

Willoughby Primary  
School

*'Learning for Life'*



## Physical Activity & Physical Education Policy

### 1. Aims and objectives

1.1 All Physical activity contributes to the well-being of our pupils and Physical Education develops the individual pupil's physical competence and confidence, and their ability to use these to perform in a range of activities.

High quality PE is achieved by combining the physical activity with the intellectual processes of decision-making, selecting and applying skills, refining, judging, adjusting and adapting. PE also involves the development of such qualities as commitment, enthusiasm, fairness, integrity and the concern for quality as well as success. In addition, PE contributes to other subjects across the curriculum. For Health and safety reasons a change of kit is required for P.E (see Appendix attached, which is detailed in the school prospectus.)

1.2 The aims of Physical activity & PE in our school are:

- To deliver an entitlement to all pupils through a planned and progressive scheme of work for PE
- To develop pupils self confidence in a range of physical environments
- To develop physical skilfulness, physical development and a knowledge of the body in action
- To promote positive attitudes towards active and healthy lifestyles
- To encourage the pupils to reflect on their actions in order to improve the quality of their actions, performance or composition
- To provide feedback to the pupils, involving them in their learning, allowing them to think about how to improve their performance.
- To share the learning intentions with the pupils in all lessons

## **2. Teaching and learning styles:**

2.1 We use a variety of teaching and learning styles in PE lessons. Our principal aim is to develop the children's knowledge, skills and understanding and we do this through a mixture of whole-class teaching and individual/group activities. Teachers draw attention to good examples of individual performance as models for the other children and we encourage the children to evaluate their own work as well as the work of other children. Within lessons we give the children the opportunity both to collaborate and to compete with each other, and they have the opportunity to use a wide range of resources.

2.2 In all classes there are children of differing physical ability. Whilst recognising this fact, we provide suitable learning opportunities for all children by matching the challenge of the task to the ability of the child. We achieve this through a range of strategies:

- setting common tasks that are open-ended and can have a variety of results, e.g. timed events, such as runs around the village course.
- setting tasks of increasing difficulty, where not all children complete all tasks, e.g. standing long jump in indoor athletics.
- grouping children by ability and setting different tasks for each group, e.g. multi-skills games.
- providing a range of challenge through the provision of different resources, e.g. different gymnastics equipment.

### 2.3 Time Allocation:

The school aims to provide all pupils with the full entitlement of two hours high quality Physical Education a week. In addition to this we have introduced Willoughby's 'Fit to learn' time a short, daily exercise regime.

F2 & KS1: X 2 lessons per week – 45 mins duration and extended opportunities in the summer term.

KS2: X 2 lessons per week – 1 hour duration per lesson and extended opportunities in the summer term.

2.4 Each class is timetabled so that they can access the village hall for the Autumn term 2 /Spring term for physical activity indoors.

### **3. Curriculum Planning:**

3.1 We follow the requirements of the National Curriculum for PE.

3.2 Our PLT is responsible for overseeing the planning of lessons / units of work within the school scheme of work (medium term plan) and to evaluate after each lesson. This allows for curriculum review in relation to content, progression, continuity, teaching and learning.

3.3 Many activities are currently supported by specialist coaching and our PLT who has a contract to deliver high quality PE/Sport paid by our Sports Premium grant.

3.4 Swimming is taught by the Swimming Instructor with support from the staff. Information on progress, assessment and attainment is provided by this person in consultation with the teacher.

3.5 Outdoor and Adventurous Activities are enjoyed on Residential trips offered to year 5 & 6. Athletic Activities are taught in the summer term.

3.6 When planning, connections are made between the strands acquiring and developing, selecting and applying and knowledge to improve fitness and health.

### **4. The Foundation Stage**

4.1 We encourage the physical development of our children in Foundation as an integral part of their work. As the Foundation class is part of Class 1 (with Year 1 & 2) they will often access the same curriculum as the older children.

4.2 We encourage the children to develop confidence and control of the way they move, and the way they handle tools and equipment. We give all children the opportunity to undertake activities that offer appropriate physical challenge, both indoors and outdoors, using the available resources to support specific skills.

### **5. Teaching PE to children with special educational needs**

5.1 At Willoughby Primary school we teach PE to all children, whatever their ability. PE forms part of the school curriculum policy to provide a broad and balanced education to all children. Through our PE teaching we provide learning opportunities that enable all pupils to make progress. We do this by setting suitable learning challenges and responding to each child's different needs.

5.2 When progress falls significantly outside the expected range, the child may have special educational needs. In such cases we look at a range of factors – classroom organisation, teaching materials, teaching style, differentiation – so that we can take some additional or different action to

enable the child to learn more effectively. This ensures that our teaching is matched to the child's needs.

5.3 Intervention for pupils with special educational needs (SEN) will lead to the creation of an Extra Support Plan (ESP). The ESP may include, as appropriate, specific targets relating to PE.

5.4 We enable pupils to have access to the full range of activities involved in learning PE. Where children are to participate in activities outside our school, for example, a sports event at another school, we carry out a risk assessment prior to the activity, to ensure that the activity is safe and appropriate for all pupils.

## **6. Assessment and recording**

6.1 Informal assessment is normally carried out by teachers in the course of the normal class activity using observation techniques.

6.2 Lessons are not the only place that pupils demonstrate their knowledge, skills and understanding, wherever practicable staff will consider pupil's outside interests e.g. after school activities, local teams etc.

## **7. Resources:**

7.1 Resources are kept in the shed and cupboard at the village hall. The pupils should be encouraged to:

- Look after resources
- Use different resources to promote learning
- Return all resources tidily and to the correct place (staff should oversee)
- Be told of any safety procedures relating to the carrying or handling of resources.

7.2 Resources are replenished when necessary.

7.3 Teaching books, resources for teachers are located in the staff room and one-to-one teaching room.

## **8. Monitoring and Review**

8.1 We have a named teacher as PE co-ordinator and a named Governor. Governors will visit to observe the teaching and learning of PE in line with the Programme of Governor's visits. As we are a small school every teacher has to wear many hats, so we have a team approach to responsibility for the standard of the children's work and the quality of the teaching.

February 2016                      Ratified by Governors May 2016  
Reviewed: 1<sup>st</sup> May 2019