

Dial Park PE Policy

Intent

Dial Park Primary School recognises the value of Physical Education (P.E). We use the aims of the national curriculum for physical education to ensure that all children:

- 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

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 experiences such as Dance. It is taught at 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 Hayley and Andy.

We use high-quality coaches for Gymnastics, Dance and Invasion games which make links with local clubs in the area – ACE Gymnastics coaching and Stockport County Football Club. Through these coaches, staff are developing their CPD in these areas which can often be tricky to teach without proper training.

At the end of the year, we have an Active Week in which children experience a wide range of physical activities in order to capture their interest. This can be as simple as visiting the local park to taking on the challenge of a climbing wall.

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.

We have a range of after-school clubs available for the children to take part in such as football (KS1 and KS2), gymnastics and netball.

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 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).

We hope that our impact of our intent is that;

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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, 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 (taken from the National Curriculum 2014)

All schools must provide swimming instruction either in key stage 1 or key stage 2. At Dial Park, we go swimming in key stage 2.

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.

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. 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.

Agreed November 2019

Reviewed