

## PE Policy

*Physical Education aims to develop children's knowledge, skills and understanding in a range of physical activities. A high quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness.*

### ***The aims of PE are:***

*To enable children to develop and explore physical skills with increasing control and coordination.*

*To encourage children to work and play with others in a range of group situations.*

*To ensure children are physically active for a sustained period of time.*

*To engage in competitive sports and activities.*

*To provide the National Curriculum statutory requirements in the foundation stage, Key Stage 1 and Key stage 2.*

### ***PE curriculum planning***

*PE is a foundation subject in the National Curriculum. We use the national scheme of work as the basis in curriculum planning in PE. Dance, games, gymnastics, outdoor adventure activities and athletics are taught in both Key Stage 1 and Key Stage 2. We supplement this with the Val Sabin's scheme of work and the scheme provided by the School Sport partnership.*

*The curriculum planning in PE is carried out in three phases; curriculum map, medium term plans and short term plans. The curriculum map, maps out what should be taught in each term in years 1 to 6.*

### ***Foundation Stage***

*We encourage the physical development of our children in the Reception classes as an integral part of their work. As the Nursery and Reception classes are part of the Foundation Stage of the National Curriculum, we relate the physical development of the children to the set of objectives set up in the Early Learning Goals, which underpin the Curriculum planning for children ages three to five years. We encourage children to develop confidence and control of the way they move, and the way they handle tools and equipment. The Foundation Stage also has one adult led time tabled PE lessons per week.*

### ***Equal opportunities and Inclusion***

*We teach PE to all children, regardless of their ability or special needs. PE forms an important part of the school curriculum, it helps the school to provide a broad and balanced education to all children. Through our PE teaching we provide learning opportunities that enable all children to make progress. Please see the Gifted and Talented policy for further information and testing criteria. If a child shows a particular talent or aptitude in a specific area of PE, we signpost them to out of school hours clubs. We enable children to have access to a wide range of activities involved in learning PE. Where children are to participate in activities out of school, for example a sporting event at another school, we carry out a risk assessment prior to the activity. This ensures that the activity is safe and appropriate for all pupils involved.*

### ***Changing into PE kits***

*Mixed gender changing areas are less appropriate as children get older and staff need to be sensitive to those who mature at a much earlier or later age than their peers. Boys and girls change separately from year 2 upwards. Northlands staff treat all pupils fairly and with respect for their privacy and dignity.*

### ***Staff supervision***

*Northlands staff make a judgement about supervision based on the age and developmental needs of the pupils. Adults do not have to remain in the room in order to maintain good behaviour. Pupils should know that adults will enter the room if necessary.*

### ***Pupils who need assistance with getting changed***

*All staff are aware of any intimate care issues for individual pupils in their class. Pupils and parents make decisions together which involve intimate care, and these arrangements are reviewed regularly. Staff are especially vigilant when helping children to get changed. If necessary, staff will offer assistance openly and not out of sight of others.*

### ***Using off-site changing rooms, such as at a public swimming pool***

*School swimmers do not share changing facilities with members of the public. Girls and boys get changed in a separate changing room. As far as possible, members of staff would supervise or assist pupils of the same sex.*

### ***Swimming***

*The children in Reception and Year 4 attend swimming lessons at the Basildon Sporting Village. In Reception, each class attends swimming lessons for a ten week block throughout the year. In Year 4 every child attends swimming lessons weekly. The swimming instructors assess and teach and provide class teachers with information of progression and achievement.*

## ***Assessment and recording***

*Teachers make assessments of children's progress in PE by making observations during lessons and written unit assessments. At the end of a unit of work, teachers make a judgement against each skill as to whether children are beginning, working within or secure. They record this information and use it to inform their future planning. All assessment results are given to the PE subject leader in order for them to monitor development, standard and performance.*

## ***Resources***

*There is a wide range of resources to support the teaching of PE across the school. Equipment for all year groups can be found in the PE storage area of both the Key Stage 1 and Key stage 2 halls. This is only accessible for the children under supervision. The hall also contains a range of large apparatus, and we expect the children to help set up and put away this equipment in order for them to learn to handle equipment safely. The children use the school field for games and athletics activities, and the hall for dance, gymnastics and some games.*

## ***Health and safety***

*The general teaching requirements for health and safety applies especially to this subject. We encourage children to consider their own safety and the safety of others at all times. The policy of the Essex LEA is that no jewellery is to be worn for any physical activity. Please refer to the BAALPE for further information on clothing, jewellery, risk assessments, safe handling of apparatus etc. An annual equipment check is carried out by relevant outside agencies.*

## ***Monitoring and review***

*The monitoring of the standards of the children's work and the quality of the teaching in PE is the responsibility of the PE subject leader. The work for the subject leader also involves supporting colleagues in the teaching of PE, being informed about current developments in the subject and providing a direction for the subject in the school. The PE subject leader has specially allocated, regular management time in order to review evidence of the children's work and undertake lesson observations of PE teaching across the school and lesson demonstrations when required.*

## ***Extra-curricular activities***

*We provide a range of voluntary PE related activities run by accredited outside agencies that are available to children at the end of the school day and during lunchtime. These encourage children to further develop their skills in a range of activity areas.*