



THE  
ACORN FEDERATION  
LONG LANE CHURCH OF ENGLAND SCHOOL  
MARSTON MONTGOMERY SCHOOL

## **Physical Education Policy**

Policy written – June 2022

To be reviewed – June 2025

# The Acorn Federation PE Policy

## Introduction

Physical Education (PE) is a foundation subject within the National Curriculum, and requires the children's involvement in the continuous process of planning, performing, and evaluating, with emphasis on evaluating and improving performance.

## 1. Aims and Objectives:

We believe that PE has an important and crucial role in the curriculum, contributing initially to the physical development of our children, and secondly to the whole development of the children in terms of learning social skills and awareness.

### **Aims**

- To develop the competence of our children to excel in a broad range of physical activities.
- To ensure that our children are physically active for sustained periods of time;
- To ensure that all children have the opportunity to participate in physical activities.
- To ensure that children engage in competitive sports and activities.
- To enable children to lead healthy and active lives.
- To embed values such as fairness and respect.

## 2 Teaching and Learning Style:

(see Teaching and Learning Policy)

### **PE Curriculum**

PE for the Reception children is carried out in line with the Early Years Foundation Stage Profile. The children are engaged in physical activity throughout the week in the form of gross motor skill development through riding bikes, climbing, balancing, crawling etc. They are also continually developing manipulative and fine motor skills through a wide range of activities including threading, painting, building and cutting.

The KS1 children follow a series of planned sessions allowing them to develop the following specific skills:

- running, jumping, throwing, and catching
- agility, balance and co-ordination (and to begin to apply these in a range of activities);
- participation in team games, developing simple tactics for attacking and defending;
- performance of dances using simple dance moves.

These are taught as a range of activities including dance, gymnastics and simple games during two weekly sessions of one hour each. Medium term plans reflect the skills being taught.

The KS2 children also have two weekly sessions totalling two hours (or three shorter sessions). Activities also take place in the classroom for four mornings per week. Specific skills and activities are:

- running, jumping, throwing, catching
- playing a range of competitive games;
- flexibility, strength, technique, control and balance;
- dance, outdoor and adventurous activities.

The children have the opportunity to attend a residential visit to an outdoor adventure centre every two years in KS2. When available, children also have the opportunity of six quality gymnastic sessions with qualified coaches. Both schools have the opportunity to attend swimming

sessions at a local swimming pool for one or two terms per year. Other opportunities are available through inter-school games competitions e.g. football, basketball, hockey and for KS2, the Dance Festival at the local secondary school.

### **Active Break Times and Extra Curricular Sport**

Sports Premium funding is sometimes used for an extra adult to lead sporting activities at lunchtime. Children are encouraged to take part in intra-school games e.g. house tournaments supported by child Sports Leaders (part of the School Sports Crew).

Children have access to play equipment like skipping ropes, footballs etc.

### **School Sports Partnership**

Our school is supported by the Queen Elizabeth's Grammar School Sports Partnership. This entitles us to occasional training courses and cluster school activities for groups of children to participate in. This widens their experience of competing against other teams and enables them to participate in a range of organised sports activities including football, netball, rugby, hockey tournaments, athletics and cross-country events, swimming, dance and 'multi-skills'.

### **Implementation**

The implementation of this policy is the responsibility of all the teaching staff.

Both Key Stages receive a weekly hour session of PE delivered by an external coach who produce their own plans in line with school policy. At other times, children are taught by their class teacher and also by members of staff with particular interests, skills. KS2 also attend swimming lessons with a qualified instructor.

Children will be encouraged to plan activities, perform and evaluate. Each lesson should provide an opportunity to develop and reflect on each element.

At the end of a series of lessons, where appropriate, children are often assessed through playing in a competitive game, evaluated by themselves or their peers.

All the children are encouraged to take part in our School Sports Day, and there are sometimes opportunities for more talented children to compete in the district sports competitions.

### **Links with other subjects**

Children learn about how to maintain a healthy body in Science lessons and PHSE. Physical Development is one of the six areas of learning for children in the Foundation Stage where it is integrated into the curriculum with a range of outdoor activities on offer at all times.

### **Equal Opportunities**

Every attempt will be made to ensure that the Special Needs of children are addressed through the use of differentiated equipment and adaptation of games. More Able children will be challenged to extend and broaden their ability. Children work at their individual levels and participate on equal terms with the other children.

We try to encourage an equal interest level in our PE activities for both boys and girls. All our KS2 children learn skills for football, netball, hockey and rugby, and participate in small games.

Equally, we try to encourage enjoyment and participation in sports regardless of ability level. All children are given opportunities to represent their school in sports competitions and festivals.

## **Health and Safety**

See the Health and Safety Policy and Risk Assessments for PE.

## **Assessment and Record Keeping**

Assessments are made in line with our assessment policy. Staff liaise with external providers to make on-going teacher assessments against the core skills as stated in the National Curriculum 2014 and contained within our LOs.

## **PE Co-ordinators Role.**

The PE coordinators role within the school is:

- To monitor the teaching of PE throughout the school.
- To develop and put into practice a yearly action plan for the development of PE within the school.
- To carry out a regular audit of equipment for all staff.
- To be responsible for the safe and accessible storage of equipment.
- To replace and update PE equipment as necessary.