



St Mary's CE Primary School

N8 7QN

Physical Education Policy

Jesus said, "Love one another as I have loved you." (John 15:12)

Our Vision

As we love, we flourish

As we flourish, we aspire

As we aspire, we achieve

Together, we are a family.

Friendship, Compassion, Hope, Wisdom, Community,
Endurance.

September 2021

Through our daily school life at St Mary's Church of England Primary School we encourage our children to build respectful friendships and demonstrate compassion towards others. Through this we build a strong community spirit, as together we are a family. Our teaching and learning provides the children with the wisdom and endurance they need to expand their minds socially, morally and academically so allowing them to achieve and flourish and fulfil 'Life in all its Fullness.' (John 10:10). We encourage our children to demonstrate and develop a dignity in their work and themselves which enables them to hope to aspire to be the best they can possibly be.

Ethos and vision

- Our fundamental aim is to install a lifelong love of sport, exercise and outdoor activities by ensuring the children's early experiences of PE are challenging, stimulating and positive.
- We pride ourselves on ensuring all children are engaged in regular exercise as well as creating as many sporting and outdoor learning opportunities as possible.
- We aim to increase physical activity across the school whilst stretching our most able, identifying their talents and creating relevant opportunities for them to excel and flourish.
- We aim to increase fitness and skill levels whilst building confidence and encouraging broader holistic life skills such as teamwork, self-discipline, leadership and determination.
- Our Christian values are promoted in every lesson with kindness, cooperation and endurance especially relevant in PE.
- We teach children about the broad health benefits to a healthy and active lifestyle.

Teaching and Learning

- Children are entitled to two PE lessons per week (PE specialist and class teacher).
- In year 5 children receive a swimming lesson once a week.
- St Mary's has a PE specialist teacher leading PE and Sport throughout the school as part of the enrichment team (MFL, Art, PE, Music).
- Every lesson has a lesson objective with clear success criteria for children to understand.
- Lessons are differentiated in a variety of ways to ensure each child is challenged appropriately.
- Lessons are usually structured in a warm up/activities/games format.

Planning, Sports Premium and Assessment

- Planning is centralised through the PE specialist with class teachers following slightly different plans to the PE specialist. Each half term is usually divided into two separate modules, basketball and netball for example.
- The spending of the sports premium government grant is planned at the beginning of the year and considers staff, resources, trips and experiences required for the year ahead before being divided appropriately.
- A variety of assessment is used in PE (peer assessment, AfL, summative assessment).
- A formal assessment of the children's ability in each sport is carried out at the end of a module and follows the 2014 National Curriculum Attainment Targets. This data is used as a platform to plan in accordance with the children's individual abilities. It is used to further stretch the most able children, highlighting their specific talents and then creating appropriate opportunities to challenge them further. It is also used to highlight where intervention may be appropriate in regards to fitness and skill level.

- Assessment informs written reports in order to share the children’s progress and individual achievements with parents/carers.

PE Curriculum

- We offer a broad PE curriculum that covers most traditional sports as well as newer sports.
- In addition to the PE curriculum we create other outdoor learning experiences such as forest school, swimming and adventurous activities (Pendarren, camping, PGL and other one off external activities – climbing for example)

	Church lane	Rectory Gardens
Autumn 1	Movement	Tag Rugby – Handball/Benchball
Autumn 2	Ball Control	Football and Indoor athletics
Spring 1	Gymnastics / Dance	Gymnastics/Dance
Spring 2	Team Games	Dodgeball and Hockey
Summer 1	Team Games (2)	Basketball and Netball
Summer 2	Net Games / Cricket (S & F)	Net Games / Cricket (S & F)

EYFS

- EYFS PE is designed to ensure the children’s early experiences of PE are fun and engaging and install a love of movement and exercise.
- Children learn to follow instructions, move safely in a designated space and begin to understand the concept of games, challenge and competition.
- Lessons centre on movement competency with balance, coordination, motor skills, strength and speed.
- Teamwork and sportsmanship are taught alongside physical skills.
- Activities are linked to the children’s classroom topics.

Key Stage 1

- We build on the movement focus of EYFS with coordination, balance and control of the body still pertinent in each module.
- Ball control and handling skills are introduced with a variety of balls. Catching, passing and receiving, travelling with a ball and shooting/aiming are taught in a variety of ways.
- Specific sports are introduced as children learn the basic rules to various sports and understand the difference between team and individual competition.
- More advanced equipment is introduced including striking and fielding (bats) and net games (rackets). Gymnastic equipment is used to stretch children’s balance, climbing and control of the body, children are encouraged to challenge themselves and work outside their comfort zone.

Key Stage 2

- Organised competition is introduced (intra school and inter school) and children's individual talents are identified and stretched.
- The curriculum is modular based with each sport being worked on for 3-6 weeks.
- Children are challenged with leadership, teamwork and independent tasks as they take responsibility in the lessons (use of equipment, working in different groups, coming up with ideas for activities and making decisions in and out of competition).
- An understanding of tactics is developed as children compete in small teams.
- Advanced skills are introduced as all children are stretched to reach their potential.
- Sportsmanship and respect are implicit in every lesson as children learn how to win and lose gracefully.

Inclusion

- All children are encouraged to make sport and physical activity a central part of their lives and overall fitness levels and participation are monitored.
- Lessons are adapted to ensure children with SEN or a physical disability or impairment are able to access the lesson and make progress. Equipment and activity type are modified to ensure all children have success but are also challenged and stretched in accordance with their individual ability.
- We have additional breakout PE sessions across all year groups specifically for children with SEND and/or children with social, emotional and behavioural difficulties.
- We use the 'house system' to encourage a sense of belonging and to further understand the importance of working cooperatively in a team.

Gifted and Talented

- Through assessment we create a database of our children's talents and PE levels in a variety of sports. We use this database to stretch children in lessons, after school clubs, through inter school competition and by creating links and opportunities at local sports clubs.
- We create links with local clubs and sports organisations in order to encourage children with specific talents to further challenge themselves outside of school.
- We celebrate our children's sporting achievements regularly and try to build their confidence and motivation to challenge themselves further

Extra-Curricular PE

- We have a broad and significant extra-curricular sports timetable with over 15 clubs available to our children.
- We have clubs aimed at specific groups of children focusing on both participation and fitness levels as well as stretching our most able.
- We highlight a range of external opportunities with local sports clubs and one off camps.
- We ensure a wide range of children have the opportunity to compete in organised competition. We compete with the best sporting schools in Haringey and have are building reputation for outstanding sports development. We attend external competitions on a regular basis and also offer intra school competitions that every child competes in.
- We offer one-off inspirational extra-curricular opportunities such as Paralympic day, rock climbing, fun runs, watching professional sport and trips to adventure parks.

Health and Safety and PE Kit

- The children's care plan is considered for each class ensuring the teacher understand the children's medical needs as well as other needs that may affect the children's safety.
- Teachers consider the safety of the equipment being used and the space/activity.
- Risk assessment are carried out before every sports trip and all sports trips consider the children's medical needs.
- From reception onwards children are expected to bring PE kit to every lesson, this is for professionalism, safety and hygiene.

Expectations for PE Kit

- *Plimsoles or trainers*
- *Shorts*
- *Plain t-shirt in house colour*
- *No Jewellery or watches*
- *Hair tied back*
- *In cold weather children can wear tracksuits and a plain jumper/fleece. Coats are not appropriate.*