



Dial Park Primary School

PE policy

Updated: September 2022

Introduction

At Dial Park Primary School we recognise the importance PE plays in the curriculum and are committed to providing all children with opportunities to engage fully in Physical Education (PE). PE should provide opportunities for all pupils to become physically literate and confident in a way which also supports their health and fitness. Children should acquire not only physical skills, knowledge and understanding, but also the awareness and importance of leading healthy, active lives, as well as the values of sportsmanship, fairness and respect through the sports and activities they undertake.

Our aim is to consistently deliver high quality PE lessons which are exciting, challenging and enjoyable and provide many varied learning opportunities.

Intent

At Dial Park Primary School, Physical Education (PE) is an integral part of our Curriculum that is inclusive and engages all pupils, in a supportive and challenging environment. We aspire for children to acquire, develop and refine their practical skills and techniques; to further their knowledge and understanding of PE concepts and principles and develop their overall competence, to enjoy, and excel in, a broad range of sports and physical activities.

To do this, we designed 9 aims for our PE curriculum;

1. All children participate and are as active as possible.
2. Basic skills such as balance, control and co-ordination are targeted.
3. OAA through Forest School to increase engagement for all, increase self-esteem, confidence, motor skills and communication through physical activity.
4. Children learn respect, self-control, honesty, modesty and good sportsmanship.
5. Children are encouraged to become competitive and supported with all the social and emotional thoughts and feelings that are connected to being competitive.
6. All children can swim at least 25 metres.
7. Encourage basic skills development through physically active learning.
8. Developing links with the wider sports community in our local area and the opportunities that they can offer to our children.
9. Children to experience a wide range of different and unusual activities to boost children's interest and perception of physical activity.

Implementation

P.E. is taught at Dial Park Primary school as an area of learning in its own right as well as integrated where possible with other curriculum areas through different sporting experiences.

PE at Dial Park Primary School provides challenging and enjoyable learning through a range of sporting activities including: Invasion Games, Net & Wall Games, Strike and Field Games, Gymnastics, Dance, Forest School and Swimming. Children participate in a minimum of one PE session a week, and two sessions per week wherever possible. We use one of our PE sessions as Forest School with Andy and Lucy.

Throughout the year, this lesson will be supplemented with a Dance, Gymnastics, Stockport county FC coaching session, Forrest School lesson or a Swimming session. The Long Term PE Curriculum Overview sets out the PE Units/Activities which are to be taught each half term throughout the year and ensures that the requirements of the National Curriculum are fully met.

We use high-quality coaches for Gymnastics, Dance and Invasion games (SCFC) which make links with local clubs in the area. We ensure relevant staff access high quality professional development annually on PE and physical activity to keep them updated on key related issues and ensure they are confident to teach the full breadth of the curriculum. CPD in these areas is encouraged to be taken as PE can often be tricky to teach without proper training and it is important to allow time and educational initiatives to help develop all staffs PE knowledge.

In addition to PE, there are a range of opportunities for physical activity throughout the school day.

- Taking part in competitions and sporting events is also very important to us all at Dial Park and we aim to provide a range of activities for the children to take part in. We are in partnership with Stockport County Schools Trust who organise sporting festivals throughout the year. These tournaments cater for all children at Dial Park and allow access to our SEND children to be able to participate in sporting activities.
- After school clubs are also incredibly important as we like to offer the children a range of activities. Currently, we offer football coaching for UKS2 after school from Stockport County and Mr. Sivori on Friday's as well as a lunchtime club on a for LKS2. We also have a gymnastics club lead by our coach Adam for years 2, 3 and 4 on Tuesday afternoons and then an evening gymnastics club for more advanced learners open to any age.
- Dial Park also offers active lunchtimes where the lunchtime assistants provide a wide range of activities for the children to take part in. So far, this term, they have offered parachute, tennis, football, cricket, skipping, badminton and many more! It definitely keeps the children active and there is always something new to try. We have zoned areas in the playground to promote different types of physical activity and relevant equipment is provided to engage pupils.
- At Dial Park, we encourage our older children to lead our younger children in sports activities during their playtimes, in our promise to meet the 30 minutes active play a day requirement. We have Sports Ambassadors from Year 5 and 6 who provide and lead small games at playtimes. They also ensure that PE is of high agenda by leading meetings for other children's opinions, helping on Sports Day and maintaining a display board.
- We organise an annual multi-sport circuit Sports Day type event at the end of the summer term. Parents and careers are actively involved to attend and support their children. We have

a wide range of sporting activities on the day to encourage participation and success for all children. KS2 Blue team and KS1 yellow team were 2022's Sports Day winners

- In order to ensure active playtimes, we have Sports Ambassadors from Year 5 and 6 who provide and lead small games at playtimes. They also ensure that PE is of high agenda by leading meetings for other children's opinions, helping on Sports Day and maintaining a display board.

The emphasis of our PE curriculum is inclusion for all children regardless of sporting ability. We provide suitable learning opportunities for all children, including those with SEND.

- All Children are taught by a qualified PE specialist four times a year.
- All children are taught Dance, Gym, and Stockport County FC Coaching for one half term, by a specialist.
- Children in Years 3, 4, 5 and 6 attend Swimming lessons for one term each year.
- We promote both participation and competition through P.E and sport. We ensure all children experience competition at some level, individually or in a team, within lessons.
- We have a Sports House system and all children participate in.
- Children in KS1 and KS2 and SEND children also have opportunities to participate in the local Stockport County FC Inter School sports competitions.
- All children in KS1 and KS2 have the opportunity to participate in extra-curricular sports activities throughout the year.
- We offer a Residential OAA experience for children in Years 6 each year.
- We have an annual inclusive KS1 and KS2 Sports Day, with the emphasis on participation and achievement for all.
- All children participate in whole school daily sessions of "The Daily Mile ", to promote health, fitness, mental wellbeing and personal challenge and resilience. Children compare their performances with previous ones and strive to improve their personal best. Competing with others fosters a sense of team spirit and cooperation amongst our children.

Impact

At Dial Park, we want the impact of our PE curriculum to be that the children leave our school with a lifelong love of physical activity. We ensure that our PE curriculum is inclusive and progressive and allows all children the opportunity to acquire and develop fundamental knowledge, understanding, skills and techniques and apply these to a wide variety of different sports and activities. We teach children a range of activities in each of the areas of sport (invasion, net and wall, outdoor adventurous activity, strike and field, gymnastics, dance, swimming and target).

PE lessons are fun, enjoyable and challenging and all children can achieve, to the best of their ability, in a supportive, safe and stimulating environment. Our pupils are physically active, and this has a positive impact on their learning in the classroom. Children understand how to lead a healthy lifestyle and understand the importance of regular exercise and activity for their physical and mental wellbeing.

We hope that our impact of our intent is that;

1. All children participate and are as active as possible.

2. Basic skills such as balance, control and co-ordination are targeted.
3. OAA through Forest School to increase engagement for all, increase self-esteem, confidence, motor skills and communication through physical activity.
4. Children learn respect, self-control, honesty, modesty and good sportsmanship.
5. Children are encouraged to become competitive and supported with all the social and emotional thoughts and feelings that are connected to being competitive.
6. All children can swim at least 25 metres.
7. Encourage basic skills development through physically active learning.
8. Developing links with the wider sports community in our local area and the opportunities that they can offer to our children.
9. Children to experience a wide range of different and unusual activities to boost children's interest and perception of physical activity.

The PE Curriculum

Here at Dial Park we are extremely committed to delivering two hours of high quality P.E sessions each week and all children from Reception to Year 6 have access to this during curriculum time. Nursery have a 20-30 minute PE session each week and have access to their own outdoor area.

We use one of the sessions for Forest School with our own team Andy and Lucy, while we use the other hour for high quality PE activities. We have a highly qualified dance teacher and gymnastic coach who teach weekly for different classes each half term. We also have coaches from Stockport County Football Club who deliver a range of different sports to four classes each term that work in school all day every Friday throughout the year, helping our children improve and enjoy those areas of sport. In addition to this, a further two Classes having a 30 minute swimming lesson once a week for a whole term. As a School we participate in The Daily Mile every morning.

The PE Curriculum at Dial Park Primary School covers the National Curriculum Programmes of Study in PE, as stipulated in the PE National Curriculum 2014 document. Pupils develop physical skills, knowledge and understanding, as well as learning about fitness, co-operation, sportsmanship and fair play.

At KS1 pupils are taught knowledge, skills and understanding through the following areas of activity:

- Games
- Athletics
- Gymnastics
- Dance.
- Forest School

At KS2 pupils are taught knowledge, skills and understanding through the following areas of activity:

- Gymnastics
- Dance
- Games
- Athletics
- Problem Solving
- Multi Skills
- Swimming and water safety
- Forest School

Forest school -

At Dial Park, we have our own Forest School team Andy and Lucy who deliver a morning and afternoon session to every class once a week for the whole year.

At Dial Park school we firmly recognise the benefits of outdoor learning and the opportunities this can provide. The most important part of Forest School is about children enjoying, and having fun in, a natural environment whilst learning through play and exploration.

Forest School is taught as part of the PE curriculum throughout each year group. We have access to our own grounds that are full of natural wildlife and surroundings that is a perfect environment for our children to explore. Each session children can enjoy hands-on, creative and fulfilling learning opportunities.

We believe that at Dial Park each forest school session:

- Nurtures self-esteem.
- Enhances children's communication skills and ability to work as a team.
- Equips children with love and respect for the outdoors.
- Provides real life opportunities and creates independent learners.
- Teacher's resilience and risk taking.
- Encourages a healthier approach to life.

Forest School is concerned with process rather than an end product. Where bush craft is about teaching skills or making a 'thing', Forest School is about the things people learn along the way. Sessions are regular and long term, so that learning takes place over a period of time. This gives our children the opportunity to develop personal and social skills as well as respect for their natural surroundings.

Forest School offers the chance for holistic learning, i.e. developing many aspects of oneself at the same time. Because of the nature of the activities, children are able to learn about teamwork and communication, and develop skills in a way that is not offered by the classroom environment. It also accepts and caters for the diverse nature of children and their needs. These areas are also key values that are learnt during PE lessons within the curriculum. Within forest school all 8 of the Dial Park core values are linked and achieved.

The Forest School Leader provides an environment which has been assessed for risks according to the needs and nature of the group. The leader also thinks about the long term impact of the sessions on the environment, i.e. the site and surrounding areas, including access paths.

Assessment

Assessment comes in two forms - assessment for learning and assessment of learning.

As each lesson progresses, the teacher carefully observes and assesses, intervening as necessary, to ensure that each child makes the full progress of which they are capable - assessment for learning. In order for this to happen, lessons are planned to ensure that the teacher takes account of children's differing needs and physical ability.

KS1 (taken from the National Curriculum 2014)

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.

KS2 (taken from the National Curriculum 2014)

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, rounder's 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 (taken from the National Curriculum 2014)

At Dial Park, we go swimming in key stage 2. Two different classes will go once a week for a full term.

In particular, pupils should be 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.

EYFS (taken from Development Matters Early Years Document)

In Early Years, physical movement is a key area of learning. There are two strands under Physical Development; Moving and Handling and Health and Self-care.

- **Moving and Handling:** Children learn to develop good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space.
- **Health and self-care:** Children learn the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe.

Every day in EYFS, the children have access to an outdoor area with lots of equipment which they can climb on, jump from and run around. The staff in EYFS are always encouraging the children to work on their fundamental movement skills which will set them up for effective learning.

Monitoring and evaluation of physical activity

The PE Lead Teacher has responsibility for monitoring the overall quality of PE and Physical Activity provision within the school.

As a school we monitor PE in the curriculum through subject reviews and self-evaluation in order to provide an accurate perspective on how it is being delivered and how it can be further improved. The PE Subject Leader annually evaluates the subject as a whole and prepares a new development plan.

Physical Education is monitored and evaluated through:

- Lesson observations
- Monitoring of lesson planning
- Monitoring of equipment
- Pupils Assessment data
- Feedback from staff
- Children questionnaires
- Pupil records of participation, focusing on different groups

- Feedback from pupils/school council about PE and general physical activity
- Pupil attendance and achievement in sporting competitions
- Attendance at after school sports clubs

When external providers are used to deliver physical activity, the PE Lead will observe to ensure that high quality lessons are delivered and assessed consistently.

Health / Mental Wellbeing

The aim of teaching children about physical health and mental wellbeing is to give them the information that they need to make good decisions about their own health and wellbeing. Physical health and mental wellbeing are interlinked, and we teach pupils to understand that good physical health contributes to good mental wellbeing, and vice versa.

At Dial Park, in PE lessons, we teach the characteristics of good physical health and mental wellbeing. Pupils are taught about the benefits and importance of physical activity, exercise, diet and nutrition and how this can impact on their overall health and wellbeing. Children learn about the changes that can occur to their bodies, as a result of physical activity, and how being active can impact positively on their mental wellbeing. We go by the mantra, "healthy body. Healthy mind"

Promoting the Nine protected characteristics

The Equality Act became law in 2010. It covers everyone in Britain and protects people from discrimination, harassment and victimisation. Everyone in Britain is protected. This is because the Equality Act protects people against discrimination because of the protected characteristics that we all have. Under the Equality Act, there are nine Protected Characteristics:

- Age
- Disability
- Gender reassignment
- Race
- Religion or belief
- Marriage or civil partnership
- Sex
- Sexual orientation
- Pregnancy and maternity

Each key stage has a specific knowledge organiser that is tailored for that key stage and includes the declarative, procedural and disciplinary knowledge they must know / should be learning that term. Within these knowledge organisers is a specific protective characteristic. A sporting athlete is

pitched alongside this protective characteristic and a chance to discover more about that individual in a PE lesson is possible. Each child starting from Year 1 to Year 6 will learn about one of the 9 protected characteristics. This characteristic and knowledge organiser changes every term meaning by the time children leave the school they will have learnt about all 9 of the protected characteristics and explored key questions about how they relate to sports and what barriers could be involved.

Equal Opportunities

At the School, we are committed to promoting equal opportunities irrespective of socioeconomic background, gender, disability and ethnicity in all areas of the curriculum. We believe that children should have equal access to and participation in a range of physical education activities.

Inclusion at the School

At Dial Park, we are committed to ensuring that all children participate in PE and physical activity irrespective of any special educational need(s) or physical disability they may have. We believe that children should have equal access to and participation in a range of physical education activities in order to reach their own potential. Any children who are identified as having 'special educational needs' are given the help that they require. Where children have a degree of physical or behavioural difficulties, they should be encouraged to participate in PE activities with help from others. Research has shown that children ALL participating in PE together proves better outcomes for ALL than not being inclusive.

Health and Safety

Health and good safe practice is always emphasised in each environment, including the handling of equipment. Large equipment is inspected annually. Appropriate clothing is essential and children's attire is checked by teachers prior to undertaking PE activities.

PE Kit

Children are encouraged to wear appropriate PE clothing. Shorts/jogging bottoms, t-shirts and sensible footwear for outdoor activities are recommended. Children are encouraged and regularly reminded to bring P.E kits. In Early Years, children change into PE kit before each session, to support their development of independence and motor skills. In years 1-4, children may wear all or part of their PE kit to school on PE days and in years 5 and 6, children are encouraged to change into PE kit for PE lessons to support transition to secondary school and to promote good hygiene. Children are bare-footed for gymnastics lessons, though they must bring their shoes to the lesson and leave them at the side in case of a fire emergency.

Jewellery and Hair

Wearing jewellery is not allowed for PE at Dial Park Primary School. Children must not wear any kind of jewellery in PE lessons, including watches. Stockport guidance on earrings is as follows;

"Stockport policy is clear that earrings are removed before a PE lesson. Where this cannot happen one alternative is that the earrings can be covered with tape by the pupil, or the parent before coming to school. However it is still the responsibility of the member of staff leading the lesson to ensure that the tape is doing the job intended, and then to assess if this is sufficient precaution to allow the pupil to take part, either fully or partially in the planned lesson. Taping should not be used for swimming or other 'high risk' or contact activities. Where neither the earrings can be removed, or taped over (if applicable), the member of staff still has a legal duty to consider how the pupil can participate in the lesson in some way." It is under the discretion of the staff leading the session to decide whether or not to allow the child to take part if they have earrings in, however if they are not allowed, they will still be taking part in PE in another way (i.e. planning and evaluating movement, using technology to support learning, or guiding a group).

Children with medium/long hair are reminded to tie it up securely.

Weather

It is encouraged that outdoor PE lessons take place in all seasons and in as many weather conditions as feasible. Classes are timetabled to have an hour in the hall each week, so if the weather is not appropriate for outdoor PE, the PE lesson can still go ahead. Children are encouraged to wear clothing in line with the season and weather conditions, maximising access to all lessons.

Hygiene

Children are taught about the body changes that occur when they exercise along with recognition of the short and long term effects of exercise on the body. Aspects of hygiene are addressed in upper KS2.

Staff dress

It is important that staff should consider their own and their children's safety with regard to their own personal clothing, footwear and jewellery when involved in the teaching of any PE activity.

Safeguarding

Use of any external personnel including sports coaches and volunteers will be in line with the schools policy on Safeguarding and DBS / staffing checks. Please also refer to the school's health and safety policy and risk assessment file.

Agreed November 2022

Reviewed

