



## **Physical Education Policy**

**Implementation Date: Autumn 24**

**Review Date: Autumn 2025**

## Curriculum Rationale

**We have the following goals in all curriculum areas:**

**Success** – We celebrate individuality, and the success that each child has, and we recognise that this will take a variety of forms.

**Motivation** – We aim for all of our children to be motivated young people who have a desire to do their best and try their hardest.

**Confidence** – We provide a nurturing environment where all our pupils develop confidence in themselves to be successful members of their community.

**Aspiration** - We are aspirational for our children, providing a curriculum that ensures each learner has the opportunity to reach their true potential.

These aims are achieved by adhering to the following learning motto:

### **IGNITE – EXCITE – ENGAGE**

*We aim to:*

**Ignite** a passion for learning and the curiosity to explore the world.

**Excite** pupils with a curriculum that is fun, and which contains a wealth of rich experiences

**Engage** all learners and members of the community.

## Physical Education Policy

### **1.) Introduction:**

St Michael's Community Academy recognises the vital contribution of Physical Education to a child's physical, cognitive, social and emotional development as well as the role it can play in a child's spiritual, moral and cultural development.

We aim to provide a broad and balanced P. E. curriculum to aid children's increasing self-confidence in their ability to manage themselves and their bodies within a variety of movement situations. Through a balance of individual, paired and group activities, we aim to cater for the different strengths, needs and preferences of each child, using differentiated activities where appropriate. We believe that through the variety of opportunities that P.E. offers, children can develop a sense of personal achievement, fair play, teamwork and an understanding of the ways in which sport can transcend social and cultural boundaries.

We plan a range of activities that aim to provide children with a broad base of movement knowledge, skills and understanding, which they can refine and expand throughout their primary school years. All children are encouraged to join clubs and extend their interest and involvement in sport.

We encourage children to develop their creative and expressive abilities through improvisation and problem-solving. Children are taught to appreciate the importance of a healthy and fit body, and begin to understand those factors which affect health and fitness. This work is closely aligned with our SMSC (Social, Moral, Spiritual and Cultural) Policy.

Through the Government Funding for Sport, where possible, the school will support P.E. training by providing opportunities for teachers to work alongside our specialist sports coaches.

We offer outdoor education\team building and leadership opportunities for children throughout the school. Different experiences for different age groups ensure all will get a range of appropriate challenges as they move through the school.

## **2.) Intent:**

**The National Curriculum has the following aims in order to ensure that children:**

- 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.

In order to achieve this at St. Michael's, we prioritise the following areas:

### **Physical Development:**

- To develop physical competence and confidence by acquiring and developing a range of fine and gross motor skills.
- To be aware of the different shapes and movements that can be made with the body.
- To develop knowledge, skills and understanding, and the ability to remember, repeat and refine actions with increasing control and accuracy.
- To promote fitness and a healthy lifestyle by understanding the effects of exercise on the body and the importance of developing strength, endurance and flexibility.
- To appreciate the value of safe exercising.

### **Social and Emotional Development:**

- To develop a love of physical exercise.
- To develop the ability to work independently and communicate with, and respond appropriately towards others using verbal and non-verbal communication.
- To develop confidence in their own skills and abilities.
- To promote an understanding of safe practice, and develop a sense of responsibility for the safety of themselves and others.
- To realise that the right exercise for you can be fun and will give you energy for other things in life.
- To create and plan games and teach them to one another.
- To develop a sense of fair play.

### **Cognitive Development**

- To develop decision making and problem solving skills.
- To develop reasoning skills and the ability to make judgements.
- To develop an increasing ability to select, link and apply skills, tactics and compositional ideas.
- To develop the ability to communicate non-verbally with the body.
- To improve observational skills, the ability to describe and make simple judgements on their own and others' work, and to use this knowledge and understanding to improve their own performance.
- To understand that using the correct techniques will improve accuracy and individual performance.
- To be able to evaluate performance and act upon constructive criticism.

### **Spiritual, Moral and Cultural Development**

- To develop a positive attitude toward themselves and others.
- To experience a range of differing activities and follow the school's motto "Our best, Always".

- To be able to encourage others and give praise for their achievements so that when children perform they do not fear failure.
- To treat your team, the opposition and the referee with respect.
- To raise self-esteem through opportunities to celebrate sporting success.

### 3.) Implementation: The P.E. Curriculum

We provide a well-balanced curriculum which covers the statutory requirements for the Early Years Foundation Stage (EYFS) and the P.E. National Curriculum.

In the Foundation Stage we encourage the physical development of our children in the nursery and 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 objectives set out in the Early Learning Goals, which underpin the curriculum planning for children ages three to five years of age. We encourage the children to develop confidence and control of the way they move, and the way they handle tools and equipment. We give all children the opportunity to undertake activities that offer appropriate physical challenge, both indoors and outdoors, using a wide range of resources to support specific skills. We also have dedicated P.E. time for Foundation Stage.

Pupils both in KS1 and KS2 engage in two hours of high quality P.E. during the course of each week. In KS1 the curriculum focuses on fundamental movement skills to develop agility, balance and co-ordination. Curriculum content includes ball skills and team games, gymnastics and dance activities. At KS2 pupils continue to apply and develop a range of skills; units of work include a range of invasion, net / wall, fielding & striking games, gymnastics, dance, athletics and swimming. We also enrich children's experiences through opportunities for outdoor adventurous activities.

#### Swimming

At St Michael's, children take part in swimming lessons in Years 4 & 5 with qualified swimming coaches. The county guidelines recommend appropriate swimwear i.e. a one piece costume for girls and trunks (not shorts) for boys. We also offer top-up lessons for children in Year 6. This ensures all children will be able to swim one length of the pool (25 metres) when they leave at the end of year 6.

#### Curriculum Differentiation

The School Sports Partnership recommends using the principal of STEP for adjusting lesson activities for differentiation. Some children with particular needs may require different activities, for example with a particular focus on fine motor skills if hand to eye coordination is a challenge.

**S** = Change the **S**pace available

**T** = Change the **T**ime allowed

**E** = Change the **E**quipment, e.g. softer or larger balls, different sized bats etc.

**P** = Change the **P**eople, e.g. size of the groups

#### Staffing & Staff Development

The School's P.E. specialists take responsibility for planning, teaching and assessing the P.E. curriculum for the whole school.

All staff take part in professional development to ensure secure subject knowledge and awareness of health & safety procedures. Staff should indicate where they feel they need support so that appropriate support can be given either by the PE subject leader, specialist

sports coach or outside provider through INSET. All staff who attend CPD courses must provide feedback / disseminate the information.

Due care and attention is taken when organising the timetable so that the most efficient use of facility and pupil time is taken into consideration, e.g. consecutive gym lessons when using equipment.

## **Safety**

As with all physical activity, it is important that certain procedures are followed to minimise the risk of injury.

- Children should dress in shorts, tracksuit bottoms and t-shirts.
- Trainers are worn for outdoor games, together with tracksuits if it is cold.
- Jewellery is not to be worn. Watches should be kept safely in a container in the classroom.
- Long hair should be tied back and rigid headbands should be removed.
- Children will be trained to lift and carry any apparatus sensibly into position under adult supervision. The teacher will check it before use.

## **Safeguarding**

All adults working with children in school are to be checked for appropriate DBS clearance. This includes coaches working for a term at a time as well as staff working on a one off basis or with clubs.

## **Out-of-School-Hours Learning (OSHL)**

Our extra-curricular programme compliments and supplements the range of activities covered in curriculum time. The planned programme for 2017/18 reflects a breadth and balance across the NC Areas of Activity, including dance, games and athletics. We follow a range of inter-school fixtures, tournaments and festivals within the partnership. At the beginning of each term, we publish a documented timetable of clubs. The extra-curricular content aims to be varied – including competitive, non-competitive and individual based clubs appropriate for all pupils. We also offer a 'Change 4 life' club which encourages our less active children to participate in fun games without the pressure of competition.

## **School Club Links**

The school seeks to make links with local community clubs whenever possible, e.g. our link with Crewe Alex Football Club and also promotes activities via the school newsletter.

## **Links with Other Subjects**

P.E. can link to other subjects, e.g. Literacy (recount / report / instructions), Science (body parts / pulse rates), and Maths (shape / position / directions / counting and geographical representation of data). ICT is also recognised as a potential tool for recording movements and actions to develop children's ideas as well as the appropriate use of audio visual and data logging equipment.

## **Equality**

All aspects of P.E. are taught in such a way as to include all children regardless of their gender, background, culture or physical ability. Learning objectives are set in line with our Special Needs and Equality Policies.

## **Records & Assessment**

Assessment *for* Learning is made through short term (Daily/Weekly) observations of children's work, through discussion with the children and through their own self-assessment. Assessment *of* Learning is made through medium term (summative) assessments and long term (formative) assessments.

## **School Sports Partnership (SSP)**

St Michael's Community Academy is a member of the Crewe & Nantwich SSP. St Michael's accesses curricular support, competitive opportunities and training for staff via the partnership.

## **4.) Impact:**

At St Michael's we believe P.E. to be an integral part of the curriculum, to be enjoyed by all children. It is a real opportunity for both teacher and child to consolidate and work on the values that underpin our school and its beliefs. Children will meet their age-appropriate skills in Physical Education and be able to transfer these skills into other sports and everyday activities.

It is hoped that physical education will light a love of sport and physical activity, so that our children will engage in extra-curricular sporting opportunities provided by the school and local clubs and agencies.

Through our Physical Education curriculum, we believe we can equip children with skills in team building, promote physical and mental health and boost confidence and resilience. As a result of our physical education curriculum we are extremely proud to have been awarded the highest award available - Platinum in the School Games Mark recognising the high standard of our curriculum offer.