

Alburgh with Denton C of E Primary Academy Physical Education Policy



Adopted by the Governing Body: October 2023
Due for review: Autumn Term 2025

Our School Vision:

“Mighty Oaks from Tiny Acorns Grow”

Our Vision is based upon the parable of the mustard seed: “The kingdom of God is like a mustard seed, that seed is the smallest of all seeds. But when it grows, it is one of the largest garden plants” [Matthew 13 V31-32] and this is underpinned by the common language of our core values: Hope, Forgiveness and Justice.

At Alburgh with Denton Primary School the Physical Education policy embodies the discussions and current practice within the school with the requirements of the National Curriculum. It is not meant as a definitive statement, more a working document to be reviewed and amended when necessary.

We believe that each child has the opportunity to grow and flourish within sport and physical activity with support and guidance from others.

Aims

- To develop physical fitness and competence and promote the physical development of each child according to his/her ability.
- To ensure that each child understands the importance of physical fitness and a healthy lifestyle.
- To develop within each child a sense of co-operation and healthy competition within the realm of physical activity.
- To develop an appreciation of the creative and aesthetic qualities of human movement.
- To establish self-esteem through the development of physical confidence.
- To extend the intellectual capability of each child through a variety of problem solving activities.
- To develop in each child, an awareness of the strengths and limitations of his/her own body.

Cross curricular links are made with the following subjects:

- Literacy
- Science
- PSHE
- Mathematics

Teaching strategies and planning

- Good practice in Physical education should ensure the full participation and development of all pupils.
- Teaching methods should concentrate on particular abilities, with differentiation by task, group composition and outcomes.
- Grouping of children will vary depending on the task - it may be appropriate to allow children to work individually, in small or larger groups and to work co-

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- operatively or competitively within the group or against a single opponent.
- Teacher support if required where specific skills need to be taught.
- Pupils should be taught to be physically active, demonstrate their understanding mainly through physical activity and be aware of the relevant terminology and to engage in activities that develop strength and endurance and maintain flexibility.
- For pupils to become independent learners they should be directed towards problem solving activities where possible with open-ended learning. Pupils

should be enabled to evaluate initial attempts and decide on how best to modify subsequent attempts and be given the opportunity to consolidate skills through practice and repetition. Every opportunity should be given to evaluate others for improved performance.

To ensure improved performances lessons should consider the following key elements:

- Acquiring and developing skills
- Selecting and applying skills, tactics and compositional ideas
- Evaluating and improving performance
- Knowledge and understanding of fitness and health

Assessment, recording and reporting

Teacher assessment should be ongoing to enable help and support for children where needed. Children's self-assessment should be on-going and completed using self-assessment forms, video recordings and paired/group discussions. Progression will be recorded using the school assessment sheets against objectives within the key areas of activity.

Curriculum Guidelines

The P.E. curriculum will be delivered through the following areas of activity:

- Dance
- Games
- Gymnastic activities
- Athletic activities
- Swimming (KS2)
- Outdoor and adventurous activities

Special Educational Needs

P.E. can be of great value, interest and reward to all SEN children, whatever their needs and P.E. conforms to the school's Special Educational Needs policy.

Equal Opportunities

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The planning reflects the right of all children to equality of opportunity in P.E. regardless of gender, ethnicity, diverse linguistic backgrounds or intellectual ability. All children should have equal access to P.E. in order to develop their personal geographical capability in accordance to the National Curriculum. Provision should be made for those pupils who need activities to be adapted in order to participate and achieve their potential.

Spiritual Development

Through P.E. at Alburgh with Denton we enable spiritual development by exposing children to a wide range of activities that they can participate in. Whether core PE lessons or extracurricular PE sessions, our children develop a sense of enjoyment and fascination in learning about themselves, others and the world around them. Our children are consistently encouraged to use their imagination and creativity in their learning such as performing a sequence in gymnastics or a movement phrase in dance. This allows them to express their feelings and emotions as well as be amazed by what their bodies can achieve in challenging and competitive situations.

Health & Safety

- Safety is the responsibility of the teacher in charge of lessons involving P.E.
- Attention must be given setting up and moving equipment and establishing appropriate working conditions.
- All jewellery to be removed prior to the lesson commencing. Any child having newly pierced ears will be exempt from activity.
- Shoulder to long hair should be tied back.
- Appropriate footwear should be worn outside ie: trainers for hard surfaces.
- Children participating in dance and gymnastics should be bare footed.

Resources

- Most of the school's P.E. equipment is stored in the P.E. shed outside.
- The condition of the resources is regularly monitored to ensure that safety is maintained.
- The school participates in various schemes which enable us to obtain additional equipment (i.e. collection of vouchers issued from time to time by national retailers).
- The school benefits from having a hall for indoor activities and a playground and field for outdoor activities.
- Swimming at Archbishop Sancroft High School in Harleston is for Key Stage 2 pupils. All lessons are undertaken by the qualified swimming instructor attached to the school with supervision from staff accompanying the children.

P.E. Kit

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Pupils should change into clothing suitable for physical activity. The guidelines at Alburgh with Denton Primary school are:

- Black or navy shorts
- Plain white t-shirt/polo shirt

- Trainers for outdoor use
- Tracksuits
- Hair tied back
- No jewellery, including earrings

All children should have a named P.E. bag to keep possessions in. All children in Key Stage 2 have the opportunity to swim during the school year and will need appropriate swim wear, hat and towel.

The school strives to foster the children's independence by encouraging them to remember their own P.E. kit for each lesson. Any child that cannot participate in physical activity due to injury will be asked to observe the lesson and complete an evaluation form as part of their ongoing learning.