

Physical Education Policy



Our Curriculum at Finchale

At Finchale Primary School we are proud of our curriculum and the range of experiences we provide for our children. Our curriculum is accessible to all children, irrespective of their ethnic background, gender, disability, religious or linguistic background. We strive to meet the needs of those pupils with additional needs, including special educational needs, those with disabilities, those who are more able, those with gifts or talents and the children who are learning English as an additional language. We provide a rich and challenging curriculum which aims to stretch our children. Staff monitor our children to ensure that they are supported in their learning, whatever their ability.

Statement of Intent for P.E

At Finchale Primary School, we intend to deliver a physical education curriculum that is accessible to all and that will maximise the outcomes for every child, enabling them to reach their full potential. We intend to provide and deliver a curriculum which supports children in developing their confidence and competence to excel in a broad range of physical activities, both within the school day and beyond. We will introduce our children to a variety of sports and provide opportunities to engage in competitive sports and activities in a challenging yet safe environment. It is important to us that our children lead healthy, active lives through sustained periods of physical activity and the development of knowledge of health and wellbeing. We ensure that our children are physically active daily through our Finchale Fitness programme and active play and lunch times, supported by our year 5 trained play leaders. We want our children to actively involve themselves in the maintenance of their own health, fitness and well-being. All children will be encouraged and supported to strive for excellence and improvement, celebrate achievements both as a team and individually and to understand and demonstrate teamwork, fair play, respect and resilience. There are many opportunities for the curriculum to be enriched through sporting festivals, events, competitions and extra-curricular activities and where appropriate, links are made with other curriculum areas to enhance learning.

This Policy was agreed in December 2023 and will be reviewed in Autumn 2026.

Chair of Governors: Mrs. Gayle Foster

Date:

Head Teacher: Dr. Sandra Whitton

Date:

The Importance of Physical Education

The National Curriculum (DfE, 2014) states that a high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.

Aims

At Finchale our core curriculum covers those elements set out in the EYFS statutory framework, as well as the programmes of study for both Key Stage 1 and Key Stage 2 within the National Curriculum for England. In addition, our teaching goes beyond this to include a range of areas and activities which we believe equip our pupils not only with the skills and knowledge but also the confidence and resilience to be happy, productive members of our society today.

To ensure a smooth transition between what children learn in the Early Years and Key Stage 1, we have carefully structured our planning to ensure there are strong and purposeful links between what children learn and experience in Reception and what they go on to learn and experience in Year 1. This helps to build confidence, maximizes opportunities for learning and demonstrates how our staff have a good understanding of how children progress and develop within the subject.

Our starting point for teaching P.E at Finchale is within the EYFS. Here, a key component comes within the specific area, Physical Development: Gross Motor Skills. Within this, pupils:

- ★ 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.

Our pupils then move on to develop their gross motor skills as they study the attainment targets and programmes of study for P.E as set out in the National Curriculum. This aims to ensure that all pupils:

- ★ 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.

What This Means at Finchale Primary

We believe that P.E is a practical and engaging subject which motivates and inspires our children to be active, healthy, resilient and good team players.

Physical development in the Foundation stage is about improving skills of co-ordination, control, manipulation and movement. In the Early Years, children will have had the opportunity to move and play, alone and with others, in both indoor and outdoor environments. They will have experienced the curriculum through a range of planned, structured play situations. Children will have had opportunities to find out and learn about their world and to develop a range of skills that promote their own physical development.

In Key Stage 1, pupils will 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 will engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasing challenging situations. Pupils will be taught to:

- ★ Master basic movements such as running, jumping, throwing, catching, as well as developing balance, agility and coordination, 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.

In Key Stage 2, pupils will be taught to continue to implement and develop a broader range of skills, learning how to use them in different ways and link them to make actions and sequences of

movement. They should enjoy communicating, collaborating and competing with each other. They will develop an understanding of how to improve in different physical activities and sports, and learn how to evaluate and recognise their own success.

Pupils will be taught to:

- ★ Use running, jumping, throwing and catching in isolation and in combination.
- ★ Play competitive games, modified where appropriate, such as: badminton, basketball, cricket, football, hockey, netball and tennis.
- ★ Apply basic principles for attacking and defending.
- ★ Develop flexibility, strength, technique, control, agility 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.

Teaching P.E Should Equip Children To:

- ★ Develop a positive attitude towards physical activities and being active.
- ★ Cope with success and failure.
- ★ Understand how to be safe during physical activity and exercise.
- ★ Learn about commitment, fairness, personal responsibility, enthusiasm, perseverance and resilience.

Making Learning Memorable

At Finchale, we aim to make learning memorable through the careful planning and delivery of enriching activities. All children are offered a detailed and varied programme of sporting opportunities in partnership with Durham School Sports. Each year group will have regular opportunities to attend festivals and sporting events throughout the year, both in school and offsite. These activities will develop children's understanding of specific sports, some of which at a competitive level and allow them to apply skills learnt in P.E lessons. Furthermore, they are encouraged to learn how to be a respectful participant including fair play, communication and celebration of achievements by both teams and a positive attitude.

Extra-Curricular sporting opportunities enable our children to develop their enjoyment and understanding of competition and sportsmanship. An annual Sports Day, a whole school Finchale Family Jiggly Jog, a KS2 residential, a range of after school clubs and a rigorous calendar of fixtures and tournaments throughout the year are all indicative of our commitment to providing a broad and inclusive programme of physical education.

Organisation

Our P.E Curriculum is drawn from a range of resources which include but are not restricted to the Durham Primary P.E Planning document and information from Durham School Sports Partnership.

P.E is part of children's learning on a daily basis; Each class is timetabled to receive two hours of P.E a week and are taught by the class teacher and by specialist sport coaches, who work with classes to deliver high quality P.E and support staff CPD. Staff use a variety of teaching methods, depending on the activity. Teaching assistants may be used in P.E sessions to encourage and support specific individuals or groups of children as required. Children are given the opportunity to work as a class, as part of a group or as an individual.

In addition to this, each year group participates in daily 10 minute Finchale Fitness sessions, using our all-weather running track. Children's achievements are monitored, tracked and celebrated using our Finchale Fitness reward system.

In Years 3 and 5, children participate in swimming lessons, with Year 6 given the opportunity to attend catch up sessions where appropriate.

In Years 5 and 6, children are able to participate in a cycling proficiency scheme, to help ensure that they are competent when cycling on roads, by the time they leave primary school.

Also in Year 5 and 6, children are given the opportunity to attend a 3 day residential which focuses on outdoor and adventurous activities. The activities enable children to develop their confidence, teamwork and communication skills and apply their sporting skills in a challenging and supportive outdoor environment. These residential trips are carefully planned opportunities for children to experience a broader variety of sports than those which can consistently be offered within school including sports such as: climbing, abseiling, archery, canoeing, kayaking to name a few.

Long term plans and the progression of skills, detail the units taught and the sequence of learning through school.

The content for each year group, along with long-term plans, can be found on our school website: www.finchale.durham.sch.uk

Resources

Location and storage of Physical Education resources / equipment may be found in the P.E cupboard in the hall and in the outdoor P.E shed on the junior yard. The P.E coordinator regularly monitors resources and orders the necessary equipment when required. An annual safety inspection of P.E equipment is carried out by outside agencies.

We use a range of resources to support our teaching within P.E which include the following:

- ★ <https://www.primarypeplanning.com>
- ★ <https://www.durhamcls-ssp.co.uk>
- ★ <https://www.imoves.co.uk>

We are continually adapting and amending our resources to meet the needs of our children.

Assessment

Our subject leader for P.E will oversee the planning and monitoring of pupils' achievements. Assessment is carried out by teachers and sports coaches during each unit of work and is informative to move children on in each lesson. Observations are a key part of the assessment process and children are given frequent opportunities to learn from each other, in order to improve. Pupil voice forms an important part of our view of our PE curriculum and informs our future developments in this area.

Assessments will be 'high challenge and low threat' and could be undertaken using the following methods (this is not an exhaustive list):

- ★ Observation of pupils
- ★ Talking with pupils
- ★ Photos and videos
- ★ Self-assessment
- ★ Peer assessment
- ★ Discussion and debates

Reception children are continually assessed using the Early Learning Goals / EYFS Statutory Framework 2023.

Health and safety

When working with equipment in practical activities and in different environments, including those that are unfamiliar, pupils are taught about the risks and dangers as part of the lesson. How to use equipment correctly is explicitly taught in terms of correct hold, movement and looking after specific equipment. Children are also taught to assess their space before beginning activities and ensure it is adequate and they are well positioned away from any obstacles to participate in the activity. Children wear an appropriate P.E kit, as specified in our school brochure, which includes suitable footwear. Jewelry is required to be removed, and long hair tied back.

Physical development helps children gain confidence in what they can do and enables them to feel the positive benefits of being healthy and active. Effective physical development helps children develop a positive sense of well-being.

National Curriculum 2014, p198