

# Gargrave Church of England Primary School

## PE Policy September 2015

Gargrave Church of England Primary School recognises the vital contribution of physical education to a child's physical, cognitive, social and emotional development as well as the role it can play in a child's spiritual, moral and cultural development.

We aim to provide a balanced and broad P.E. curriculum to aid children's self-confidence in their ability to manage themselves and their bodies within a variety of movement situations.

We aim to enable children can build upon their individual strengths through a balance of individual, paired and group activities.

At Gargrave we aim to cater for the different strengths, needs and preferences of each child, using differentiated activities where appropriate. We believe that through the variety of opportunities that PE offers, children can develop a sense of personal achievement, fair play, teamwork and an understanding of the ways in which sport can transcend social and cultural boundaries.

Through the Government Funding for sport, where possible, we will provide opportunities for pupils to work with PE specialists. The funding will support PE training by providing opportunities for teachers to work alongside specialist teachers. The funding will also provide us with equipment to be used during PE lessons, alongside transport costs to ensure that children at Gargrave are given the opportunity to take part in inter-school sporting activities where possible.

We plan a range of activities that aim to provide children with a broad base of movement knowledge, skills and understanding, which

they can refine and expand throughout their primary school years. All children are encouraged to join clubs, (privately or through afterschool sport) and extend their interest and involvement in sport. We offer outdoor education opportunities for children throughout the school through school trips. Different experiences for different age groups ensure all will get a range of appropriate challenges as they move through the school.

Children are taught to appreciate the importance of a healthy and fit body, and begin to understand those factors which affect health and fitness. This links with our PSHE lessons in school.

### **Our Aims:**

#### **Physical Development:**

- To develop physical competence and confidence by acquiring and developing a range of fine and gross motor skills.
- To be aware of the different shapes and movements that can be made with the body.
- To develop knowledge, skills and understanding, and the ability to remember, repeat and refine actions with increasing control and accuracy.
- To promote fitness and a healthy lifestyle by understanding the effects of exercise on the body and the importance of developing strength, endurance and flexibility

#### **Cognitive Development:**

- To develop decision making and problem solving skills.
- To develop reasoning skills and the ability to make judgements.
- To develop an increasing ability to select, link and apply skills, tactics and compositional ideas.
- To improve observational skills, the ability to describe and make simple judgements on their own and others' work, and to use this knowledge and understanding to improve their own performance.

- To understand that using the correct technique will improve accuracy and individual performance.
- To be able to evaluate performance and act upon constructive criticism.

### **Social and Emotional Development:**

- To develop a love of physical exercise.
- To develop the ability to work independently and communicate with, and respond appropriately towards others using verbal and non-verbal communication.
- To develop confidence in their own skills and abilities.
- To promote an understanding of safe practice, and develop a sense of responsibility towards the safety of themselves and others.
- To realise that the right exercise for you can be fun and will give you energy for other things in life.
- To create and plan games and teach them to one another.
- To develop a sense of fair play and team work.
- To understand the emotions of competition.

### **Spiritual, Moral and Cultural Development:**

- To develop a positive attitude to themselves and others.
- To experience a range of different activities and realise that physical activity doesn't have to be about winning a competition, doing your best is just as important.
- To be able to encourage others and give praise for their achievements so that when children perform they do not fear failure and can improve through the use of peer-assessment.
- To treat your team, the opposition and the referee with respect.
- To raise self-esteem through opportunities to celebrate sporting success.

### **The PE Curriculum:**

We aim to provide a well-balanced PE curriculum which covers the statutory requirements for the Early Years Foundation Stage (EYFS) and both Key Stage One and Key Stage Two National Curriculum.

In Apple Class (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 amount to at least two hours each week. Apple class children will also be given the opportunity to go swimming in the Summer term. Pupils in both KS1 and KS2 engage in two hours of high quality PE during the course of each week.

In KS1 the curriculum focuses on fundamental movement skills to develop agility, balance and co-ordination. Curriculum content includes ball skills and team games, gymnastic and dance activities. KS1 children will also be given the opportunity to go swimming. At KS2 pupils continue to apply and develop a range of skills and units of work include a range of invasion, net / wall, and fielding and striking games, gymnastics, dance, athletics and swimming.

A range of resources are used to support progression across the curriculum including: TOP Gymnastic resources, and specialist PE teachers/coaches.

### **Swimming:**

It is the North Yorkshire policy that all children should swim by the age of twelve. Therefore, swimming lessons are compulsory for all children. At Gargrave, children learn to swim in all year groups. All year groups will have swimming lessons at some point throughout the school year.

Swimming is taught by coaches at Craven Swimming Pool and school staff who have attended swimming training. Goggles may be worn but are not essential. Children should wear appropriate swimwear such as a one piece costume for girls and trunks or shorts for boys.

### **Staffing/Staff development:**

Each class teacher takes responsibility for planning, teaching and assessing the PE curriculum for their class, alongside specialist PE coaches.

All staff take part in professional development to ensure secure subject knowledge and awareness of health and safety. 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 by either the subject leader, specialist sports coaches or outside providers.

### **Safety**

- As with all physical activity, it is important that certain procedures are followed to minimise the risk of injury. Children should dress in shorts and t-shirts, tracksuit bottoms and a top are suitable for outdoor PE.
- Children will work in bare feet or pumps for all indoor and apparatus work.
- Pumps or trainers are worn for outdoor games, together with tracksuits if it is cold.
- Jewellery is not to be worn. Watches and ear-rings should be kept safely in the classroom.
- Long hair must be tied back.
- Children will be trained to lift and carry any apparatus sensibly. The teacher will check apparatus before use.
- Children who are not taking part in PE due to injury or illness, must have a note in their planner from their parent or their parent must speak to the appropriate class teacher.

### **Safeguarding:**

All adults working with children in school are to be checked for appropriate CRB/DBS clearance. This all includes coaches that work

with the children. Children in years 3 to 6 are not expected to change together.

### **School Sport:**

We follow a range of inter-school fixtures, tournaments and festivals through the Craven partnership. The extra-curricular content aims to be varied -including competitive and non-competitive events. Team and individual events are also available for all pupils.

### **School Club Links:**

The school seeks to make links with local community clubs whenever possible and these will be published on the school newsletter or on the school notice board.

### **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. ICT will also be used for evidence with assessment.

### **Equality:**

All aspects of PE are taught in such a way as to include all children regardless of their gender, background, culture or physical ability. Learning objectives are set in line with our Special Needs and Equality Policies.

### **Records and Assessment:**

Assessment for learning is made through short term (daily/weekly) observations of children's work, through discussion with the children, photographs and through their own self-assessment or peer assessment.

Assessment of learning is made through medium term (summative) assessments and long term (formative) assessments.

**Summary:**

At Gargrave Church of England Primary School we believe PE to be an integral part of the curriculum and should be enjoyed by all children. It is a real opportunity for both teacher and child to consolidate and work on the values that underpin our school and its beliefs.