



Work Together
Love to Learn
Reach for the Stars!

NEWPORT PRIMARY SCHOOL
PHYSICAL EDUCATION POLICY

Signed:

Name: Mr Jimmy Sykes

Position: Chair of Governors

Signed:

Name: Ms Deborah O'Connell

Position: Headteacher

Newport Primary School
Physical Education Policy

What is Physical Education?

Physical Education is concerned with the development of physical skills, knowledge and understanding in games, gymnastics, dance, athletics, outdoor activities and swimming. Physical Education (PE) contributes to the overall education of all children by helping them to lead full and valuable lives through engaging in purposeful and high-quality activity. It promotes active and healthy lifestyles, physical skills, physical development and knowledge of the body in action.

PE enables children to learn confidence, perseverance, team spirit, positive competitiveness and organisation. Children must engage in a programme of PE that encourages fitness, improves their strength and teaches them the rules of different games. PE is an integral part of school practices allowing all children in the school to gain a sense of achievement and develop positive attitudes towards themselves and others.

'Hard work beats talent when talent doesn't work hard'

Tim Notke

'Never say never because limits, like fears, are often just an illusion'

Michael Jordan

'Do you know what my favourite part of the game is? The opportunity to play'

Mike Singletary

Aims

At **Newport Primary School** we aim that children will:

- Be active and find enjoyment in physical activity.
- Develop physical skills, habits and interests that will promote a healthy lifestyle and good posture and balance.
- Develop positive attitudes to physical activities including perseverance, fair play, sporting behaviour and an ability to cope with success and failure.
- Learn how physical exercise affects the body and the importance of a healthy lifestyle.
- Understand the need for safe practice in physical activities and know how to achieve this.
- Develop good self esteem through the development of physical confidence.
- Develop inter-personal skills through working as part of a team or group and take account of team member's ideas.
- Have the government statutory requirement of 2 hours quality first hand teaching of PE.

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. We use the premium to: 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. There are 5 key indicators that we should expect to see improvement across: the engagement of all pupils in regular physical activity – the Chief Medical Officer guidelines recommend that all children and young people aged 5 to 18 engage in at least 60 minutes of physical activity a day, of which 30 minutes should be in

school; The profile of PE and sport is raised across the school as a tool for whole-school improvement; Increased confidence, knowledge and skills of all staff in teaching PE and sport; Broader experience of a range of sports and activities offered to all pupils; Increased participation in competitive sport.

Swimming

At Newport Primary School we are committed to a swimming programme to meet the National Curriculum standard for swimming. Funding is available to pay for lessons targeted for Key Stage 2. It can be spent as the discretion of the school.

It is the responsibility of the Headteacher and the Governing Body to ensure children achieve the statutory National Curriculum standards of attainment at Key Stage 2 for PE, of which swimming is a mandatory element.

Key Stage 2 requirements are:

Children should be able to:

- Pace themselves in floating and swimming challenges related to speed, distance and personal survival
- Swim unaided for a substantial period of time over a distance of at least 25m
- Use recognised arm and leg actions, lying on their front and back
- Use a range of recognised strokes and personal survival skills

Swimming Programme

- This year using the school sports grant we have decided that every child in Ks2 will have the opportunity to learn to swim. The year 3/4 and 4/5 class are going once a week for ten sessions whereas the year 5/6 will be going every morning for 45 minutes for 2 weeks. It is hoped that children

will increase their confidence and self esteem in this area but also raise the standard of swimming against national expectations.

- The lessons will be led by a fully qualified swimming instructor, additional adults to support swimming and treat it as weekly CPD. The lessons will also be conducted at Goole Leisure centre.
- Parents will be encouraged to follow up the school swimming programme by ensuring that their children continue to develop swimming skills outside school
- Parents will be kept informed by the Governors of any changes to the swimming programme

Health and Safety

Health and safety issues in PE include:

- All staff have due regard for the current Association for Physical Education (AfPE) PE guidance 2012 when preparing and delivering PE lessons.
- Pupils are taught how to improve their own abilities to assess risks.
- First aid equipment is available, and all staff are trained in what action to take, including calling for assistance in the event of an accident.
- Inhalers for pupils suffering from asthma are made readily accessible
- Children with diabetes are monitored closely throughout and after PE lessons by staff.
- Regular checks are made on all equipment.
- The subject leader makes termly visual checks for wear and tear and security of major items, and all staff are responsible for reporting to the subject leader if any items show wear and tear.
- Any items constituting a danger are taken out of use immediately.
- All large items of equipment are inspected annually by an independent safety expert.
- Pupils are taught how to move and use apparatus safely under the supervision of a teacher or responsible adult.

- Pupils are made aware of safe practice and understand the need for safety when undertaking any activity. (e.g. not lifting Hockey stick above the waist, not jumping or running in front of others, etc).
- Pupils are taught to understand the safety risks involved in wearing inappropriate clothing, footwear or jewellery and other body piercings.
- Teachers ensure that no jewellery is worn in lessons and long hair should be tied back. If earrings cannot be taken out, they are taped over.
- Pupils wear suitable footwear when travelling to and from the hall.
- If a child has no trainers/pumps for outdoor PE they use their shoes if the activities are on the playground.

Planning

The Long Term Plan has incorporated units of work for PE which is developed by the PE co-ordinator and Class Teacher using a variety of sources. The resources for teaching include mainly Mr Torn expertise from courses in numerous sports, plus PE shed, Primary Steps in PE, TOPS planning and sportsplan website for; games, outdoor adventurous activities, gymnastics. Kwik-cricket resource cards. QCA PE documents can be also found on Teacher Net. All lesson objectives are taken from the new PE skills progressions and applied to the class by the teacher. Individual lesson plans may also be taken from the above mentioned schemes and adapted by class teachers to suit their class but must incorporate the PE skills progressions.

Accommodation

PE is taught in class groups throughout the school, using the hall, the playgrounds, the school field and the recreation field. We aim to provide a minimum allocation of two hours per week teaching time. Outdoor PE is important, we use the outside areas when we can as our children all have the opportunity to express themselves.

Assessment

Assessment of pupil's attainment is a continuous process and is integral to all teaching and learning. The children should be monitored through the PE skills progressions and a professional judgement should be made to see whether they are emerging, expected or exceeding that particular progression. These should be recorded to inform future planning for both key stages and formal recording of pupil's performance will be recorded in the annual report to parents, and possibly through parent evenings.

- The subject leader will oversee the continuity and progression within annual and medium term plans.
- They will also monitor the quality of teaching and learning through observations.
- The leader will support colleagues and share expertise, arrange opportunities for outside agencies to visit the school in order to enhance learning and direct teachers to examples of good practice.

Special Educational Needs, Inclusion and Equal Opportunities

We aim to use teaching methods that enable pupils with special needs to develop confidence and express their feelings in PE, a subject in which success does not depend on academic ability. All children should have equal access to PE and to experience success and enjoyment in their PE work. All children have an entitlement to take part in PE activities and there will be no discrimination on grounds of gender or physical capability or any other criteria other than the appropriateness of the activity for the age and ability of the children.

Cross Curricular Links

PE offers links with other areas of the curriculum; Music, maths, Speaking and Listening, Mathematics, PSHCE and Science work can be reinforced through PE.

Many PE activities lend themselves to co-operative work and there are opportunities for children to develop personal and social skills through teamwork and appreciation of others. BBC super movers is used during class time to enhance maths and english.

Extra-curricular

Extra curricular activities are carried out by the school either by class teachers or by sport development organisations. These dates may vary but a wide range of activities are offered for the children to experience and enjoy.

Resources

PE equipment is stored in the cupboard at the side of the school hall and the garage, situated on the school yard. No children are permitted in the PE stores unless supervised.

Out of School Hours Provision

Depending on the time of the year, Newport provides opportunities for children in wide variety of areas. These after school clubs are updated and changing according to the interests of the children. After school clubs are available for children to attend from Reception to Year 6 and if required there is a subsidiary available where finance may be an issue. Mr Torn's sports clubs is open to both girls and boys and are delivered by a qualified teacher who delivers high quality lessons. The provision of Out of School Hours sports clubs is reviewed annually and registers are kept to ensure opportunities are provided for all children.

Newport Primary School

Chair of Governing Body

Head Teacher – Ms O’Connell

PE Co-ordinator – Matthew Torn