



Ormskirk West End

Primary School

From Tiny Acorns, Mighty Oaks Grow.

Community Primary ages 4-11

PE Policy

Approved: January 2023 Next Review Date: January 2026

Intent

At Ormskirk West End we want to develop pupils who are physically active and can flourish in a range of different physical activities. We want children to have the skills to lead a healthy lifestyle, to remain physically active and have an understanding of the importance of this in promoting long-term health and well-being. We want children to take the initiative and become excellent young leaders and be able to motivate and instil excellent sporting attitudes in others. We want our children to experience a sport rich environment where sport, exercise and competition is evident throughout the school.

At Ormskirk West End, we develop a whole school approach to physical development which takes pupils through progressive stages of learning and challenge, enabling them to fulfil their potential, develop competence and control in the gross and fine motor skills that pupils need to take part in PE and sport. We ensure pupils have the opportunity to demonstrate that they know and understand how to apply their competence and make appropriate decisions for themselves by challenging pupils to select and use skills, tactics and compositional ideas. We also develop pupils' stamina, suppleness, strength and the mental capacity (determination and resilience) to keep going. Our intention is for children seek enjoyment in participating in P.E and school sport and lay the foundations for a life-long love of sport and exercise.

Implementation

Curriculum

We aim to provide a P.E curriculum which enables all children to progress and improve, regardless of ability. All pupils are entitled to a progressive and comprehensive physical education programme which embraces current Statutory Orders of the National Curriculum and the statutory EYFS Framework and takes into account individual interests and needs. The school provides all pupils with the entitlement of 2 hours high quality Physical Education a week. This is delivered through 2 lessons of 60 minutes duration.

Key Stage 1 (2 X lessons - 60 duration each lesson)

Key Stage 2 (2 X lessons - 60 duration each lesson)

The school follows a progressive scheme of work provided by SHARES Lancashire. Units will be made available to all staff who teach them and they will be expected to evaluate these units, feeding back to the subject leader. This allows for curriculum review in relation to content, progression, continuity, teaching and learning.

Individual lessons should be evaluated to inform planning and ensure differentiation. Teachers must ensure that when evaluating and improving performance, connections are made between developing skills, understanding and applying these skills, tactics and compositional ideas.

National Curriculum requirements:

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

In P.E lessons children will 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.

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.

In P.E lessons children will be taught to:

- use running, jumping, throwing and catching in isolation and in combination play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, 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 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

All schools must provide swimming instruction either in key stage 1 or key stage 2. In particular, pupils should be taught to:

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

Foundation Stage

Physical Development involves providing opportunities for young children to be active and interactive; and to develop their co-ordination, control, and movement. Children must also be helped to understand the importance of physical activity, and to make healthy choices in relation to food

At Ormskirk West End this is delivered in both a semi-structured and structured way so that there are 2 structured sessions per week (1 X 60 mins, 1 X 30 mins) aimed at physical development plus the opportunities to develop these skills inside and outside the classroom daily. They are aimed at achieving a good level of development and the Early Learning Goals.

Lessons are enriched by planned access to after-school / lunchtime clubs to allow the pupils to extend their learning and develop towards excelling in sport. This is further enhanced by links to outside sports clubs wherever possible.

Provision – Out of School Hours Learning

The aims of the out of school hours learning programme are to extend and enrich the work being done during curriculum PE and to provide some pupils with opportunities to enable them to develop the skills they need to access

curriculum PE. The programme will reinforce the importance of keeping physically active in order to lead a healthy lifestyle. Ormskirk West End offers a range of before school, lunch-time and after school activities. These are open to any pupil in the relevant year group.

PE and sport premium funding is used to increase the range of opportunities available to pupils and in combination with Pupil Premium and SEN Funding to ensure any barriers to engagement / participation are removed. The PE subject leader will monitor uptake and report back via the PE and sport premium reporting template.

A weekly programme will be provided which suits the needs of all pupils. Out of school hours learning takes place both before and after school, and at lunchtime.

All out of school learning opportunities are developed in consultation with pupils and the programme will:

- Provide a balance of competitive and non-competitive activities through intra and inter school events
- Provide specific movement/general physical activity clubs, which develop health and fitness such as Change4Life clubs
- Ensure that every pupil is offered the opportunity to attend a minimum of one OSHL activity each week (Key Stage 1 and Key Stage 2)
- Ensure that the school regularly participates in SSP and County-wide events which promote competitive opportunities and physical activity.

PE and sport premium funding:

Schools must use the funding to make additional and sustainable improvements to the quality of PE and sport they offer.

This means that you should use the Primary PE and Sport Premium to:

- develop or add to the PE and sport activities that your school already offers
- build capacity and capability within the school to ensure that improvements made now will benefit pupils joining the school in future years

Schools are required to publish details of how they spend this funding as well as on the impact it has on pupils' PE and sport participation and attainment. Our detailed plans are available on our website.

At Ormskirk West End we use our Sports Premium to be a member of SHARES Skelmersdale. As part of our membership, all children receive 60 x minutes of PE delivered by a Sports Coach. We also have access to a year round competition timetable. The sports coach also delivers before school, lunchtime and after school clubs.

Assessment and record keeping

Assessment is carried out by the Sports Coaches and teachers/ school staff who liaise together. The assessments are based on observation and discussion. At the end of each unit an indication of the progress that they have made will be recorded. This will allow an overview of all progress made over that academic year. The attainment target for physical education sets out the knowledge, skills and understanding that pupils of different abilities and maturities are expected to have by the end of each key stage.

Equal Opportunities and Inclusion

Every pupil has equal access to national curriculum physical education. Learning experiences are differentiated to meet the specific needs of individuals and groups of pupils, including those who have diverse special educational needs, disabilities, gifted and talented pupils and those who have English as an additional language. Lesson planning, delivery and assessment tries to ensure that pupils are provided with appropriate and effective opportunities to actively participate and succeed in the whole range of learning opportunities offered within and outside the curriculum. The needs of individuals are met by providing dedicated support staff, a range of equipment, appropriate groupings, safe spaces in which to work and differentiated tasks which enable all pupils to make progress. Planning for differentiation should be based on the S.T.E.P. principles i.e. making changes to SPACE, TASK/TIME, EQUIPMENT and PEOPLE.

Parental Support

We encourage parents to be involved by:

- Inviting them into school in the autumn and spring terms to discuss the progress of their child.
- Providing them with a yearly report about their child which includes their progress in P.E.
- Through encouraging their children to participate in extra-curricular physical activities,

- Encouraging parents to come along to our annual sports day.
- Promotion of outside activities/clubs.
- Taking advantage of local initiatives.
- Encouraging organised sports.
- Involvement in inter school cluster activities and competitions.

Staff Development

School staff will have the opportunity to have training in areas where they feel less confident. There will be in house training arranged in some areas. Staff can also develop their skills and knowledge by working alongside the Sports coach.

Health and Safety

These are to ensure safe practice within the school during a P.E. lesson.

Dress

Correct clothing must be worn at all times by pupils and staff. The children are expected to wear a white T-shirt, black shorts and pumps or trainers.

Children are not allowed to wear:

- Watches
- Jewellery
- Long hair must be tied back

Earrings must be removed

Whilst swimming, the children are required to wear an appropriate costume and a swimming cap.

Environment

The working environment must always be checked before proceeding. When engaged in P.E., a calm atmosphere should be promoted. Children are encouraged to behave in a responsible manner, showing consideration for other people and the equipment used.

Equipment

Equipment should be used for what it is designed for and not adapted for any other means. Children will be trained to move and store the equipment safely. The teacher is responsible for the final check before the equipment is used. Defects in the equipment should be reported to the P.E Co-ordinator, who will arrange for the repair.

Accident Procedures

All accidents in P.E must be entered in the accident book. Head injuries are always followed by a letter home, informing parents of the accident.

Monitoring and Evaluation

This policy will be reviewed as part of the schools monitoring cycle.

Last review date: Spring 2023

Next review date: Spring 2026 (or sooner if required)