

West Exmoor Federation



Physical Education Policy

February 2024

West Exmoor Federation – PE Policy

Intent

At West Exmoor Federation, our intent is for all pupils to take part in 2 hours of Physical Education per week, as well as a further 30 minutes of physical activity per day.

Our aim is for all children to take part in and develop an extensive range of multi skills/multi sports opportunities, both known to them and new, where they will develop a lifelong love of physical activity whilst developing fundamental movement skills for life.

We foresee that this will be done through 2 hours of Physical Education, as well as a further 30 minutes of daily physical activity (DPA) within school each day through daily Fun Fit for all and active breaks, such as Go Noodle. We also aim to engage parents/carers and the local learning community and hope that this physical activity is also extended to a further 30-60 minutes of physical activity per day out of school hours as well. E.g. within a club or as a family activity.

All children are entitled to 1 free school club per week, and each school will provide at least 1 multi skills/sports club or 1 subsidised/affordable club per term to maximise impact.

Our intent is that every child will leave in Year 6 able to swim confidently and competently, a range of strokes, for 25m of a swimming pool.

Implementation

Children will take part in 2 hours of GetSet4PE where they will develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They will master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities. They will further develop these skills within a multi skills/multi sports approach and engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Each term all children will take part in Intra house competitions and a range of children will take part in Inter school competitions where they will enjoy communicating, collaborating and competing with each other.

All children are encouraged to develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

All children will take part in an annual block of Outdoor Education through Forest School. All children within Key Stage Two will have a least two opportunities to participate in a residential where the prime focus is that of Outdoor Education.

All staff are familiar with the Federation PE assessment.

- GetSet4PE lessons will be assessed within the Real PE framework. Focus will be on progression of the children's areas of learning as an individual.

All children will be considered with the unique child in mind and will therefore have access to a fully inclusive Physical Education and Physical Activity provision.

Health and Safety

Staff//Parents/Carers have a duty under health & safety guidelines to ensure PE activities are carried out with due regard to the safety of staff and pupils in line with school, Local Authority and Health & Safety Policies. Advice can be sought from the Local Authority's adviser, AfPE, or the staff members responsible for Health & Safety.

Reference should be made to the school's Risk Assessments. All staff have access to a copy of the Health and Safety Policy in school documentation file.

- Staff should carry out risk assessments with the children at the start of all PE lessons.
- All equipment, apparatus and environment should be checked before the start of every lesson by teacher and is the responsibility of the teacher
- Children should be given health and safety guidance through the lesson
- All jewellery should be removed and stored safely before each lesson. If children wear stud earrings they should be taken out by the child. If this is not possible, the child should use tape (provided from home) to cover their earrings. Children must place and remove the tape independently
- All long hair should be tied back
- Suitable clothing should be worn for each lesson (see school prospectus for correct clothing) Children should not engage in physical activity without correct kit
- Children who do not have a PE kit will be provided with suitable spare kit, where possible, or be expected to take part as a participator.

All children will come to school wearing PE kit on the days when PE is timetables. Fun fit and other DPA will be in school uniform and school shoes. It is the responsibility of parents/carers to ensure that school shoes are suitable for school/playground use and fall in line with the Federation school uniform policy.

Impact

See Sports premium impact report:

<https://www.westexmoorfederation.org.uk/our-schools>