



## PE Policy

Audience:	Parents School staff Local Governing Bodies
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Other related policies:	Health and Safety, Teaching and Learning, SEND, Equality
Policy owner:	Debbie Conroy
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Sir Martin Frobisher Academy believes that PE is essential to the development of the whole child—academic, social, emotional, spiritual and physical. It provides the foundation for a healthy lifestyle and promotes character building, co-operation and self-esteem.

“Physical Education educates young people in and through the use of the body and its movement. It aims to develop physical competence so that pupils are able to move efficiently, effectively and safely and understand what they are doing. It is essentially a way of learning through action, awareness and observation.”

(Physical Education for ages 5-16 DES/WO 1991)

## Aims

- To promote physical activity, physical development and a healthy lifestyle.
- To provide opportunities for children to learn, select and apply skills, tactics and compositional ideas to suit activities that need different approaches and ways of thinking.
- To develop social co-operation and positive attitudes and to compete with a sense of fair play.
- To promote and develop safe practice in physical activities.
- To provide opportunities for all children to discover their own aptitudes and preferences for different activities and achieve their full potential.

We aim to deliver a balanced programme, which provides children with opportunities to promote physical development and competence and to develop artistic, aesthetic and linguistic understanding through movement.

We aim to give all children the opportunity to extend their range of physical skills and develop their proficiency as well as appreciating the benefits of participation. Through physical education we aim to develop interpersonal and problem-solving skills, develop personal qualities, such as self-esteem, confidence, tolerance and empathy; and help forge links between the school and its community.

## Organisation

In PE lessons teachers or the Sports Coach:

- Share learning intention and success criteria at the start of the lesson and revisit throughout the lesson.
- Ensure children are actively engaged, learning principally through activity.
- Give clear and concise feedback and provide opportunities for pupils to act upon the feedback given.
- Use demonstrations to challenge and motivate children to achieve improved quality performance.
- Ask appropriate questions to develop and extend children’s thinking skills.
- Use a range of teaching styles that will develop the four strands of PE (acquiring and developing skills, selecting and applying skills, evaluating and improving and knowledge and understanding of fitness and health.)
- Differentiate teaching activities in relation to the learning intention.
- Involve children in self, peer and group evaluation during the lesson.

## Non-participants

PE is a very important part of children’s development and everyone takes part in the lesson unless excused with a note or a known medical problem. If children are excused, they watch the lesson to keep up with the progress of the class and where appropriate can be set evaluation and improvement tasks e.g. coach or choreographer, or complete a PE theory sheet for the lesson.

## Wet weather

When possible, games, athletics and OAA will be taught outdoors. When wet, due to health and safety risks, lessons will be re-arranged to another time in the week, where possible. Modified activities will be taught in the hall if the weather is persistent, hall time is available and the activity can take place safely. Sometimes activities that are suitable can take place in the classroom.

## Time Allocation

All children receive 1 hour of PE per week which covers the areas of Gymnastics, Dance, Games & Athletics. Each class also receives an hour of Outdoor Adventures per week (see overview for coverage). Children also partake in the Daily Mile. Mindfulness and “Brain Breaks” are also added into individual class timetables at teacher discretion.

## Planning, assessment, recording and reporting:

The schemes of work for each area of activity in PE have been developed by The PE Hub and adapted by the class teacher and subject leader, in order to ensure continuity, development and progression.

Long term planning for PE is undertaken in the context of our school’s overall curriculum plan. The Curriculum Summary for PE shows how all activity areas are distributed across the years of each Key Stage in a sequence that promotes both curriculum continuity and progress in children’s learning. Medium term planning in the form of a Termly Map, identifies the weekly learning objectives of each scheme of work. Short term planning is the responsibility of individual teachers, who build on the medium term plan by taking into account the needs of the children in a particular class and identifying ways in which ideas might be taught.

## Differentiation and Special Needs

The short term planning of PE addresses the ever present need for differentiation. Within each area of activity differentiation can be approached via the STEP model.

An activity can be modified to challenge the more confident child or encourage the less confident child to achieve success by adapting or varying the:

Space made available

Task set

Time taken

Equipment used

People (number of) involved

## Assessment in Physical Education

Continually watching children work, talking to them about what they are doing and listening to them describe their work generates essential, useful PE assessment information. Appropriate activities/skills have been identified for assessment following agreed criteria, and judgements are made on the ability of the children to plan, perform and evaluate in PE. In the planning stage, class teachers and the subject co-ordinator discuss the scheme of work, points for assessment and agree the content for assessment, which are then identified on the medium term plan. When these lessons have taken place, the teacher will then level each child and record these on the class assessment overview sheets.

Pupils are given the opportunity to assess their own and others’ performances with the use of reciprocal teaching, demonstration and ICT. They complete self and peer evaluations as well as having

planned opportunities to give and receive feedback within lessons. This use of assessment for learning also provides teachers with key information about what has been achieved in the lesson and informs future planning.

## Extra-Curricular Activities:

Sir Martin Frobisher Academy provides a wide range of extra-curricular sports clubs to enrich the curriculum and further develop skills and enhance experiences for children of various ages. These activities and other special events take place with the support of parents and local School Sport Co-ordinator links. The school also employs Sports Coaches who ensure that maximum participation in extra-curricular activities takes place.

Lunchtime activities also provide opportunities for children to practise and extend their skills.

## Resources:

The areas available for PE are the hall, playground and field. For children learning to swim, the Clacton Leisure Centre is used for Swimming Lessons.

A range of gymnastic equipment is available including fixed apparatus, nesting tables, benches and mats.

We have a variety of games equipment which includes: different sized bats/rackets, balls, hoops, skipping ropes and specific sports equipment.

A netball court is marked out and a football pitch on the field. In the summer we also have an athletics track and a rounders pitch marked out.

## Health and Safety:

- Teachers will be familiar with national guidance: 'Safe Practice in PE' BAALPE 2012 (located in the hall PE cupboard).
- Teachers will follow school policy for accident procedures.
- Teachers are aware of any medical conditions and necessary action to be taken, from school medical arrangements.
- Teachers carry out appropriate risk assessment before any PE lessons.
- Children are supervised at all times during PE lessons.
- Trainee teachers will be supervised, at all times during PE lessons, by a qualified teacher.
- Children participate in bare feet or plimsolls in gymnastics and dance lessons in the hall. If a child has a verruca or any other medical condition of the feet they should still be in bare feet unless painful or bleeding. In this circumstance plimsolls may be worn (not trainers).
- Long hair must be tied back.
- All jewellery must be removed. Ears, which have been recently pierced, may be covered with medical tape.
- Children wear appropriate PE kit. On cold days' hats and gloves may be worn if they don't restrict the child's physical performance. Scarves are not to be worn.

## Organising and managing gymnastic apparatus

- Apparatus is stored safely at the sides of the hall.
- Pupils must be shown safe methods for carrying equipment

- Apparatus mats will be introduced at KS1 and used progressively through the school. Teachers can also assist each other with setting this up.
- Apparatus is to be checked by the teacher before children start working.
- During KS1 children are made aware of and carry out safety checks when the apparatus has been set up.
- Children are taught to use a wide variety of apparatus as well as the floor to avoid crowding apparatus and queuing.
- Mats are to be placed next to apparatus where landings are planned and all jumps from a height must be landed on a mat.
- Jumping heights are made clear to the children at the beginning of the lesson.
- Children are made clear of the procedure of disembarking the apparatus quickly and safely.
- EYs to be assisted with tidying away – Year 6 pupils if negotiated between class teachers.

## Organising and managing equipment for teaching games activities

- Equipment is stored in the PE cupboard in the hall and the outside sheds.
- The equipment is labelled and the area where it is stored is also labelled. Teachers should ensure the equipment has been put away correctly and safely at the next possible opportunity.
- Children should only enter the PE cupboard or shed on the teacher's instruction.

## PE Clothing

The following PE is a requirement at Sir Martin Frobisher Academy:

- Light blue polo shirt
- Black PE shorts
- Black plimsolls for indoor PE
- Trainers for outdoor PE
- Black tracksuit/jogging bottoms for outdoor PE
- Black tracksuit top for outdoor PE
- Blue drawstring PE bag

For swimming, children require a swimming costume and swimming hat



Parents/guardians will be informed either personally or via a letter home if a child does not have appropriate kit.

## Responsibility for subject:

The PE subject leader will:

- Develop, implement, monitor and update PE policy and schemes of work.
- Monitor and evaluate teaching and learning to ensure High Quality PE

- Attend appropriate INSET meetings to keep up to date with new developments in PE and arrange school-based training for colleagues.
- Support staff in planning and teaching PE
- Manage PE equipment and teaching resources.

In addition to this, other responsibilities include:

- Organising Sports Days
- Liaising with extra-curricular sports club leaders.

Expectations of class teacher:

- Follow school policy
- Contribute to developing and agreeing units of work.
- Short term plan, using units of work and resources available.
- Dress appropriately for PE lessons.
- Follow national guidance on safe practice.
- Aim to achieve high standards of teaching and learning to ensure high quality PE.
- Monitor children's progress, share clear targets to extend their learning further and reflect on quality of teaching.
- Assess the child's PE level, in accordance with the National Curriculum, at least twice a year in order to monitor progress.

### **Links with other subjects:**

Children have opportunities to:

- Develop their mathematical skills through problem solving, scoring, measuring and timing. (Maths)
- Develop their knowledge of their own bodies and the effect exercise has them; (Science)
- Develop language skills through working with others to plan and evaluate work; use correct terminology/vocabulary to pass information onto others; read diagrams, maps and instructions that explain what they can do or where they must go. (English)
- Children will experience movement to music and develop their listening and appreciation skills and may integrate musical skills with dance in the form of accompaniment or rhythm. (Music)
- Use recording devices to observe and evaluate their own performance. (ICT)
- Work with others, listening to their ideas and treating them with respect; co-operate and collaborate with others, in teams and groups to achieve a goal together; develop an understanding of fair play and fairness through knowing and applying rules and conventions; develop a respect for, and positive attitudes towards the environment and their own health and safety and well being; learn to recognise and value physical differences, abilities and aptitudes and to find ways of accepting and including all. (SMSC, PSHE)
- Experiencing dances from other cultures and religions. (RE)