



Physical Education (P.E.) Policy 2020-2021

At Rokeby Park Primary School, we are committed to providing all children with learning opportunities to engage in physical education. This policy sets out a framework within which teaching and non-teaching staff can work, and gives guidance on planning, teaching and assessment.

It is our intent for the P.E. element of our school curriculum to contribute to the overall education of the child by encouraging and helping them to lead full and valuable lives through engaging in purposeful physical activity. Teaching should develop pupils' knowledge, skills and understanding of physical education, sport and health to identify the importance of leading a healthy lifestyle. Pupils will be involved in the continuous process of decision making, selecting and applying skills, performing, evaluating and refining their work. They will have opportunities to perform with increasing competence and confidence in a range of different physical activities.

Aims

The aims of P.E. are:

- become a skilful and intelligent performer; by developing the ability to remember, repeat and refine actions and perform them with increasing control, co-ordination and fluency;
- acquire and develop skills, performing with an increasing physical competence and confidence in a range of physical activities and contexts;
- learn how to select and apply skills, tactics and compositional ideas to suit activities;
- develop ideas creatively;
- set targets, compete against others, both individually and as a team member;
- understand what it takes to persevere, succeed and acknowledge the success of others;
- respond to a variety of challenges;
- take the initiative, lead activity and improve aspects of own performance;
- discover own aptitudes and preferences;
- develop a positive attitude to participation in physical activity;
- further develop skills by joining sports clubs which have links with the school;
- develop an understanding of the effects of exercise on the body, and an appreciation of the value of safe exercising;
- develop the ability to work as a team player, taking the lead and learning to work collaboratively with others;
- promote an understanding of safe practice, and develop a sense of responsibility towards their own and others' safety and well-being.

Curriculum

The children undertake a broad and balanced programme that takes account of abilities, aptitudes and physical, emotional development. Through P.E. the children learn a range of skills, concepts, attitudes and approaches. Physical education is divided into six areas of activity; athletics, dance, games, gymnastics, outdoor education and swimming. Through these activities, our children will be encouraged to develop the personal qualities of enthusiasm, commitment, fairness and a positive attitude towards a healthy lifestyle.



As well as making its own distinctive contribution to the school curriculum, P.E. contributes to the wider aims of primary education in other subjects, including: literacy, mathematics, geography and PSHE.

Teaching and Learning

A variety of teaching and learning styles are used in P.E. lessons, including a mixture of whole-class teaching, experiential learning, problem solving, individual and group open ended activities. Within lessons the child is given the opportunity both to collaborate and to compete, using a wide range of resources.

All classes have children of differing physical ability, consequently learning opportunities are provided using a range of strategies.

- setting common tasks which are open-ended, having a variety of results;
- setting tasks of increasing difficulty;
- grouping children by ability and setting different tasks;
- providing challenge through a differing resources.

Every child is praised for their achievements and encouraged to fulfil their potential by continued support and positive feedback.

Early Years

Early Years explore elements of physical education through the Moving and Handling and Health and Self-care strands of the EYFS curriculum. The children in the EYFS access time and space to enjoy energetic play daily, using large portable equipment. They will be provided with opportunities to be active and interactive with one another, to develop their co-ordination, control and movement. Children will begin to understand the importance of physical activity and how to make healthy choices in relation to food. They are assessed in the moment according to milestones within the Development Matters Attainment targets.

Key Stage 1

During Key Stage 1, children will develop their fundamental movement skills to become increasingly competent and confident with basic movements, including running, jumping, throwing and catching. Children will also have access to a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They will participate in athletics, dance and movement, gymnastics and team games.

Key Stage 2

During Key Stage 2, children will be able to apply a broader range of skills, linking them to different actions and sequences of movement. They will be able to communicate, collaborate and compete with each other and develop their understanding of how to improve in different physical activities and sports. Children will be able to evaluate and recognise their own successes across a wide range of skills and activities, including swimming and water safety. They will take part in competitive games, develop techniques and learn how to perform dances. They will also take part in outdoor and adventurous activities.

P.E. curriculum planning

Physical Education at Rokeby Park Primary School is based on the National Curriculum. A knowledge and skills progression document is integral to the teaching and learning of P.E.



across the whole school, and ensures children are given the opportunity to build upon prior knowledge from EYFS to Year 6. A unit map has been developed which provides a long term plan for each year group. The units are organised to provide progressive steps, which meet the end of key stage expectations and enrich the child's experience. All year groups use the GetSet4PE physical education scheme of work to structure their units in line with the progression document. Key vocabulary is displayed upon the whole-school P.E. display board and is reinforced during lessons, where subject specific words are referred to consistently throughout a unit.

- Each class from Year 1 to Year 6 is timetabled for two one hour P.E. sessions, with EYFS timetabled for one PE session weekly.
- The playground and field are used to facilitate activities such as Games and Outdoor Activities.
- Swimming lessons are provided for Year 4. Top-up swimming lessons are provided for all children who do not pass the swim criteria In Year 5 and Year 6.
- Sports coaches provide additional opportunities for extending the P.E. curriculum and provide after school clubs for KS1 and KS2. Teachers and qualified members of staff also provide additional club opportunities after school.
- Through the school's links, the children are all given regular opportunities to participate in after school competitive sporting activities.

Assessment and Recording

At Rokeby assessment is an integral part of the teaching process. Teachers assess children's physical education through practical activities (filmed/ photographed), evaluative discussions and in Upper Key Stage 2 through leadership activities.

Monitoring

Monitoring takes place regularly through teacher planning, learning walks, lesson visits and both staff and pupil questionnaires.

Roles and Responsibilities

The Head teacher will:

- actively support and encourage staff, praising good practice and supporting staff development, in-service training (particularly for the P.E. Leader) and acquiring resources.

The P.E. Leader will:

- review and develop a P.E. Policy.
- develop, maintain and renew the resources to support the P.E. curriculum.
- support colleagues to ensure the inclusion of all children in high quality P.E. and school sport.
- organise staff training opportunities, to meet identified development needs.
- monitor and evaluate the quality of P.E. and school sport.
- enable adults other than teachers (ASAs) to improve the quality of playground and lunchtime provision.
- organise and support out of school hours learning opportunities.
- set up and maintain links with sports clubs and other community sports provision.



The Class Teacher will:

- be responsible for the teaching of P.E. as set out in this policy;
- follow the subject's long term plan and develop termly year group medium term plans;
- embed the P.E. Knowledge and Skills Progression document within quality first teaching;
- regularly refer to key vocabulary within lessons linked to each P.E. focus activity.

Resources

We have a wide range of high-quality P.E. and sport resources stored within the school P.E. cupboard. The scheme of work is saved on SharePoint for all staff to access. High-quality CPD resources can be provided from external partners.

Inclusion

Refer to the Rokeby Park Primary School Inclusion Policy.

- The P.E. Coordinator will ensure that spare P.E. kit is available for any occasional circumstances where a child does not have their own in school.
- No pupils will be excluded from any physical education programme unless advised by a medical professional.
- Lessons will provide good quality experiences that are suitably challenging for all pupils.
- Children will undertake different activities, but all will be given the same opportunity to achieve the aims through an appropriate range of activities.
- For children with limited gross motor skills, the integrity of activities will be maintained and expectations will take into account the individual needs of pupils.
- For the purposes of competitions, all children will be given the opportunity to participate in the experience.

Health and Safety

The general teaching requirement for health and safety applies in P.E. and all staff have due regard for the health and safety of all pupils.

- Each child is encouraged to consider their own safety and the safety of others at all times and they are taught how to improve their own abilities to assess risks.
- First aid equipment is available, and all staff are trained in what action to take, including calling for assistance in the event of an accident.
- Inhalers for pupils suffering from asthma are made readily accessible
- Children with diabetes are monitored closely throughout and after P.E. lessons by staff.
- Regular checks are made on all equipment.
- The subject leader makes termly visual checks for wear and tear and security of major items, and all staff are responsible for reporting to the subject leader if any items show wear and tear. Any items constituting a danger are taken out of use immediately.
- All large items of equipment are inspected annually by an independent safety expert.
- Children are taught how to move and use apparatus safely under the supervision of a teacher or responsible adult.
- Children are made aware of safe practice and understand the need for safety when undertaking any activity.



All children are expected to change for P.E.

The kit includes:

- indoor activities – shorts, T-shirt and bare feet.
- outdoor activities – shorts, T-shirt, trainers in warm weather, with additional track suits, fleeces etc. in cold weather. (If a child has no trainers for outdoor P.E. they use their shoes if they are appropriate).

Teachers ensure that all jewellery is removed and long hair is tied back. If earrings cannot be taken out, they are taped over. Pupils are taught to understand the safety risks involved in wearing inappropriate clothing, footwear or jewellery and other body piercings.

Children should wear suitable footwear when travelling to and from the hall.

Teachers are seen as role models and should dress appropriately for P.E. lessons. Staff P.E. tops are provided for all teachers. These are expected to be worn for all P.E. lessons.

Out of School Hours Learning

Rokeby Park Primary School provides activities throughout the year for children after the school day. The children are encouraged to further develop their skills and interest in a range of activity areas. The school also supports inter-school competition, with schools in our cluster group and within the wider Hull Schools Community.

Sport and Club Links

Rokeby Park Primary School provides sporting links to a number of clubs in the area. These include: Hull Rugby Football Club, Hull FC. Rugby Club and Hull City Football Club for boys and girls.