



Physical Education Policy

Version number	Purpose	Lead Person	Date produced
1.1	New policy written	Luke Foster	Sept 2018
1.2	Review of policy	Luke Foster	May 2021
1.3	Review of policy	Luke Foster	March 2023
1.4	Review of policy	Luke Foster	January 2025

Introduction

Kingsthorpe Village Primary School recognises the vital contribution of physical education (PE) to a child's physical, cognitive, social and emotional development, as well as the role it can play in relation to a child's spiritual, moral and cultural development. PE is an integral part of the curriculum to be enjoyed by all children. It is a real opportunity for both teachers and children to consolidate and work on the values that underpin every aspect of school life.

Aims

- It is the intention of the school to provide a broad and balanced PE curriculum to aid and increase children's self-confidence in relation to their ability to manage themselves and their bodies within a variety of movement situations.
- To develop a life- long love of physical activity
- To provide a minimum of two hours high quality PE provision a week where children are encouraged to be physically active and understand how to stay healthy
- To cater for the different strengths, needs and preferences of each child by using differentiated activities (using Real PE) consisting of individual paired and group activities. 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.
- A range of activities will be provided with a broad base of movement knowledge, skills and understanding, which children can refine and expand throughout their primary school years.
- Children of all abilities will be encouraged to join clubs and organisations with the aim of extending their interest and involvement in sport. We will also encourage children to develop their creative and expressive abilities.
- Children who are taught to appreciate the importance of a healthy and fit body begin to understand those factors which affect health and fitness. Our aim to raise children's awareness in this regard is therefore closely aligned with the school's policy on Relationships, Health Education (RHE).

Specific Aims in relation to Physical Development

Real PE is delivered across the whole school which allows, different experiences for different age groups that ensure all pupils will be exposed to a range of appropriate challenges as they move through the school so that they:

- Develop physical competence and confidence by acquiring and developing a range of fine and gross motor skills.
- Become aware of the different shapes and movements that can be made with the body.
- Develop knowledge, skills and understanding, and the ability to remember, repeat and refine actions with increasing control and accuracy.
- Become aware of the benefits of a fit and healthy lifestyle by understanding the effects of exercise on the body and the importance of developing strength, endurance and flexibility.
- Appreciate of the value of safe exercising.
- Develop a love for physical activity and life- long leisure pursuits

Specific Aims in Relation to Social, Emotional and Cognitive Development

Participation in PE and sport have other additional benefits which should help to:

- Develop the ability to work independently and communicate with, and respond appropriately towards, others using verbal and non-verbal communication.

Kingsthorpe Village Primary School

- Develop confidence in skills and abilities.
- Promote an understanding of safe practice, and develop a sense of responsibility for the safety of others.
- Realise that the right exercise can be fun and energise other things in life.
- Create and plan games for mutual benefit.
- Develop a sense of fair play.
- Develop decision making and problem-solving skills.
- Develop reasoning skills and the ability to make judgements.
- Develop an increasing ability to select, link and apply skills, tactics and compositional ideas.
- Develop the ability to communicate non-verbally with the body.
- Improve observational skills, the ability to describe and make simple judgements, and to use this knowledge and understanding to improve performance.
- Understand that using correct techniques will improve accuracy and performance.
- Performance evaluation, using ICT, and the ability to act upon constructive criticism.

Spiritual, Moral and Cultural development

- Developing a positive attitude generally is not simply about celebrating sporting success and learning to lose well; but also encouraging children always to do their very best regardless of their ability; praising progress and achievement in a way that does not cause fear or upset for lack of performance or failure; and treating team mates, opponents and referees with respect. Essentially, using every opportunity to maintain and raise self-esteem all round.
- Learners will be encouraged to adopt a growth mind-set thus building resilience.

The PE Curriculum

At Kingsthorpe Village Primary School the national curriculum for PE is delivered predominately through “REAL PE” schemes of work and lessons plans. Real PE is a fully inclusive, progressive and a nationally recognised body of work. As the children enter upper key stage two the generic skills learnt through Real PE can lend themselves to the teaching and development of more traditional games and refereeing / peer coaching. Additional, Teachers will also have access to PEPlanning.org.uk to support differentiated sport specific physical education planning. Teachers will have access to Jasmin (Real PE Real Gym and Real Dance online platform) which provides all lesson plans, example videos to support the teaching. This can be displayed on the projector in the hall.

- Each class is allocated an hour indoor and an hour outdoor PE slot on the weekly timetable
- Where possible it is expected that all teaching assistants in the class will support in the delivery of PE lessons
- All teaching staff will be expected to wear the provided PE sports tops and appropriate footwear whilst teaching and follow the school code of conduct to stay safe.
- Each term a planned competition / event linked to the pupil's curriculum learning will be organised to provide evidence of participation for the school's sports co-ordinator
- Where possible, ICT will be used to support the curriculum and assessment. This will help the children recognise strengths and areas of improvement as well as for modelling.
- In the Reception Class, opportunities will be 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 will last at least 2 hours each week.
- Pupils in both KS1 and KS2 will engage in lessons of high-quality PE each week. In KS1 the curriculum focuses on fundamental movement skills to develop agility, balance and co-ordination. Curriculum content includes Real PE and Real Gym.

Kingsthorpe Village Primary School

- At KS2 pupils will continue to apply and develop a range of skills through the Real PE programme and additionally units of work which include a range of invasion, net/wall, and fielding and striking games, gymnastics, dance, athletics and swimming (UKS2).
- Children's experiences will also be enriched through opportunities for outdoor and adventurous activities. A range of resources will be used to support progression across the curriculum including: Real PE, Real Gym, and specialist coaching sessions for different sports.

Swimming

- Swimming lessons will be provided by Local Authority employed swimming coaches at Moulton Leisure Centre. Children will be taught water confidence skills, stroke development and lifesaving skills. Any child unable to swim 25m at the end of their swimming block will be targeted for additional tuition.

Earrings in PE/Swimming

- Earrings must be removed before participating in PE lessons (including swimming). If a child is not able to remove their own earrings parents should do so before school on a PE day. If there are exceptional circumstances which prevents this from being possible for a defined period of time, parents should provide a letter explaining the reasons and the date from which earrings can be removed.

Curriculum Differentiation

- The school uses the principle of STEP for adjusting lesson activities for differentiation. Some children with particular needs may require adapted activities,

S = change the space available

T = change the time allowed

E = change the equipment, e.g. softer or larger balls, different sized bats

P = change the people, e.g. size of the groups

Staffing/Staff Development

- Each class teacher will take responsibility for planning, teaching and assessing the PE curriculum for their class.
- All staff are trained in planning, resourcing and delivering Real PE. It is further intended that staff should be comfortable and competent in the area of activity being taught. Where additional support is required this will be provided by either the subject leader, specialist sports coaches or outside providers through Northampton Sport.
- All staff who attend CPD courses will provide feedback and disseminate information/learning.
- New staff to the school will require training opportunities within the teaching of Real PE

Safety

In order to minimise the risk of injury:

- Children should dress in shorts/ tracksuit bottoms and t-shirts.
- Children will work in bare feet for dance and gymnastics – never in stocking feet
- Trainers are worn for outdoor games, together with tracksuits if cold.
- Jewellery, including watches, are not to be worn.
- Long hair should be tied back and rigid headbands should be removed.
- Children will be trained to lift and carry any apparatus sensibly into position under adult supervision, which will be checked by a teacher before use.

Safeguarding

- All adults working with children in school with children will be DBS checked.

Government Funding for Sport the School will:

- Support the implementation of high-quality Physical education being taught throughout the school
- Where possible, provide opportunities for both pupils and teachers to work with and alongside PE specialists and sports coaches. The aim is to enhance specialist and coaching facilities and to develop the skills and expertise of staff to provide better coaching, mentoring and advice to pupils across the whole PE and sport spectrum.
- Provide new equipment for PE lessons and recreational use to increase the activeness of the children.
- Provide further opportunities and experiences both within and beyond the school curriculum
- Use funding to develop the healthy child and mental wellbeing
- Promote access to inspirational sports personalities, speakers and visitors to the school
- Spending will be reviewed and published on the school website.

Out-of-school-hours learning

- Varied extra-curricular activities (both competitive and non-competitive) compliment and supplement the range of activities covered in curriculum time. The planned programme for each year reflects a breadth and balance across the national curriculum areas of activity, including dance, hockey, dodgeball, bounce, athletics and more. A range of interschool fixtures, tournaments and festivals within the Northampton Sports Partnership will be participated in.
- A documented timetable of clubs and events will be published at the beginning of each term, and this together with the school's weekly newsletter and the PE notice board will raise awareness about out of school hour learning.
- Sports club registers are to be centrally at the office and will record pupil participation.
- The wellbeing of the children is the responsibility of the adult running the session.
- External providers need to supply their own risk assessment which need to be approved by the school.

Off-site sport

- Permission must be given from parents/guardians for all off-site sporting events.
- Individual risk assessments must be provided for both the venue and for travelling to events. These are to be submitted via OEAP and need to be approved by both the school's designated Educational Visit Leader and Headteacher.
- An off-site form must be completed prior to departure and signed off by the Headteacher/Deputy Head The lead adult will take a copy and leave a copy in the office. this must include:
 - All children's names
 - Two emergency contacts for each child (if event is outside of regular school hours)
 - Contact numbers for all staff members on the visit
 - If using transport, details and contact number for the provider.
- There must be a designated first aider on all off-site events. They are responsible for carrying children's personal medical devices (inhalers, autoinjector, etc.)

Equality

- All aspects of PE will be taught in such a way as to include all children regardless of their gender, background, culture or physical ability, in line with the school's Special Needs and Equality Policies.
- Pupils who are injured or cannot temporarily participate physically will be encouraged to take part in the lesson in other ways such as through supporting others, making observations, recording learning, refereeing and/or peer assessment.

Records and Assessment

- Assessment for learning will be made through short term (daily/weekly) observations of children's work, through discussion with the children, and through their own self-assessment. Assessment of learning will be made through the school's foundations subject assessments excel document which will be checked by the subject leader termly.

School Sports Partnership (SSP)

The school is a member of the Enhanced Northampton Sports Partnership (NSP) and as such has access to curricular support, competitive opportunities for pupils, opportunities to be inspired by sporting ambassadors, and training for staff via the partnership. Accordingly, the School aspires to the 7 High Quality National Outcomes which guide the work of all SSPs:

- Increased participation in high quality PE.
- Increased participation in high quality out of school hours learning.
- Increased participation in high quality informal activity.
- Increased attainment and achievement through PE and sport.
- Improved behaviour and attitude in PE, sport and whole school.
- Increased participation in competitive and performance opportunities.
- Increased involvement in community sport and improved quality of community life.

Monitoring and Review

- This Policy will be reviewed every two years by the PE co-ordinator supported by the head teacher