

The Grange Primary School

PE Policy



Subject Leaders:

Bethany Turtle and Kelley Gibbons

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Intent- Our Vision

Physical education is extremely important to us at The Grange Primary. We recognise the valuable contribution of Physical Education (PE) to the health and well-being of our children. We understand the importance of delivering high quality PE lessons, which provides pupils with the opportunity to develop, embed and refine the skills, knowledge and understanding to take part in a wide variety of physical activities and value the importance of fitness and health. Our holistic approach to PE encourages all of our pupils to have the motivation, confidence, physical and social competence, knowledge and understanding to maintain physical activity throughout life and raise aspirations.

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

The Grange Primary School aims are to:

- Provide learning opportunities in which all pupils are able to develop their physical ability to their full potential.
- Promote inclusive opportunities for all and value the contribution of others irrespective of gender, ability, social/cultural background.
- Provide a range of opportunities for all pupils to develop fundamental movement skills.
- Acquire and develop skills which support them in performing with increasing physical competence and confidence in a range of physical activities and contexts.
- Provide a wide range of sporting opportunities to all of our pupils.
- Give our children ownership of their PE curriculum and opportunities by acting on pupil voice and using this to inform PE action plans.

- Promote the importance of aspiring to become leaders by training our children to become Sports Ambassadors and become PE subject representatives.
- Teach pupils to understand the importance of a healthy lifestyle and the commitment needed in sport.
- Develop positive attitudes towards participation in physical activity by engaging children who are less physically active or reluctant to participate.
- Be responsible for providing a safe learning environment for physical activity.
- Provide pupils with opportunities to demonstrate sportsmanship.
- Provide opportunities for children to actively participate in competitions with confidence, developing self-esteem through achievement.
- To maintain the profile of Physical Education by promoting active learning across the curriculum.
- Challenge thinking by teaching our children how to select and apply skills, tactics and compositional ideas to suit activities that need different approaches.
- Provide opportunities for our children to set personal targets and evaluate their own performances to allow them to improve their own performances.

Inclusion

At the Grange, In accordance with the school's Inclusion Policy, PE activities are differentiated to meet the needs of each pupil. Gifted and Talented pupils and children with Special Educational Needs and Disabilities will be identified through a range of activities. Their needs are met through a range of learning styles and are designed to enrich the curriculum.

Implement

At The Grange Primary School, we ensure that the children take part in at least 2 hours of high quality PE and school sport per week. We aim to deliver outstanding lessons and provide excellent staff CPD to maintain the high expectations. We follow the excellent 'Key PE Sports' scheme of work, along with our own The Grange Primary scheme for Netball and Trolley Hockey. Our PE lessons provide children with the essential development of agility, balance and coordination and cooperative learning by using fun and engaging games that build up a range of transferable skills. Basic skills such as running, jumping

and throwing, cooperative and collaborative learning are all covered and challenge is encouraged through group and individual challenges. Children are given the opportunity to compare their performances with previous ones and demonstrate improvement to achieve their personal best. Finally, opportunity is given to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations. Our aim to ensure our children are secondary ready, is reflected in our sports based PE Curriculum (See appendix 1).

Currently swimming lessons take place in the Summer term for Year 4 pupils, once a week. Additional swimming lessons, for those who have not met the national curriculum expectation in Year 4, are arranged for Year 5 pupils.

We strive to ensure that cross-curricular and active lessons are embedded within the curriculum. Each class has daily active brain breaks, using Go Noodle, BBC Super Movers and Cosmic Kids Mindfulness Yoga.

PE KIT

Our PE kit is as follows: a plain white t-shirt and plain black shorts with plimsolls for inside and trainers for outside. During the winter, pupils may wear a jogging suit outside.

For Inter-school competitions we have a kit, which we keep in school, for our pupils to wear (t-shirt, shorts and a hoodie printed with the school logo). This will be provided on the morning of the competition for the children to change into.

It is the Governors' policy that all children in school should wear school uniform, both in the classroom and for PE. The wearing of uniform creates a feeling of belonging and encourages the children to take pride in their appearance. It also demonstrates the high standards that the school expects.

Competitions

Get Ahead: We are part of The Get Ahead Partnership which enables us to connect with other schools in the community, to compete in a wide variety of sports. The partnership also enables the children to engage in activities which support and encourage less active children.

House Teams: Each year, intra-school House Team competitions are organised to promote teamwork, competition, sportsmanship and resilience. There are a variety of different sports covered within these competitions, to provide our children with a range of new experiences. These achievements are celebrated with medals and certificates in the celebration assemblies.

Sports Day: We hold an annual sports day, where parents and carers are invited to watch and support.

Sports Premium Funding

Schools receive PE and sport premium funding based on the number of pupils in years 1 to 6. This funding must be used to make additional and sustainable improvements to the quality of PE and sport we offer. As part of the funding criteria we are required to publish details (on our website) of how we plan to use this funding and a review of the impact on pupil outcomes.

In line with the 5 key indicators, we use the Sports Premium funding to:

- Provide high quality PE lessons
- Purchase high quality equipment
- Develop or add to the PE and sport activities that we already offer;
- Build capacity and capability within the school to ensure that improvements made now will benefit pupils joining the school in future years.
- Ensure staff have the appropriate CPD opportunities and training
- Enable children to participate in competitions and sports festivals

The Grange Primary Curriculum

The areas of physical activity (games, gymnastics, dance, athletics, swimming and outdoor activities) are set out in the Foundation Stage Curriculum and National Curriculum 2014. The PE Curriculum at the Grange Primary School is based on these requirements and is detailed in Appendix 1. The Grange Primary have adopted the Key PE Sports Scheme of Work alongside our own scheme for Netball and Trolley Hockey. Each year group will learn PE in accordance with the medium and long term planning; this ensures continuity and clear progression through school.

The national curriculum states that **Key Stage 1** pupils should be taught to:

- master basic movements including running, jumping, throwing and 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 dances using simple movement patterns

The national curriculum states that **Key Stage 2** pupils should be taught to:

- use running, jumping, throwing and catching in isolation and in combination
- play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
- develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- perform dances using a range of movement patterns
- take part in outdoor and adventurous activity challenges both individually and within a team
- compare their performances with previous ones and demonstrate improvement to achieve their personal best

Swimming

The national curriculum states that all schools must provide swimming instruction either in Key Stage 1 or Key Stage 2.

In particular, pupils should be taught to:

- swim competently, confidently and proficiently over a distance of at least 25 metres
- use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]
- perform safe self-rescue in different water-based situations

Currently swimming lessons take place in the Summer term for Year 4 pupils, once a week. Additional swimming lessons, for those who have not met the national curriculum expectation in Year 4, are arranged for Year 5 pupils.

Trolley Hockey

In order to provide our children with a broad PE curriculum and raise their awareness and the respect for inclusive sports, we have Trolley Hockey in our PE Curriculum (replicating disabled ice hockey). This valuable experience provides our children the opportunity to take part in a disabled sport and respect the challenges, motivation and hard work that is needed to play a sport with a disability.

Extracurricular Activities

Our children are provided with a wide range of opportunities to be physically active outside the P.E. curriculum. We ensure a range of sports are on offer during breakfast club, at break and lunch times and in after-school clubs. Our lunchtime supervisors have all taken part in 'Active Lunchtime' training, which has provided them with the skills and knowledge to lead a variety of lunchtime games and activities. Our children also have access to our playground gym during their breaks, lunchtimes and brain breaks.

Premier Sport provides active lunchtimes, which promotes essential skills for children in all year groups. The children take part in a wide variety of activities, such as: badminton, archery and football.

We give children the opportunities to train to become Sports Ambassadors, giving them the responsibility to lead active breaks and lunchtimes. We also liaise with our local football club, Scunthorpe United, who offer tailored, cross curricular skills based sessions that link reading to sport.

Guest speakers are also welcomed into school to promote their talents, achievements and sports journeys, to inspire our children.

The Daily Mile

In addition to the PE curriculum, we take part in The Daily Mile: the children complete laps around the school playground-for 10 minutes- in order to achieve milestone certificates. We actively encourage all children to take part, whether that be running, walking, jogging, jumping or skipping. We understand that taking part in daily exercise is proven to:

- Improve concentration
- Improve mental health
- Improve behaviour
- Reduce stress
- Boost memory

The children have their laps recorded daily, using the school's own tracking system, which converts the laps into miles, in order to receive milestone certificates for their efforts, which are celebrated in school.

Equal opportunities

All pupils regardless of race, gender, ability and social origins are entitled to be included and be successful in physical education. All pupils have equality of opportunity in respect of curriculum balance, curriculum time, extra-curricular involvement and use of resources and facilities.

Health and Safety in PE

Health and safety awareness is a vital part of children's learning in physical activity. In order to ensure the safety of pupils taking part in physical activity the following steps must be taken:

- All equipment is regularly checked by the PE coordinators.
- Qualified first aid trained staff in school.
- All pupils should be wearing suitable PE kit, agreed in the Home/School agreement.
- All children that have long hair must tie their hair back when taking part in any PE lesson.
- Earrings must be removed and pupils should remove their own. If a child is unable to do these themselves they should not wear any earrings on the day of their PE session. The children must tape up their own earrings if they cannot be removed.
- Teachers should set a good example to the children by wearing appropriate sports clothing and footwear.
- Safe and effective exercise procedures, such as warm ups and cool downs, are taught and adopted in all activity sessions.
- Equipment cleaned between sessions to reduce the risk of Covid transmission.
- A note in the Home/School Links book is required from the parent/ carer if their child is not able to take part in PE lessons.

Impact

At The Grange Primary, our curriculum aims to improve the wellbeing and fitness of all children, not only through the sporting skills taught, but through the underpinning values and disciplines our PE curriculum promotes. Within our lessons, children are taught about self-discipline and that to be successful they need to take ownership and responsibility of their own health and fitness. Therefore all of our pupils are provided with the motivation, confidence, physical and social competence, knowledge and understanding to maintain physical activity throughout life and raise aspirations. We aim to motivate children to utilise these underpinning skills in an independent and effective way in order to live happy and healthy lives.

Monitoring and Evaluation

At The Grange Primary school, we use assessment rubrics to assess the pupils' skills within the PE curriculum. The rubrics are formed using the national curriculum expectations, and then broken down into key skills for different year

groups. These are assessed by both children and teachers and clearly outline our expectations and high standards.

Within lessons, children are encouraged to self-assess and peer assess themselves and others. We teach our children to value constructive feedback and to use this to make progress. ICT is encouraged to film themselves to help evaluate and improve on their performances.

Swimming is assessed by the North Lincolnshire Council swimming teacher and reported back to school. This information is published on our school website.

Signed:

Date: October 2021

Next Review: September 2022 (earlier if there are any changes)



Appendix 1- The Grange Primary 21/22 Long Term Plan



	FS2	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn 1	Awareness	Gymnastics	Gymnastics	Dance	Dance	Swimming (13th Sept - 10th Nov- last year catch up)	Gymnastics
Autumn 2	Awareness	Dance	Dance	Gymnastics	Gymnastics		Dance
Spring 1	Gymnastics	Hockey	Trolley Hockey	Attack and Defend	Hockey	Trolley Hockey	Hockey
Spring 2	Parachute	Agility, balance and coordination(ABC)	Attack and Defend	Tag Rugby	Netball	Football	Netball
Summer 1	Agility, balance and coordination(ABC)	Athletics <small>Running, relay, curving, jumping skills, throwing skills.</small>	Athletics <small>Running, javelin, relay and curving.</small>	Athletics <small>Running, relay, javelin and long jump.</small>	Swimming (18th May - 14th July)	Athletics <small>Running, relay, javelin, long jump.</small>	Athletics <small>Running, relay, javelin, shotput and discus, hurdles.</small>
Summer 2	Sending and receiving	Sending and receiving	Cricket	Rounders		Rounders	Cricket