# Elworth C of E Primary School



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# PE Policy

| Date:  | October 2023 |
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| Review Cycle:  | 2 Yearly |
| Reviewed By:  | Mr T. Derby |
| Approved By:  | Mr N. Garratt  |
| Next review date:  | October 2025 |
| Nominated Governor: | Mr B. Pitt |

**Mission Statement**

At Elworth CE Primary school we believe in the Church of England's vision for education which is 'Deeply Christian, Serving the Common Good.' Education should enable children to flourish and reach their full God given potential. To do this fully we need to develop children's characters so that they not only succeed academically but flourish in life skills. This is the basis of Character education; a concept of lifelong learning where pupils live out the virtues they encounter and learn to take their place as active global citizens. Our hope is that every child will become courageous advocates for change. We aspire that all our children are a blessing beyond the school walls, beyond their families, beyond their local community, as global citizens. To achieve this the children and adults at Elworth embark on an exciting and adventurous journey together joining in with God's redemptive work in the world and learn to be advocates for change.

At Elworth we create a stimulating and caring environment, grounded in Christian belief and practice, so that all members of our school community can flourish. We therefore aim to provide an education that provides pupils with opportunities to explore and develop their own values and beliefs, spiritual awareness, high standards of personal behaviour, a positive caring attitude towards other people, an understanding of their social and cultural traditions and an appreciation of diversity within modern Britain. We maintain that learning should be a rewarding experience for everyone; it should be enjoyable. Through our teaching we equip children with the skills, knowledge and understanding necessary to be able to make informed choices about the important things in their lives.

**Intent:** *Children will be inspired to instinctively utilise skills and knowledge acquired during PE lessons, encouraging them to take responsibility for their own health and fitness thus developing a love of physical activity leading to a happy and healthy life.*

The 2014 National Curriculum for physical education aims to ensure that all pupils:

* develop competence to excel in a broad range of physical activities
* are physically active for sustained periods of time
* engage in competitive sports and activities
* lead healthy, active lives

**Implementation:**

At Elworth CE we follow the national curriculum programmes of study for physical education ([https://www.gov.uk/national-curriculum/overview).](https://www.gov.uk/national-curriculum/overview) We give our children a broad and balanced curriculum of physical activities including gymnastics, multi-skills, athletics, invasion games and swimming all of which are underpinned with fundamental movement skills/activities adapted to all year groups. We aim to make sport enjoyable and accessible to all children regardless of ability and gender. We aim to provide two hours of PE curriculum a week. We are using Government funding allocated to schools to continually resource, support and enhance with the teaching of curriculum PE.

In addition, there are a number of opportunities available in each key stage for outdoor adventure type activities, notably an annual residential trip to a recognised activity centre for Years 4 and 6. All children from Reception through to Year 6 also have the opportunity to participate in our Forest Schools Curriculum. We also offer a wide range of extra curricular activity clubs throughout the academic year.

We aim to provide 1.5 terms of swimming for all year groups excluding Reception who swim for 1 term only. Pupils in Year 4-6 who cannot swim 25m will receive additional tuition. The lessons take place under the guidance of a qualified instructor in our own pool. The children also learn about safety in the water.

**Purpose of Study:**

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. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.

**Attainment Targets:**

Once a term all children from year 1 – 6 take part in 3 (KS1) and 6 (KS2) assessments. These assessments test the children’s agility, locomotor skills and body control, catching, hand eye coordination, global flexibility and lower body strength. The aim of the assessments is to identify and improve the children’s physical development throughout the school year.

**Key Stage 1** Pupils should 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 should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

**Pupils are taught to:**

* master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities
* participate in team games, developing simple tactics for attacking and defending perform dances/gym routines using simple movement patterns

**Key Stage 2**

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

**Pupils are taught to:**

* use running, jumping, throwing and catching in isolation and in combination
* play competitive games, modified where appropriate, such as cricket, football, tag rugby, hockey, netball, rounders and tennis and apply basic principles suitable for attacking and defending
* develop flexibility, strength, technique, control and balance, for example through athletics and gymnastics
* perform gymnastic routines using a range of movement patterns
* take part in outdoor and adventurous activity challenges both individually and within a team
* compare their performances with previous ones and demonstrate improvement to achieve their personal best

**Swimming and Water Safety**

Elworth CE provides swimming instruction for all classes/year groups including Reception. Yr 1 – 4 receives tuition for the first half of the Autumn term and the whole of the Summer term (1.5 terms in total). Reception receives the Summer term and Yr5/6’s swim allocation is based on benchmarking which occurs during late Summer and early Autumn term.

**In particular, pupils are taught to:**

* swim competently, confidently and proficiently over a distance of at least 25 metres
* use a range of strokes effectively such as front crawl, backstroke and breaststroke
* perform safe self-rescue in different water-based situations.

**Health & Safety**

Teachers are asked to read the relevant section of the document ‘Safer Practice in PE’ to ensure that lessons have safety as their focus at all times. Equipment is tested regularly and is disposed of or replaced if broken or faulty.

Children are expected to wear appropriate clothing for all PE lessons as specified in the uniform section of the prospectus/pupil planner and website and no jewellery is to be worn. Long hair must be tied back.

**Impact:**

* Our children will be motivated to participate in a variety of sports & exercises which are engaging and fun. Children will be inspired to instinctively utilise skills and knowledge acquired during PE lessons, encouraging them to take responsibility for their own health and fitness thus developing a love of physical activity leading to a happy and healthy life.
* anorganised scheme of work/ extra curricular activities enables members of the PE Team to utilise their accredited teaching & coaching qualifications to further enhance the quality of the teaching & learning opportunities provided for our children.
* Our children will be able to make healthier choices relating to their lifestyle, have an understanding of factors to make healthier choices and be better prepared to learn and achieve. (Review of snacks will show children making healthier choices).
* All KS2 children lead a less sedentary lifestyle. (Be able to jog continuously for 20 minutes).
* Learning will be more vivid and interesting. This will enhance the children’s enjoyment of learning and greatly contribute to our children’s personal,social and emotional development.