



# St John's First School Physical Education Policy April 2021

Physical activity not only improves health, reduces stress and improves concentration, but also promotes correct physical growth and development. Exercise has a positive influence on academic achievement, emotional stability and interaction with others. Therefore, both teachers and children should be aware of its importance. We provide the broad and balanced programme of physical education we believe every child should have; with activities designed to be enjoyable, vigorous, purposeful and regular.

## Aims and Objectives

Our Aims are:

- To promote and champion a healthy and fulfilling lifestyle by developing self-motivation to take part in physical activity outside school as recreation
- To help children to develop a positive attitude and interest in a wide range of physical activities. to offer a broad and balanced PE curriculum which will appeal to a wide range of children.
- to enable children to develop and explore physical skills with increasing control and co-ordination;
- to increase children's ability to use what they have learnt to improve the quality and control of their performance;
- to teach children to recognise and describe how their bodies feel during exercise;
- to develop the children's enjoyment of physical activity through creativity and imagination
- to develop an understanding in children of how to succeed in a range of physical activities and how to evaluate their own success.
- To ensure every child has the opportunity to take part in after school sports clubs, as well as external competitions and tournaments.
- To help establish the individual child's self-esteem and confidence. To develop social skills (cooperating in groups, playing fairly to rules, mixing with children from other schools).
- to encourage links with community sports and clubs

## Big Ideas

- Improving physical literacy with and without the use of equipment and developing fundamental life skills
- Learning and mastering of a range of vital skills through practise and evaluation
- Knowledge of how physical activity and sports benefits us on a wider level
- Awareness of how to stay safe when participating in PE and using equipment

## **Sequencing of Content**

Our curriculum, which aims to allow 2 hours of quality PE teaching a week, is sequenced so that the skills and knowledge the children acquire can be built on as they move through the school.

Qualified teachers teach our children all of the required skills in a way that uses effective progression and allows the children to be taught, practise and then apply their skills in diverse ways.

## **Deepening Concepts**

Teachers will cover a number of different units with the flexibility to change their duration and order, allowing for more individualised learning.

Units begin with an independent activity to find the starting point of all children; teachers will then teach exciting content to ensure all children develop and improve. Children will evaluate themselves and others in order to help them achieve their best.

## **Curriculum planning**

Teachers use the curriculum framework as a starting point when planning their work in Physical Education. All children receive 2 hours of curriculum PE per week. P.E lessons in Key Stage One are focused on the fundamental movements skills and core skills which form the basis of games, dance and gymnastics P.E lessons in Key stage Two are based on a sport to teach fundamental movement skills. In Early Years, PE is delivered as part of the Physical Development strand of the Early Learning Goals.

## **Health and Safety**

St. John's First School follows the PESSPA guidance provided by the Association for Physical Education (afPE). This is a comprehensive guide to safe practice and managing risk in PESSPA and should be referred to regarding any aspect of health and safety.

A copy of the current edition of the afPE Safe Practice in PESSPA is located in the staffroom. Good teaching and therefore safe teaching in PESSPA are achieved where a balance between appropriate challenge and acceptable risk is maintained and the likelihood of injury occurring is minimised.

PE risk assessments are updated regularly and can be found on our school website. In addition to this, teachers and children work together to risk assess the space (e.g. hall or field) at the start of each session and make any adaptations necessary to ensure the safety of pupils at all times.

We expect children to wear the agreed appropriate clothing for all PE lessons. Gymnastics and dance are done in bare feet to give quality of movement and safety on apparatus, even with a verrucca, as the virus is everywhere (guidance from LA). No jewellery is worn for any physical activity. Teachers model good practise by wearing appropriate clothing when teaching PE. For short sessions of physical activity (e.g. 15 minute run, Leap into Life) children are allowed to wear school uniform but may change into trainers if their school shoes are not appropriate.

We believe that taking part in sports, games and activities is an essential part of school life for all pupils. It is the responsibility of the teacher to take note of any medical conditions of individual children in their class (such as asthma, diabetes or epilepsy) so they can participate safely and as fully as possible.

## **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.

## **Extra-Curricular**

St. John's provides a range of physical activities and opportunities for children outside of their weekly PE sessions. Physical activities at break and lunch time, as well as active brain breaks help us achieve the required 30 minutes of daily physical activity.

Extra-curricular clubs are offered and encourage children to learn new skills or further develop their skills they already have.

PE and sport is inclusive at St. John's and we aim for our extra-curricular activities to follow suite. We also promote sport and healthy lifestyles by having one off events and as part of our school year, such as sports days, visits from athletes, cricket tournaments, school visits with a PE focus and much more.

## **Competitions**

Both intra and inter school competitions are organised in order to allow all children the experience of competitive sport. These opportunities foster a sense of team spirit and cooperation amongst our children. It is also important for our children to challenge themselves and strive to improve so we carry out various personal best challenges which sees children competing against their own best scores.

## **Review of Practice**

There are a number of ways in which we review our PE and School Sport offer and celebrate good practise. Examples of these are:

- Taking part in the annual School Games Mark which recognises both our in-school and extra-curricular achievements
- The Youth Sports Trust Quality Mark, which is obtained annually
- Working with outside agencies such as Accelerated Learning to review practice and action plan.

**This policy will be reviewed every 2 years or earlier.**