



*Inspiring All to Excellence*



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**Heathfields Infant & Wilnecote Junior Academy**

## **P.E. Policy**

## Document Control

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## Introduction

At HIWJ (Heathfield Infant & Wilnecote Junior Academy), we recognise the importance PE plays in the curriculum and are 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. 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 when competing and respect through the sports and activities they undertake. PE at HIWJ, will ultimately teach our children transferable skills, which they will be able to use in other aspects of life.

## PE INTENT, IMPLEMENTATION AND IMPACT

### **INTENT**

At HIWJ, Physical Education (PE) is an integral part of our Curriculum, which is inclusive and engages all pupils, in a supportive and challenging environment. We aspire for children to acquire, develop and refine their practical skills and techniques; to further their knowledge and understanding of PE concepts and principles and develop their overall competence, to enjoy, and excel in, a broad range of sports and physical activities, giving children a solid foundation to take on a range of sports throughout their lives.

We aim to deliver high-quality inspiring teaching and learning opportunities which enable all children to succeed; to enjoy their learning; to be resilient and consistently strive to give their best efforts at all times and achieve their potential and personal best.

Children participate in competitive sport and through this we teach children how to cooperate and collaborate effectively as part of a team and compete appropriately against others, adhering to the principles of fairness, sportsmanship and respect, values we hope to embed for future life.

We understand the importance PE, School Sport and Physical Activity has on children's general health, fitness and mental wellbeing. We provide opportunities for all children to be physically active for sustained periods of time and we teach children the importance of leading healthy, active lives and making informed and appropriate lifestyle choices.

Swimming is an important life skill and we aspire for all children to leave primary school being able to swim at least 25 metres.

### IMPLEMENTATION

- PE at HIWJ provides challenging and enjoyable learning through a range of sporting activities including; Invasion Games, Net & Wall Games, Strike and Field Games, Gymnastics, Dance, Outdoor & Adventure Activities and Swimming
- Children participate in two PE lesson each week, covering two sporting activities every half term. Throughout the year.
- The Long-Term PE Curriculum Overview sets out the PE Units/Activities, which are to be taught each half term throughout the year, and ensures that the requirements of the National Curriculum are fully met.
- The emphasis of our PE curriculum is inclusion for all children regardless of sporting ability. We provide suitable learning opportunities for all children, including those with SEND.

- We promote both participation and competition through P.E and sport, which will be differentiated accordingly. We ensure all children experience competition at some level, individually or in a team, within lessons.
- We have a Sports House system and all children participate in Intra House Sports competitions.
- Children in KS1 and KS2 and SEND children also have opportunities to participate in the local School sports competitions
- Children participate in workshops/whole school events, sourced by School and delivered by Outside Providers, covering a variety of sports throughout the year, providing an opportunity to experience new activities, learn new skills, improve their fitness and to try something new.
- All children in KS1 and KS2 have the opportunity to participate in extra-curricular sports activities throughout the year
- We offer a Residential OAA experience for children in Year 6 each year.
- We have an annual inclusive House Sports Day, with the emphasis on participation and achievement for all, which is competitive.
- Sporting achievement (in and out of school) will be celebrated in assembly and on social media.

## **IMPACT**

At HIWJ, we ensure that our PE curriculum is inclusive and progressive and allows all children the opportunity to acquire and develop fundamental knowledge, understanding, skills and techniques and apply these to a wide variety of different sports and activities. PE lessons are fun, enjoyable, challenging and progressive and all children can achieve, to the best of their ability, in a supportive, safe and stimulating environment. Our pupils are physically active, and this has a positive impact on their learning in the classroom due to the children learning how to be determined, motivated and have perseverance within different sports. Children understand how to lead a healthy lifestyle and understand the importance of regular exercise and activity for their physical and mental wellbeing. We aspire for all children to enjoy PE and develop a love of sport and physical activity, which hopefully becomes part of their future life outside of Primary School. Children have opportunities to participate in sport after school can also represent the school at sporting events from local to county level. IN PE, we also measure impact by:

- Regular learning walks
- Pupil questionnaires once per year
- PE Premium spend analysis
- Analysis of participation at after school clubs and competitions
- Assessment data
- Photo records of children's practical work

## **Aims:**

**The consistent delivery of high-quality PE lessons which are exciting, challenging and enjoyable and provide many varied learning opportunities**

- ❖ Develop knowledge, skills and understanding across a broad 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 promote safe practice in all sports and activities.

- ◎ To use sport to build pupils self-confidence and self-esteem.
- ◎ To use build sportsmanship
- ◎ 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

### **Responsibility for PE**

The Subject Leader is responsible to the Head Teacher and will ensure that the following points associated with the role are considered and carried out where appropriate:

- . Developing good classroom practice
- . Managing the budget (sports premium) based on the needs identified through the monitoring and evaluation of the subject and the whole school development plan.
- . Reporting on the allocation of the sports premium and its impact on the school website
- . Auditing, ordering and reviewing efficiency of how equipment, learning resources and accommodation are managed to ensure pupils are well taught and protected
- . Accessing any funding available that may enhance the quality of PE within the school
- . Attending courses to further own professional development and providing information and support for colleagues
- . Monitoring classroom practice and planning, auditing needs for CPD to ensure high quality delivery and setting future targets
- . Make all resources available to all staff, including policy, schemes of work, assessment materials and resources to support learning
- . Carry out risk assessments in line with local authority procedures
- . Extending relationships and contacts beyond the school and in the local community
- . Keeping up to date with and implementing any National, Local Authority and School Sport Partnership developments where appropriate

#### **Monitoring &**

#### **External Providers**

To increase opportunities and inspire children to be active, we regularly source Outside Providers to deliver activities, which would not normally be covered in curriculum time. All visitors are expected to work within the framework of this policy.

All visitors/coaches who attend School are expected to have an up to date CRB/DBS and provide this along with photographic I.D (passport/driving licence) on arrival for their session.

Documentation should be checked by Admin. Staff, prior to entry.

This policy should be made available to visitors if reasonably practicable.

#### **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 Risk Assessments and safe practice to reduce the element of risk to the absolute minimum within their control.

- Staff are aware of pupils who have SEN 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. Our School provides a PE kit comprising of shorts and a t-shirt for all children and does not discriminate based on gender, race, disability, sexual orientation or belief. Trainers and black pumps are not provided.
- 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, including completing a risk assessment for each area/ space that PE and school sport takes place in
- Equipment and apparatus is stored safely at the end of each lesson.
- Pupils are taught to consider their own safety and that of others at all times.
- School shoes are not permitted to be worn for PE

Staff teaching or attending PE should wear the PE kit 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.

On days when teaching PE, staff can wear appropriate PE kit for the whole day.

Appropriate clothing includes:

Women: gym leggings, shorts or joggers with a t-shirt or polo (no vest tops), jumper

Men: shorts/joggers with a polo or t-shirt. Jumper

All kit must look smart and look professional as you will be joining in physical education, staff will be mindful of the length of your clothing.

We undertake an annual Risk Assessment of the school premises and areas where PE is taught and equipment including PE equipment (PE Lead) as necessary. Risk Assessments are in place for all school sporting trips, along with the requirement to record and submit all intended visits on the Evolve School Visits system. All School sporting trips and visits must have first been submitted to the EVC and Head Teacher for approval before a visit can go ahead.

### **PE and School Sports Premium Funding**

The PE and School Sports Premium funding is used in a number of different ways to support and develop PE and School Sport at HIWJ. Money from this funding will be used to give children the chance to participate in swimming lessons.

### **Curriculum**

#### **PE**

Children from Reception to Year 6 have at least two 45-minute lessons of PE a week during curriculum time. Each half term children will take part in two different sports. As well as this, each term each year group will have a 'Forest Friday', here children will participate in a range of

outdoor and adventurous activities, which will be fun and interactive and will develop a range of skills for all the children.

The PE Curriculum at HIWJ covers the National Curriculum Programmes of Study in PE, as stipulated in the PE National Curriculum document. The School uses a PE Scheme of Work from Progressive sports as well as teachers own planning, based on the school PE progression documents, which is used to ensure year on year progression in skills, knowledge and understanding. Pupils develop physical skills, knowledge and understanding, as well as learning about fitness, co-operation, sportsmanship and fair play.

### **Activities taught at HIWJ**

- Dance
- Gymnastics
- Fundamental Movement Skills
- Games (Rugby, Football, Cricket, Netball, Handball, Tennis, Dodgeball, Hockey, Rounders)
- Outdoor and Adventurous Activities – also covered during outdoor learning day and the Year 6 residential.
- Athletics
- Health Related Fitness

### **Assessment & Recording**

The attainment target for physical education sets out the knowledge, skills and understanding that pupils of different abilities and maturities are expected to have by the end of each key stage.

Teachers should ensure that when evaluating and improving performance, connections are made between acquiring, developing, selecting and applying skills, evaluating and improving performance as well as demonstrating a knowledge and understanding of health and fitness and performance in different roles.

Teachers will refer to National Curriculum documentation for details relating to physical education strands. The expected attainment for the majority of pupils at the end of each phase (EYFS, KS1, LKS2, UKS2) is summarised in the HIWJ Progression of Skills resource.

### **Assessing Progress**

To assist in formative assessment, teachers could use the following:

- . HIWJ Progression of Skills sheets involve pupils in self and peer assessment, helping them understand where they are at the beginning of a unit of work, and identify what they need to do to make progress.
- . Watch children work, talk to them about what they are doing and listen to them describe their work.
- . Receive feedback from pupils to inform teachers and pupils of what has been successful and allow them to set their own future targets.
- . Use ICT to develop portfolios of children's work in physical education to show progression and quality of performance.

## Participation in PE

We aim for full participation in every PE lesson and aim to do this by:

- A wide range of imaginative resources and teaching strategies are used to actively engage pupils in participating in lessons.
- Our curriculum takes into consideration the range of pupils' needs to ensure continuity and progression in learning is provided and PE lessons will be suitably differentiated in order to support and challenge pupils.
- Staff ensure that pupils of all abilities are able to access the PE curriculum by providing alternative or different resources to develop new skills and ensure a positive relationship with physical activity from an early age.
- Pupils who are unable to participate in a PE lesson **should not** change into their PE kit. They should be directed to purposefully adopt other roles in the lesson, such as observing, giving feedback, video recording, evaluating, coaching, umpiring and refereeing. Students should also change into suitable footwear. Parental notes should be written, signed and handed to Class Teachers (PE Lead to thereafter be informed) if a child is not able to participate in PE due to any short- or long-term injury or medical/health reason. Where appropriate, a risk assessment should be completed and shared with all members of staff who have contact with the child.

## Facilities available for physical activity

On-site facilities include (*school to include*) eg :

- School Hall – climbing frames, gymnastics mats, balance benches, box, springboards.
- Playgrounds (KS1 and KS2 separate sites) – to be used during the day for play times, lunch times and PE, both in and out of school hours
- Trim Trail, pump track, climbing frames and outdoor gym.

## Clothing to be worn during physical activity (before, during and after school)

We ask that all pupils change for PE and wear the PE kit provided by School that includes:

- House coloured T-Shirt (long sleeve tops are permitted to be worn underneath and encouraged during winter months, this can include jumpers but no hoodies)
- Black shorts (leggings underneath are permitted)
- Trainers or black PE pumps
- School shoes are not permitted to be worn

We will always endeavour to provide spare kit for pupils cannot access their own designated school PE kit, to ensure that children do not miss PE lessons.

## Physical activity outside of the curriculum

In addition to PE, there are a range of opportunities for physical activity throughout the school day.

## **Extra-curricular activities and clubs**

A range of After School Sports Clubs are available to pupils which are provided free of charge by staff at school. These clubs complement the curriculum, support the interests of pupils, and will prepare students for competitions against other schools. As well as this, there will be a range of new activities for children to access.

## **Active playtimes**

We have zoned areas in the playground to promote different types of physical activity and relevant equipment is provided to engage pupils. School staff also offer different activities at lunchtimes, this will be led by a teacher and 'Sport Leaders' who will apply for the positions and be elected by their peers.

## **Sports Day**

We organise an annual multi-sport circuit Sports Day type event at the end of the summer term, which this year will see small teams compete at each event to win points for their team. This will make sure that the day is competitive but also engaging for all children. Parents and carers are actively involved to attend and support their children. We have a wide range of sporting activities on the day to encourage participation and success for all children.

## **Involving parents and carers**

We recognise the important part parents and carers play in encouraging children to participate in physical activity. Information about PE, physical activities and sporting competitions organised by the school and opportunities after school, are shared with parents/Carers by means of specific PE letters from the PE Lead and through the School newsletter. Information about all areas relating to PE can also be found on the School website. Pictures and videos of PE lessons will be promoted on the school's social media.

## **Monitoring and evaluation of physical activity**

The PE Lead Teacher or a member of SLT with responsibility for Monitoring is 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.

### **Equal opportunities and inclusion**

We comply with the Equality Act 2010 and are proactive in ensuring that all pupils, including those with SEN needs or disabilities are provided with a comprehensive programme of physical activity. For pupils with disabilities or health conditions we will endeavour to adapt activities to suit their specific individual needs, where possible. Where appropriate, this may mean providing specialised equipment, differentiating activities, offering a parallel or separate activity with a Support Assistant or 1 to 1 staff member, or setting a challenge appropriate to their skill level. Pupils who do not participate in physical activity on a regular and consistent basis will be referred to SLT.

### **SEND**

A high-quality PE curriculum enables all pupils to enjoy and succeed in many kinds of physical activity.

In order to provide equal opportunities for pupils with SEN and/or disabilities and for those children to gain full access to the Primary PE Curriculum, in PE we will:

- set suitable learning challenges
- respond to pupils' diverse learning needs, and
- overcome potential barriers to learning and assessment for particular individuals and groups of pupils.
- modify the curriculum to remove barriers, so all pupils meet the same objectives.
- to encourage SEN children to take part in extra curriculum sporting activities and teams.

In some activities, pupils with SEN and/or disabilities will be able to take part in the same way as their peers. In others, some modifications or adjustments will need to be made to include everyone.

To overcome potential barriers to learning in physical education, some pupils may require:

- adapted, modified or alternative activities that offer an equivalent degree of challenge to the activities in the programmes of study and that enable the pupils to make progress
- specific support they need to take part in certain activities or types of movement, and
- careful management of their physical regime to allow for their specific medical conditions.

Assessment will consider a range of factors in the context of the activity undertaken.

## **HEALTH/MENTAL WELLBEING**

The aim of teaching children about physical health and mental wellbeing is to give them the information that they need to make good decisions about their own health and wellbeing. Physical health and mental wellbeing are interlinked, and we teach pupils to understand that good physical health contributes to good mental wellbeing, and vice versa.

At HIWJ in PE lessons, we teach the characteristics of good physical health and mental wellbeing. Pupils are taught about the benefits and importance of physical activity, exercise, diet and nutrition and how this can impact on their overall health and wellbeing. Children learn about the changes that can occur to their bodies, as a result of physical activity, and how being active can impact positively on their mental wellbeing. We go by the mantra, "healthy body. Healthy mind"

## **EAL**

Children who have English as an additional language, are expected to take part in PE. Due to the nature of PE, where access cannot be gained through understanding of the spoken word, children will be encouraged to observe or copy and repeat either their peers or the Class Teacher. Pictures of skills, actions and techniques will also be used to provide as visual stimulus for EAL children, in order that they gain an insight as to what is required in the lesson. The Class Teacher may also use other strategies to allow EAL children to access lessons content such as video examples, to help the children see what they need to do.

## **Training and support for staff**

We ensure relevant staff access high quality professional development annually on PE and physical activity to keep them updated on key related issues and ensure they are confident to teach the full breadth of the curriculum. We participate in training, CPD and educational initiatives/projects run by the LA and other organisations.

## **Dissemination of the policy**

The policy is available to parents and carers and pupils via the school website. Parents and carers and pupils new to the school may be given a summary on request and there is a copy in the school reception area. The full policy is available to parents and carers and pupils on request.

Copies of the full policy are in the staff handbook, the Governors' handbook and Policy reference file, in the school office.