



Physical Education Policy

Intent

At Weddington Primary School, our intent is for all children to thrive. We hope all 'Weddy' graduates will venture out into the wider world as **curious**, **courageous** and **confident** individuals, who are equipped with the tools for continued success. This policy outlines the learning and teaching, organisation and management of Physical Education at Weddington Primary School.

We believe in providing 'Every Child, Every Chance, Every day' and this motto is at the heart of our PE lessons.

- To offer an inclusive, cross-curricular curriculum which promotes and develops pupils' knowledge, understanding and skills.
- To teach children the British Values such as democracy and work with children to develop integral skills such as teamwork and respect.
- To develop competence in the practical skills of a broad range of physical activities (knowing, applying and understanding the matters, skills and processes specified in the relevant programme of study).
- To develop stamina.
- To engage in competitive sports and activities.
- To lead a healthy and active lifestyle.
- To understand how physical exercise has an impact on our body.
- To create a well-rounded 'Weddy' graduate who can apply their skills in their future lives.

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 helps to embed values such as fairness and respect.

Implementation

The whole school promotes the importance of physical activity and a healthy lifestyle. We thread this through the whole of our curriculum including expectations of school life. We encourage children to bring a healthy snack in KS2 and bring a healthy lunch with water. School actively promotes and celebrates outside activity.

In line with the National Curriculum, learners are entitled to 2 hours of Physical Education each week. Within their lessons they will receive:

- Relevant warm-up, skills practice, concluding activity and cool down.
- Teaching key skills and using appropriate vocabulary
- Implementing the skills through practise and competitive/co-operative activities
- Increasingly using evaluation with children taking an active part in it.
- Progression and continuity.

In EYFS, PE lends itself to physical development which is incorporated in everything EYFS do. Children are encouraged daily to work on the balance, gross motor and coordination. Children are given access to PE equipment to support their curiosity and work on their core strength and skills.

In **KS1**, 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 and co-operative physical activities, in a range of increasingly challenging situations.

Pupils should be taught to:

- 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
- Participate in team games, developing simple tactics for attacking and defending
- Perform dances using simple movement patterns

In **KS2**, 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. They should develop an understanding of how to improve in different physical activities and sports and learn how to self-evaluate and recognise their own success.

Pupils should be taught to:

- Use running, jumping, throwing and catching in isolation and in combination
- Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending
- Develop flexibility, strength, technique, control and balance
- Perform dances 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

Pupils should be taught to:

- Swim competently, confidently and proficiently over a distance of at least 25 metres
- Use a range of strokes effectively
- Perform safe self-rescue in different water-based situations

Pupil Safety

- All participants should wear appropriate 'kit' comprising of black or blue shorts and a white T-shirt with black pumps. Bare feet are required for the topic, 'Gymnastics'. For outdoor sessions, a tracksuit may be worn during the winter months with black pumps or trainers. All long hair should be tied back.
- During PE lessons, **no jewellery** should be worn. In the event of a child having recently had their ears pierced and studs worn which cannot be removed by the child, a note must be received from the parents/guardian informing the teacher when they will be removed and until then medical tape must be applied until that time by the parents at home.
- Teachers should be aware of any children with medical conditions, asthma etc., which should be noted in the class register. Inhalers / medical equipment to be taken outside or to the hall for P.E. lessons.
- Teachers should know the school's 'First Aiders' and where they can be found.

Equipment Safety

- The apparatus must be checked before use to ensure that it is in good working order.
- Apparatus in need of repair should be marked accordingly and put away where it cannot be used, until repaired.
- All apparatus should be carried from place to place rather than being dragged, thus preserving the apparatus, and minimising the risk of damage to the floor. Between 2 and 4 children should carry the





benches depending on the age and size of the children. At least 2 children should carry mats to their destination.

- Apparatus should not be placed too near walls, radiators, etc. - sufficient space must be allowed for landing, etc.
- Pupils **must** be taught to handle apparatus correctly, although such handling must only take place with the teacher's permission, under the teacher's supervision, and be checked by the teacher prior to the apparatus being used.
- Mats should not be put underneath apparatus and children should be taught to not rely on mats as a safety barrier.
- Ensure that all floors are clean, dry and clear of litter, etc. Do not start the lesson if you think the floor is too dirty.
- Check that the hall is adequately heated and well lit, and that the surrounding chairs, tables, objects, etc. are safely stored and well clear of any fire exits. Try to restrict the activity to a one metre boundary from the surroundings.

Impact

We endeavour to create courageous learners, who are able to demonstrate and thrive in each aspect of PE with a high proficiency.

- To have consistently high attainment and expectations, where progress and confidence is made by all children.
- To inspire children to have the courage to continue their love of PE and pursue competitive sports outside of school.
- To create children who can confidently articulate their learning and passion for PE and make links across the wider curriculum.
- To teach children to be aware of the link between physical activity and good mental health as well as understanding it's significance as part of a healthy lifestyle.
- Staff are confident at delivering effective PE lessons so children are making good progress.

