



Moss Hey Primary School
Physical Education Policy
(updated July 2023)

Introduction

Moss Hey believes that Physical Education experienced in a safe and supportive environment is a vital element in a pupil's physical and emotional development. High quality Physical Education also promotes pupil health and contributes to our whole school ethos. We recognise the importance PE plays in the curriculum and are committed to providing all children with opportunities to engage fully in Physical Education. PE should provide opportunities for all pupils to become physically literate and confident in a way which also supports their health and fitness. As such, it is important that all children are given a broad and balanced Physical Education curriculum in school; access to a range of extra-curricular activities and competitive experiences as well as providing pathways into club and community settings for sustained engagement.

We believe that Physical Education and School Sport can have a positive influence on the concentration, attitude and academic achievement of all our children. Children should acquire not only physical skills, knowledge and understanding, but also the awareness and importance of leading healthy, active lives as well as the values of sportsmanship, fairness and respect through the sports and activities they undertake.

The Curriculum

The curriculum is designed to provide equality of access and opportunity for each individual irrespective of ability, experience, cultural background, interests or gender. The Physical Education curriculum aims to provide for pupils' increasing self-confidence through an ability to manage themselves and problem solve successfully in a variety of situations.

A balance of individual, team, cooperative and competitive activities aim to cater for all individual needs and abilities. The scheme of work is based on progressive learning objectives which, combined with varied and flexible teaching styles, endeavours to provide an appropriate, stimulating, challenging and enjoyable learning environment for all pupils.

As well as promoting an understanding of the benefits of exercise, Physical Education is considered as a vehicle to facilitate access to cross-curricular themes, skills and dimensions.

Aims

- ✓ To aid our children's physical development and fitness, building stamina, suppleness and strength.
- ✓ To promote a positive, enthusiastic and committed attitude to Physical Education through fun and enjoyable lessons and activities by leading healthy and active lives, picking up positive habits for their future lives.
- ✓ To develop communication skills, encouraging the use of correct terminology.
- ✓ To be able to take part effectively on their own, with partners and in groups both in competitive and cooperative situations.
- ✓ To appreciate the importance of fair play and of abiding by the rules and codes of conduct in all activities.
- ✓ To help our children develop physical competence and have the desire to improve their performance so they are able to make informed decisions about the value of exercise
- ✓ Develop knowledge, skills and understanding across a range of sporting activities.
- ✓ Engage in moderate to intense physical activity over sustained periods of time.
- ✓ Participate in competitive sports and activities.
- ✓ To develop Staff competence and confidence in the delivery of high quality PE lessons
- ✓ To promote safe practice in all activities.
- ✓ To use sport to build pupils self-confidence and self-esteem.
- ✓ To encourage involvement in extra-curricular sporting activities and develop community and club links
- ✓ Increase participation in competitive sports both in and out of School.

Requirements

This policy reflects the requirements of the [National Curriculum programmes of study](#), which all maintained schools in England must teach.

It also reflects requirements for inclusion and equality as set out in the [Special Educational Needs and Disability Code of Practice 2014](#) and [Equality Act 2010](#), and refers to curriculum-related expectations of governing boards set out in the Department for Education's [Governance Handbook](#).

In addition, this policy acknowledges the requirements for promoting the learning and development of children set out in the [Early Years Foundation Stage \(EYFS\) statutory framework](#).

Our curriculum offers pupils a broad and balanced programme using Schemes of Work developed from a range of resources, including 'Get Set 4 PE'.

In addition to this, we also offer 'active lunchtimes' and a broad range of active clubs before and after the school day, delivered by a range of school, community and club providers. A PE specialist provides curriculum support for staff to aid, develop and

sustain the delivery of high-quality Physical Education. The school has access to further INSET through the Stockport Schools Health, Activity, PE and Sport Alliance (SHAPES).

Continuity and Progression

The curriculum promotes physical development, knowledge and understanding in the Early Years Foundation Stage and at Key Stage 1 & 2, through six activity areas in line with the National Curriculum:

- Dance
- Gymnastics
- Games
- Athletics
- Swimming
- Outdoor and adventurous activities

There will be a progression from Reception to Year 6 as outlined in our curriculum planning documents. We recognise that our pupils are at different levels in their skill and knowledge development. Differentiation is achieved by providing practical tasks which allow children to succeed according to their individual ability. We will seek to explore cross curricular opportunities whenever possible.

Health and Safety

- Teachers establish codes of practice and rules in line with Stockport Council guidance
- All children must be suitably dressed
 - earrings removed and no other jewellery worn
 - long hair should be tied back
- If children have recently had their ears pierced, they can wear tape over the top of their earrings for up to 8 weeks during outdoor games. They will be unable to take part in gymnastics
- Children will be unable to take part in PE lessons if they do not have the appropriate clothing choices
- Children who are unable to take part in a lesson, will be given an activity to do or complete during the lesson
- It is essential to ensure that pupils have the necessary strength and skills to undertake tasks
- Fixed and portable equipment is inspected annually by an outside approved agency
- Apparatus should be properly set up, stable, well-spaced and checked by teachers before use

- Pupils need to be taught to handle equipment safely when lifting, carrying and placing it

Extra-Curricular Programme

We offer an extensive range of extra-curricular opportunities for all pupils. We consult with them when planning the programme using questionnaires and the Sports Ambassadors. We aim to offer all children the opportunity to:

- participate in a wider variety of physical activities,
- develop more advanced skills in specific sports,
- take part in intra and inter school competition

This involves using existing staff expertise, adults other than teachers with suitable experience and coaches from the Stockport Approved Coaches Register.

Leadership

Upper Key Stage two children have the opportunity to become Sports Ambassadors and organise games activities for younger pupils during lunchtime.

They will also help lead discussions and pupil voice about PE sessions, clubs they would like to see and ideas for the future. They will promote their activities through assemblies and display, as well as helping during Sports Day.

Active Playgrounds

We are working towards raising activity levels by involving all pupils in 15 minutes of structured activity led by midday supervisors each lunchtime.

This project aims to improve behaviour, reduce the number of playground incidents and lead to more focused learning after the lunch break.

Competition

We aim to offer Level 1 (intra class) competitive opportunities to all our pupils throughout the year. We will also offer Level 2 (inter school) competitive opportunities to a range of pupils throughout the year.

We access a wide range of competitions in our local area, hosted at high schools, primary schools and local community club sites. Pupils from Year 1 -6 have the

opportunity to represent their school in inter school leagues, tournaments and festivals.

There will be a mixture of competitive opportunities for children as well as participation opportunities that more can take part in.

Healthy Active Lifestyles

Our Active Lunchtimes encourage all our pupils to be active on a daily basis regardless of circumstances. Active days and Sports Week helps get the whole school focusing on the importance of exercise and diet. An active curriculum, such as active maths, also enables us as a school to help our children to achieve the recommended 60 active minutes every day.

Assessment

Assessment takes place at the end of each term using activity milestones that progress towards the end of key stage requirements. This assessment tool is used to inform future teaching and planning and is a record of pupil achievement.

We use Assessment for Learning processes during lessons and involve pupils in both self and peer assessment. The children are encouraged to evaluate their own and others performance and to realise the importance of sensitivity when assessing the performance of others.

Parents are informed of pupil's progress each year in annual written reports and at parent's evening.

Roles and Responsibilities

The Headteacher has responsibility for:

- ensuring that this policy is being implemented, and that it is congruent with national policy and the guidance from the Local Authority,
- ensuring that equipment is inspected annually and that risk assessments are reviewed annually or following an incident,
- accounting for the allocation and spending of the Primary Physical Education and Sports Premium Funding and displaying this information on the school website.

The Governing Body is responsible for ratification and approval of the Physical Education policy.

The PE Coordinator working with the Headteacher has the responsibility for:

- coordinating a broad and balanced Physical Education curriculum and ensure continuity and progression throughout the school,
- reviewing resources with all members of staff,
- making opportunities for Continuing Professional Development training available to all staff,
- annually reviewing the School's Development Plan and setting targets for the future,
- monitoring and evaluating pupil's progress in Physical Education

The class teachers are responsible for the delivery of high quality Physical Education to their class and for assessing their pupils' achievement formatively and summatively in line with National Curriculum requirements and school policy.