by direct contact with the school or in a note to the teacher.

Dress Code for Staff

It is expected that teachers will dress suitably for PE lessons in appropriate footwear and comfortable clothing which will allow them easy movement and enable them to react quickly in an emergency. Jewellery and lanyards are to be removed to set a good example and for personal safety.

Health and Safety

Physical education presents challenges to growing children and there is the risk of accident or injury. Therefore, it is important for all staff to be aware of the importance of safety and to plan accordingly. For school based activities, staff should follow the guidelines in the health and safety policy. For offsite activities, staff must familiarise themselves with the individual facility procedures. Risk assessments must be in place for any off-site visits, including swimming.

As a school we ensure the safety of all pupils and staff through the following safe practice codes:

- All forms of physical activity should be preceded by an appropriate warm-up.
- Pupils are given tasks which are challenging, but within the scope of their ability.
- The surface that pupils are expected to work on should be clean and free of litter or other hazards. Teachers should pay special attention to the suitability of the surface, ensuring it is not too slippery.
- All equipment to be stored safely and tidily in its appropriate place after use to allow easy access and availability to it for the next lesson. All equipment has a clear label to show where it should be stored in the PE cupboard.
- Children should not access the PE cupboard unless accompanied by an adult, for safety reasons.
- Equipment is to be checked before and after use. It is the responsibility of the teacher to report all unsafe, damaged or lost equipment.
- The teacher must be aware of any medical condition which may affect physical ability and make the appropriate adjustments in planning and implementation of the lesson to allow pupils who suffer from any conditions to take part actively but safely.
- For health, safety and curriculum reasons, teachers may physically guide children during lessons to develop their skills, e.g. correcting a child's posture during a gymnastics lesson.
- Most adults in school are first aid trained and able to deal with any incidents if required. A list of these adults can be found in the school office.

Equal Opportunities and Inclusion

The Governing Body will ensure compliance with current legislation regarding Equal Opportunities. All pupils at Kirkstall Valley Primary School will be given equal opportunities to access the PE curriculum regardless of race, sex, religion, ethnic group, culture or ability. Working towards equal opportunities requires that teachers should treat all children as individuals with their own abilities, difficulties and attitudes (see the school Inclusion policy). Children will have their own individual gifts to contribute, which can be used to enrich the experience of others.

The overriding aim should always be to create an environment in which, from the earliest age, children and their teachers learn to respect each other. The well-balanced and planned PE programme should meet the physical and social needs of all pupils.

Consideration will be given to those with special educational needs, whether they have disabilities or a particular talent. The action necessary to respond to an individual's requirements for curriculum access will be met through greater differentiation of tasks and materials.

Assessment

Assessment of key skills and learning is ongoing and formative. It will be undertaken by children and teachers following the expectations of the National Curriculum and the Real PE guidelines, with children receiving feedback and support during the lessons. Opportunities are given for pupils to assess their own performance through talk and observation of peers. They are encouraged to recognise ways of improving skills and make positive comments on their own and others work. PE sessions allow for the development of children at their own ability and teach them how to work towards setting and achieving their own targets. Class teachers are responsible for making a judgement against age-related expectations and sharing this information with parents and the next teacher when the child moves up to the next class.

This policy was reviewed by Angela May (PE Subject Leader) in February 2018

It was reviewed by Hayley Wild (Acting Head Teacher) in February 2018

It was ratified by Governors in March 2018

It was distributed to staff in March 2018

It is due to be reviewed in February 2019 and/or as updates are received.