



## Deddington C.E. (A) Primary School

### Physical Education Policy

At Deddington Primary school we believe in the concept of lifelong learning and the concept that both adults and children learn new things every day. We maintain that learning should be engaging and inclusive and an enjoyable experience for everyone; it should be fun. 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 future lives. We believe that appropriate teaching and learning experiences help children to lead happy and rewarding lives.

Our Christian values we hold as a school permeate throughout all areas of school life.

**Perseverance      Respect      Honesty      Kindness**  
**Faith   Friendship      Forgiveness   Responsibility**

Our vision is that through PE, sport and physical activity we provide opportunities for *all* to be active, thereby creating physically literate children through a rich, inclusive approach.

#### Aims

1. To develop physical literacy, through acquiring and developing pupil skills; consolidating existing skills and gaining new ones, and by performing actions and skills with more consistent control and quality.
2. To select and apply skills, by planning, using and adapting strategies for individual, pair, small group and team activities, and developing pupil knowledge of rules, strategies and tactics to improve their effectiveness.
3. To evaluate and improve pupil performance, by identifying what makes a performance effective, and suggesting possible improvements.
4. To improve knowledge and understanding of fitness and health, by knowing: how exercise affects the body; how to warm up and prepare for activities; why physical activity is good for health and well-being; why wearing appropriate clothing and being hygienic is important for health and safety.
5. To engender a positive, lifelong attitude to being physically active, encouraging a healthy, active lifestyle with improved mental and physical well-being.

#### Breadth of Study

We will provide a well-balanced curriculum which covers the statutory requirement of 2 hours per week for PE. During the Foundation Stage, activities are based on movement, drama, dance and outdoor activities. In Key Stage 1, pupils will develop their knowledge, skills and understanding through a range of sports and activities including: dance, gymnastics, games and athletics sessions. In Key Stage 2, pupils will be taught the knowledge, skills and understanding through five core areas of activity: dance, gymnastics, games (including striking/fielding, net/wall and invasion games), swimming and athletics. The PE curriculum will be supplemented by outdoor and adventurous activities (OAA), such as the orienteering course on site, as well as particular emphasis in Years 4 and 6, through residential visits to Outdoor Education Centres.

## **Time Allocation**

Each pupil has 2 hours of high quality PE per week –since Covid 19 pupils now come to school in their PE kits on PE days thus maximising active lesson time. Additionally, all children are encouraged to participate daily in active playtimes, as well as local competitions and festivals. Following the Youth Sport Trust's 'Active 30:30' initiative all staff are also encouraged to increase physical activity outside timetabled PE sessions, for example through 'Active Maths' and 'Wake up, shake up' type activities. In supporting the government's recommendation for 1 hour per day physical activity for 5-11year olds, the school recognises a shared responsibility with our pupils' families for engaging children in daily physical activity.

## **Extra-Curricular Opportunities**

As part of the North Oxfordshire School Sport Programme, we participate in the extra-curricular programme which compliments and extends the range of activities covered in curriculum time through both inclusive and competitive tournaments and festivals. Additionally, school Sports' Premium funding is used to invite qualified coaches to lead specialist sessions within curriculum time to extend the curriculum offer, direct pupils to new opportunities, as well as inspiring pupils. We also seek to continually develop our provision of after school clubs to provide a range of opportunities for pupils.

## **Staffing**

P.E. is taught throughout the school by the class teacher, PE staff or qualified coaches. The lead teacher for PE provides support for all those teaching PE, in addition to sourcing direct input from NOSSP and specific coaches.

## **Progression, Assessment and Monitoring**

Those teaching PE follow 'I can statements' which ensure progression across the key stages encouraging all children to access a varied and balanced active curriculum.

Teachers record expected outcomes at the end of each module using a traffic light system to indicate each child's level of competence: working at expectations (yellow), below (red), above (green). These assessments and achievements are formally reported to parents through the school's annual reporting process.

## **Equal Opportunities and Inclusion**

All pupils have an opportunity to develop physical literacy irrespective of their gender, ethnicity, ability, cultural and socio-economic background, physique and the level of maturation and fitness. As with all subjects, teachers differentiate appropriately to ensure inclusion; the STEP (Space Task Equipment People) guidelines are often used to specifically support this.

All children are expected to have appropriate P.E. kit in school and participate in all P.E. lessons, spare kit may be provided from school stock if required. Parent communication is required for medical conditions that mean a child may not take a full and active part in the lesson. Teachers will make every effort to find a way to include these children within the lesson, for example as scorer, umpire, starter, observer etc

Staff strive to reach a balance of individual and team, co-operative and competitive activities aimed to cater for all pupil's abilities and preferences. The 'School Games' initiative was deployed in order to increase participation in competitive sports. This aims to build a 5 tiered framework of competition for all pupils, where schools will have the opportunity to compete at intraschool level (level 1), interschool level (level 2), district level (level 3), county level (level 4) and national level (level 5). Thus, through the NOSSP more able pupils have the opportunity to develop skills further and can be signposted appropriately. NOSSP also provides targeted inclusion events and festivals. Pupil participation is tracked to ensure all pupils have access to ability/age appropriate events.

## **Health & Safety**

Health and Safety awareness is an integral part of children's learning in P.E. and should be modelled by staff and pupils. Staff are responsible for safe practice in their lessons and can refer to the text: 'Safe Practice: In Physical Education, School Sport and Physical Activity' for detailed guidelines. During PE activities the children are expected to wear appropriate footwear, recommended school PE kit (as outlined on the school website or similar clothing

suitable for physical activity) and remove any jewellery (earrings which cannot be removed by the child should be taped up). Those teaching PE will wear appropriate clothing and footwear to enable safe teaching and modelling of the expectations. The children are encouraged within lessons to learn about the importance of staying safe and healthy; as they mature they can then take responsibility for these aspects.

### Equipment and Resources

We have a range of facilities available for use, both on and off site. The school hall is timetabled for use by every class for indoor P.E. sessions and is equipped with a range of gymnastics equipment. Outdoors, we have a school fields (marked with: running tracks, football and rounders' pitches), in addition to the outdoor gym equipment and cross curricular orienteering course. On the playground, we have a marked netball court, a mile guideline and a variety of targets and markings to encourage active play. Key Stage 2 children use Bloxham Independent School's pool for weekly swimming sessions and Bloxham/Tudor Hall astro pitches for additional PE lessons, such as hockey tuition. Outdoor Education Centres are used for OAA residentials in Y4/6. There is a selection of teaching resources kept in the Reflections Room for all staff to access and use; this includes a range of books, guidelines and teaching resources for the P.E. curriculum. Additional online resources supplement teaching. Indoor and outdoor equipment is regularly audited and updated.

#### PE POLICY

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Signed: *C.Ross*

Date: Sep 2024

Headteacher: \_\_\_\_\_ Signed: \_\_\_\_\_ Date: \_\_\_\_\_

Governor: \_\_\_\_\_ Signed: \_\_\_\_\_ Date: \_\_\_\_\_

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