



ENSTONE PRIMARY SCHOOL



Physical Education Policy

Purpose of Physical Education Programme

This School believes that Physical Education, experienced in a safe and supportive environment, plays a unique and vital contribution to a pupil's physical development and well-being. We believe that our high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically demanding activities. It provides opportunities for our pupils to become physically confident in a way which supports their health and fitness. We provide opportunities for students to compete in sport and other activities to build character and help to embed values such as fairness and respect.

Aims

Our physical education curriculum 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
- develop a sense of responsibility for the safety of themselves and others.
- develop the ability to work independently and communicate with, and respond positively towards, others.

Entitlement PE Curriculum

Foundation Stage/ Key stage 1

Pupils 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 should be able to engage in **competitive** (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Pupils are taught to:

- master basic movements including **running, jumping, throwing and catching**, as well as developing **agility, balance and co-ordination**, 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

Key stage 2

Pupils continue to apply and develop a **broader range of skills**, learning how to use them in different ways and to **link them to make actions and sequences of movement**. They should enjoy **communicating, collaborating and competing** with

each other. They should develop an understanding of **how to improve** in different physical activities and sports and learn how to **evaluate** and recognise their own success.

Pupils are taught to:

- use **running, jumping, throwing and catching** in isolation and in combination
- play **competitive games, modified** where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for **attacking and defending**
- **develop flexibility, strength, technique, control 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**

Swimming and water safety

We provide swimming instruction for pupils from Year 3 onwards. We provide additional booster lessons for students in Years 5 or 6 who are in danger of leaving primary education unable to satisfy the standards set out in the National Curriculum 2014.

In particular, pupils are taught to:

- **swim competently**, confidently and proficiently over a distance of at least **25 metres**
- use a **range of strokes** effectively [for example, front crawl, backstroke and breaststroke]
- perform **safe self-rescue** in different water-based situations

Time Allocation for PE

Each pupil has a minimum of 2 x 1 hour PE lessons per week. We also promote active playtimes and active learning across the curriculum.

Continuity and Progression / Assessment

Each class teacher has a copy of the curriculum map and Scheme of Work. Information will be passed to the new class teacher about pupils' ability, attitude and involvement during transfer meetings. A "Pupil Passport" will be kept for each pupil from the time they begin at Enstone Primary School until the end of Year 6. This will detail attainment against curricular objectives for each year, plus ensure a record is kept of extra-curricular involvement and other sporting achievements.

Extra-Curricular Opportunities

The extra-curricular programme complements and supplements the range of activities covered in curriculum time. A variety of sports clubs are available during

lunch times or after school, catering for all age ranges. We participate in a wide range of inter-school tournaments and festivals within the Chipping Norton Partnership of Schools (CNPS)

Monitoring and Evaluation of PE

The PE co-ordinator monitor and evaluates the programme by carrying lesson observation. This information is used to improve the teaching and learning within PE.

Equal Opportunities and Inclusion

The physical education policy supports the values and beliefs described in the school's equal opportunities policy statement.

It is our policy that all children should get changed and take part in PE lessons if they are at school. They may be excused certain parts of the practical activity, if they have a physical injury, but they still do the practical parts of the lesson they are able to do and learn with the rest of the class. They may take on a different role such as coach, evaluator, match report writer etc The school has a small amount of spare kit that they will lend out if a child forgets theirs.

Management Roles and Funding

The PE Co-ordinators, Ashleigh Griffith (Senior Teacher) and Kathy Slark (TA and PLT) are responsible for the PE policy, curriculum map and budget. The role of School Sports Organiser is undertaken by Kathy Slark and her responsibilities include the organisation of tournaments and attending of the PLT link meetings at CNS.

Playground Activities

The school has a well stocked store of playtime equipment which is regularly checked and updated. Sports Leaders and Play Leaders are responsible for choosing and organising the play equipment each day. Lunchtime staff and Sports Leaders have had appropriate 'playground games' training from the PLT and additionally a small group of students attend "Games Crew" training at Chipping Norton School each academic year, as part of our young sports leaders programme.

Sports Day

Enstone Primary School sports day is held annually. The teams are organised by school staff. The event includes a "round robin" of field events (e.g. jumping, throwing) plus individual, competitive races (e.g. running, hurdles). Sports Day is run as an inter-house competition, with opportunities for personal achievement contributing to the whole.

Whole School Aerobics

All children take part in a 10 minute aerobics session at least twice a week. The routines are composed and led by children in Year 6, with guidance from the PE coordinator or PLT.

Daily Mile/Exercise Blast

The afternoons are broken up for children with an opportunity to run their daily mile or take part in an exercise blast. If the weather is inclement, an indoor movement break will be done instead (e.g. Go Noodle or Cosmic Yoga).

Cycling Proficiency

This is offered to children in year 6 and is delivered by a trained Teaching Assistant.

Safety

Health & Safety awareness is an integral part of children's learning in PE. All staff work to accepted codes of practice (Safe Practice in PE and Sport AfPE)

- Risk assessment is carried out before each visit off the school site.
- Teachers supervise children when changing and travelling.
- No jewellery may be worn in school. Watches must be removed for PE.
- Long hair must be tied back.
- Laces must be done up tightly with a bow on top of the tongue.
- All PE equipment is inspected annually, checked before use, used appropriately and stored safely.
- All accidents and 'near misses' are comprehensively logged and reported to the appropriate body where required.
- Pupils are given opportunities to think about safe practice in relation to themselves and peers.
- PE facilities provide clean hazard free playing surfaces, sufficient space for activities, appropriate usage and a regular and systematic maintenance programme.
- First Aid provision is available.
- PE staff have access to medical information on pupils.
- *Please also see specific Risk assessment for swimming.*

Date Adopted: June 2023

Review Date: June 2026

Signature of Chair of Governors:

Devin Caswell

Signature of Headteacher:

S. Mann