



## **GORSE HALL PRIMARY AND NURSERY SCHOOL**

### **Physical Education Policy**

The governing body has overall responsibility of ensuring that the Physical Education Policy, as written, does not discriminate on any grounds, including but not limited to: ethnicity/national origin, culture, religion, gender, disability or sexual orientation.

#### **Rationale**

We believe that physical education (PE) offers valuable opportunities for pupils to develop their personal, physical, cognitive and social skills and is essential to the development of the whole child. It broadens their academic, social, emotional and physical skills, provides the foundation for a healthy lifestyle and promotes character building, co-operation and self-esteem. PE develops the children's knowledge, skills and understanding through a wide and varied range of activities and teaching styles. High quality PE at Gorse Hall Primary School will provide all children with the inspiration to succeed and excel in competitive sport and other physically demanding activities. It will provide opportunities for pupils to become physically confident in a way which supports their health and fitness. It will provide opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.

#### **Aims and Objectives**

- Develop competence to excel in a broad range of physical activities
- Are physically active for sustained periods of time
- Engage in competitive sports and activities
- Lead healthy, active lives
- For children to find enjoyment and fun in physical activity
- To promote physical activity and healthy lifestyles the foundations of which will serve children for the rest of their lives
- To develop personal qualities such as self-esteem, leadership skills and motivation, along with social skills and positive attitudes towards others, e.g., teamwork, co-operation, etc.
- To provide opportunities for children to acquire, plan, perform, evaluate and develop a wide range of motor skills, whilst encountering the associated language and terminology
- To meet the statutory requirements laid down in the National Curriculum
- To teach children to recognise and describe how their bodies feel during exercise
- To give children access to at least 2 hours of physical activity every week

#### **Broad Guidelines**

1. PE should provide opportunities for pupils to develop a sense of self-worth and responsibility.
2. It should provide opportunities for children to work cooperatively and develop problem-solving skills in a range of activities.
3. PE should contribute to the teaching of literacy, numeracy, ICT and PHSE (mental health).

4. It should teach children the short- and long-term effects of regular exercise on the body and mind.
5. Opportunities will be provided for specialist coaching within school to further develop pupils' skills and enhance teachers' skills (e.g Olympic Weight Lifting, Kick Boxing, etc)

### **Teaching, Learning and Planning**

As a school we buy in to a package from Tameside Active which provides 39 weeks of Quality Provision. This programme covers the full PE National Curriculum and is taught from Year 1 through to Year 6. Qualified coaches are NGB Level 2 and 3 (UFEA B Licence) qualified and cover is provided for staff absences. All have DBS. (Evidence in office). All teachers and LSA are expected to assist Tameside Active staff during PE sessions, for the benefit and development of the children and for their own professional growth. All sports equipment is provided by Tameside Active as are the risk assessment and accident forms.

There is a Teacher Lesson Planning Support Online Portal, a secure education support portal as we are members of Active Tameside's Active Education Coaches in Schools Programme. Teachers can find a library of physical education lesson plans and assessments, from nursery to year six to support their lesson planning. Gorse Hall Primary School have paid into this SLA until 26<sup>th</sup> July 2024.

We use a variety of teaching and learning styles in PE lessons. Our principal aim is to develop the children's knowledge, competence, skills and understanding and we do this through a mixture of whole class teaching and individual or group activities. Coaches 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 the other children. Within lessons we give the children the opportunity both to collaborate and compete with and against each other and they can use a large range of resources.

In all classes children have a wide range of physical ability, whilst recognising this fact; we provide suitable learning opportunities for all children by matching the challenge of task to the ability of the child. There are many strategies which could be used to achieve these i.e. setting common tasks that are open ended and can have a variety of results or providing a range of challenge through the provision of different resources.

We teach multi-skills, games, athletics, gymnastics and dance at Key Stage 1. In Key Stage 2 we teach games, athletics, gymnastics and dance plus swimming and water safety. We also have fully trained coaches who come in on a termly basis to coach gymnastics, dance, tag rugby, hockey, basketball, volleyball, rounders, athletics, multi-skills, football, tennis and bike ability.

### **The Foundation Stage (EYFS Framework became statutory in 2021)**

Physical Development is one of the three Prime areas of learning within EYFS Development Matters 2020. Children at the expected level of development will negotiate space and obstacles safely, with consideration for themselves and others; demonstrate strength, balance and coordination when playing; move energetically, such as running, jumping, dancing, hopping, skipping and climbing. Physical Development of our children in the Foundation Stage is encouraged as an integral part of their day. They have access to continuous outside provision with the intent of developing their physical skills. Qualified coaches are also invited into school to provide dance and bike ability sessions.

### **PE and Inclusion**

We teach PE to all children, whatever their ability or individual needs. PE forms part of the school curriculum policy to provide a broad and balanced education to all children. For further details see separate policies: Special Educational Needs; Able and Talented and Inclusion.

### **Assessment**

Pupils are assessed by the Tameside Active Coach as they observe them in lessons each week and each half term and passed to the PE lead to disseminate to staff. KS2 are assessed using a Fitness tracker in four areas: long jump, plank, 5-minute walk/jog/run and throwing and catching. The PE lead also speaks to the children (Pupil chats). Photographs and videos (on I pads) are also used to assess and provide evidence of progression. Older pupils are encouraged to evaluate their own work and suggest ways to improve.

### **Health and Safety**

The general teaching requirement for health and safety applies in this subject. We encourage the children to consider their own safety and the safety of others at all times. We expect them to attend school on their PE day in their PE kit or to bring their swimming kit. We also expect the teachers to set a good example by wearing appropriate clothing when teaching PE. Teachers also ensure that no jewellery is to be worn for any physical activity. PE equipment is monitored by the PLT and also the coaches for Tameside Active.

### **Extra Curricular Activities**

The school provides a range of PE-related activities for children at lunchtimes as part of the SLA with Tameside Active and at the end of the school day. These encourage children to further develop their skills and competence in a range of activity areas. After school clubs, as part of the SLA, build on the skills being developed during that half term in class.

The school will compete against other local schools; this introduces a competitive element to team games and allows the children to put into practice the skills that they have developed in their lessons. These opportunities foster a sense of team spirit and co-operation amongst our children as well as encouraging competitiveness and personal bests.

### **Monitoring and Review**

The monitoring of the standard's of children's work and of the quality of teaching in PE is the responsibility of the PLT done through observations and child chats. Evaluations of Tameside Active staff are completed each half term and Tameside Active also do their own Quality Assurance Assessments on their coaches, passing these to the PLT.

The work of the PLT also involves supporting colleagues, in the teaching of PE, being informed about current developments in the subject, and providing a strategic lead and direction for the subject in the school. evidence of the children's work, attend training and undertake observations of PE teaching across the school.

### **Conclusion**

This policy will result in pupils:

1. acquiring and expanding their knowledge, skills and understanding in a range of sporting activities, regardless of their age, gender, cultural or ethnic background.
2. who are enthusiastic and stimulated to participate in sporting activities throughout their adult lives.

Natalie Ives PE Lead  
To be review June 2024