

A School of Hope †

*...small enough to care; big enough to inspire.*

*Let your light shine (Matthew 5 v16)*

## PE and School Sport Policy

### St Aidan's CE Primary School



Approved by:

Date:

Last reviewed on: 17th January 2020

Next review due by:

## Vision

To develop and maximise the **Physical Literacy** of all pupils through a **high quality Physical Education Curriculum, Sports Leadership Programme**, an engaging, energetic and enjoyable **Extra Curricular Programme** and an all year round programme of **Intra and Inter School Sports Competition** - including a **Personal Best** system - delivered by a highly competent and enthusiastic team of teachers and coaches.

*(Physical Literacy can be described as the motivation, confidence, physical competence, knowledge and understanding that provides children with the movement foundation for lifelong participation in physical activity. Enabling them to be physically literate supports their development as competent, confident and healthy movers.)*

## Aims

The National Curriculum for physical education 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

### **Key stage 1**

Pupils should 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 should be taught to:

- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility 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 should 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 should be 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.

## Planning

Each class, from Year 1, will have 2x1 hour lessons of PE per week. These are timetabled to be 1 indoor and 1 outdoor lesson, but there is flexibility within this at teachers discretion. Pupils are only allowed to withdraw from the active part of the lesson via parental consent - these children should still take part in the lesson through setting up equipment, reffing games, scoring, playing the role of an assistant coach etc

Long term planning grids are used where a balance of activities are provided throughout the year. However these are intended to be flexible to allow for opportunities with external coaches and changes to the St Helens School Games competition diary as teachers may wish to prepare teams for the events.

Long term planning document signposts teachers to a Val Sabin scheme which should be primarily used for delivery of lessons to ensure progression across year groups and key stages - but supplementary resources are also noted for teachers to access if and when required. (Progression document is an appendix to this policy)

Sport specific and Gymnastic units of work are to be preceded to 1 or 2 stand alone Fundamental Skill circuits (using FUNs scheme) e.g. balance, agility, co-ordination, throwing, catching etc.

Each sport specific unit must be completed by an Intra-School (Level 1) Competition.

Each lesson (apart from Fundamental Skills and Competition) should still include 4 key elements (these are no longer required by the National Curriculum but we believe still make the components of a high quality PE lesson):

- Knowledge and Understanding of Fitness and Health
- Acquire and Developing Skills
- Select and Applying Skills
- Evaluation and Improvement

## **Swimming**

We aim for every child to meet the National Curriculum requirements by the end of Year 6. Swimming sessions are booked and planned to enable this. A set class or a target group may be taken swimming.

Swimming data is available on the school website.

## **Assessment**

Each unit is assessed on a series of key skills - these are updated half termly via the SIMS system.

Personal Bests are held by the class teacher and are passed on when the class moves up a year. Every class has a set of year group records on display in the classroom.

## **Sports Leadership**

All classes have a Sports Leadership Award scheme and ticklist on display in their classroom - these progress through our own Bronze, Silver and Gold Awards.

Year 5 will be trained to and deliver an Activity Leaders programme.

PE and School Sport ambassadors will be selected each year.

## **Extra - Curricular Programme**

Premier Sports will deliver all extra-curricular school sports clubs. Each child has the opportunity to attend at least one club per week.

(**NOTE:** Due to the school not having an indoor facility, there are some points during the school year where after school clubs will not run)

## **School Sports Competition Programme**

To maintain and enhance pupil performance a whole school approach to School Sports Competition is required.

### **Level 0**

Personal Bests record keeping. A series of 6 individual events for teachers to record progress in over a year - setting Year group records as they proceed.

### **Level 1**

An Intra-School Competition, in teams, to complete units of work.

### **Level 2**

Access to the St Helens School Games programme. Teachers should endeavour to give EVERY child the chance to take part in Level 2 activities over a school year.

### **Level 3**

Progression to regional competitions when teams have been successful at Level 2.

Competition data will be maintained termly and will be available on the school website.

***School Games*** - we are actively involved in the St Helens School Games programme - we are currently a Platinum Award winning school.

### **Kit - (also see Jewellery in PE - appendix 1)**

Indoor - children are encouraged to wear black shorts and a white t shirt. Pumps should be worn for gymnastic lessons.

Outdoor - We believe that any kit is better than no kit so pupils are free to wear any suitable kit dependent on lesson. Corporate kit is available to buy but is not yet compulsory.

Staff - staff should, whenever possible, wear their school kit when teaching PE.

## **PE Premium Funding/Resources**

As a school we are very well resourced and spend significant amounts of our PE Premium on ensuring that teachers have the resources to deliver a high-quality curriculum.

A full breakdown and plan of our use of the PE Premium is available on the school website. This is updated at the end of every term.

## **Beyond “Two Hours”**

We have invested in an outdoor activity track. This is used by every class to complete a "Daily Mile"

We have invested in a ScootFit project and full class sets of scooters are available to use at any time. This promotes fitness, balance and co-ordination. ScootFit sessions can be in addition to the two hours planned curriculum.