



Physical Education Policy

Reviewed:
September 2023



Introduction

Ryhill Junior, Infant and Nursery School believes that physical education is essential to a child's development. Not only physically, but emotionally and spiritually. The physical education curriculum which we provide aims to boost the children's self-esteem, self-confidence, teamwork skills and social development. As well as providing the core skills for leading an active and healthy lifestyle. Working independently, in pairs, and in small and large groups, helps the children to establish respect for others and the ability to hold discussions, compromise, feedback to others and establish themselves as part of a team. These are all vital skills which are transferrable across the rest of the curriculum.

Aims

1. For all children to enjoy active learning and to work towards physical achievements. Fostering an enjoyment and a positive attitude to physical learning.
2. To progress through challenges and levels of work across year groups; To challenge and satisfy the most able, yet still accommodating for all learners to achieve the learning objective.
3. For a safe and stimulating environment to be achieved. A place where children have no worries or fears and enjoy their learning.
4. To develop a sense of fair play and sportsmanship with their peers.
5. To develop a positive mindset where all learners want to push themselves to be the best they can be.
6. To develop psycho-motor skills through a large range of adult-led activities.
7. To develop a mindset of leading an active and healthy lifestyle; giving the children the understanding of how to look after ourselves physically and mentally.

Objectives

- To be given regular opportunities to enjoy and succeed in Physical Activity; always being stimulated and challenged throughout.
- To mentally and physically prepare each child for the next key stage – KS1, KS2 and KS3.
- To promote awareness for their own bodies; using this awareness to aid special awareness and awareness of others.
- To become aware of physiological changes to their bodies during exercise.
- To develop personal characteristics and self-discipline
- To develop team-work and imagination skills through planned opportunities.

Organisation

Here, at Ryhill, we follow a PE scheme of work called 'Rising Stars Champions' as it is effective in covering a wide range or both skills and games. The curriculum for PE has been organised to ensure different skills within PE are revisited regularly so the children have a chance to develop and continually practice key skills. The

curriculum covers every National Curriculum objective and goes beyond these statutory requirements.

Resources

We have a specialist PE teacher, from the company FR: PE who comes into school for two days a week and leads sessions for pupils across Y3 – Y6. We have a large range of PE equipment which is carefully planned into the delivery of our PE sessions. The equipment is regularly used and safely stored away with both adults and children having a thorough understanding of how to correctly and effectively use it. We have a large space available for physical education sessions; both indoor and outdoor. We have an indoor sports hall which is equipped with apparatus. We also have a large outdoor area; a concreted area which is marked for football, netball, tennis and badminton. In addition to our outdoor concrete area there is a large, flat field which many sports games can be played on, as well as athletics activities.

Training

Physical Education training is always available to all staff here at Ryhill to ensure that standards of subject knowledge and delivery remain high. We have a specialist PE teacher, who not only works with the children ranging from Year 3 to Year 6, but with the PE coordinator to develop PE expertise and knowledge to pass onto other staff to develop confidence and ability to teach high quality PE sessions to all children with all needs. We take the opportunity, wherever possible, to work with other local sports coaches to give our children as many opportunities as possible.

Planning

The Physical Education curriculum covers all areas outlined as Statutory in the National Curriculum. Throughout every child's time at Ryhill, they have the opportunity to access each area of the PE curriculum. This is revisited often, linking topics to their age to ensure they are accessing the correct content.

The schools LTP is informed using the 'Rising Stars Champions' scheme. On occasion, it is adapted to challenge the children and allow all learners of all abilities to take part. Our specialist PE teacher also plans for high-quality lessons, staff at Ryhill have access to this planning.

Assessment/monitoring

Each child leaves each year with an overall National Curriculum standard in Physical Education. These standards are Working Towards (WT), Expected (E) and Greater Depth (GD). Each child is given a standard which is specific to them and which reflects their individual learning within the year.

Physical education is monitored and evaluated by the PE coordinator. The coordinator speaks to both staff and students about PE termly to maintain a quality understanding of PE across the whole school and to ensure progression throughout the year groups.

Inclusion

Every child within school is included within PE sessions. All lessons are adapted, where necessary, to be in line with the needs of all pupils. If the adult leading the session is struggling with differentiation, consultation with SENDCO and PE subject lead will occur to ensure all needs are met.

Health and safety

Health and safety are at the forefront of every PE lessons. Steps to ensure a safe environment is always created include; tying back hair and the removal of all jewellery. Any equipment is to be prepared by an adult. The adult in charge of the session must check each piece of equipment. Any mats used during indoor sessions must be checked for any gaps by the adult. The adult must establish a behaviour routine so the children know what to look and listen for as a signal to stop.

Role of the coordinator

- To schedule the use of the PE areas; both indoor and outdoor.
- To plan and organise for inter and intra-school sports events, including travel and risk assessment for the events.
- To promote an effective scheme of work throughout school.
- To support staff within school with the planning and delivery of Physical Education sessions.
- Ensure a high standard of PE is maintained throughout all years.
- To attend CPD and network events to inform further development of the PE curriculum within school.
- To regularly check PE equipment; ensuring equipment is safe and of good quality; replacing equipment where needed.
- To regularly monitor the delivery of PE sessions.
- To monitor the progression of the children within Physical Education.
- To be a 'point of contact' between outside agencies/opportunities for PE within school.

Teaching methods

All lessons taught within school are based on 'Rising Stars Champions' scheme of work. These correlate with the learning objectives laid out within the National Curriculum. Individual lessons are changed and adapted to meet the needs of all learners. Lessons in Key Stage 2 are delivered by a specialist PE teacher, with the exception of Year 5 swimming.

The swimming lessons delivered to Year 5 pupils are taught each year by specialist swimming teachers with the presence of the class teacher.

PE kit policy

There are clear expectations for PE kit. This is regularly communicated with parents and staff.

The expectations for PE kit are:

- Red T-shirt (either with school logo or plain red polo shirt)
- Black shorts or jogging trousers (weather dependent)
- Black trainers (plain) suitable for sports
- Black jacket (plain) for outdoor PE and cold weather

Additional policies include bare feet for indoor gymnastics and dance lessons, long hair to be tied back and no jewellery.

If children are in incorrect or inappropriate kit, the school has spare kit which the children can borrow for the day. They are issued with a receipt so the school office know which spare kit has gone to which child, and how often this may occur.