



Physical Education Policy

Approved by RA on 26.11.18

Subject leader: Brian Jones/Dennis Ley

The school believes that physical education, experienced in a safe and supportive environment, is vital and unique in its contribution to a pupil's physical and emotional development and health. The physical education curriculum aims to provide for pupils' increasing self-confidence through an ability to manage themselves successfully in a variety of situations.

A balance of individual, team, co-operative and competitive activities aims to cater for individual pupil's needs and abilities. The scheme of work is based on progressive learning objectives which, combined with varied and flexible teaching styles, endeavour to provide appropriate, stimulating, challenging and enjoyable learning situations for all pupils.

The scheme aims to promote an understanding of the many benefits of exercise, through a balanced range of relevant activities. Physical education is considered as a vehicle to facilitate access to cross-curricular themes, skills and dimensions, rather than a subject concerned exclusively with the acquisition of motor skills and techniques.

Aims

- To develop an ability to plan a range of movement sequences, organize equipment and apparatus, and begin to design and apply simple rules.
- To develop an ability to remember, adapt and apply knowledge, practical skills and concepts in a variety of movement based activities.
- To promote positive attitudes towards health, hygiene and fitness.
- To foster an appreciation of safe practice.
- To develop psycho-motor skills through a range of relevant movement based activities.
- To develop a sense of fair play and sportsmanship.
- To develop communication skills, encouraging the use of correct terminology, to promote effective co-operation.
- To foster an enjoyment, and positive attitude to, the subject in school.

Entitlement

There will be an acknowledgement of the expectation for all pupils to access at least 2 hours of high quality physical education within the curriculum. This may include off site Physical Education sessions such as swimming, delivered at the Neptune Centre and horse riding, delivered by Eston Riding Centre.

Holmwood School promotes equal opportunities in all Physical Activities, but acknowledges that some activities are more popular with different pupils. There is no

intentional gender bias, and there is positive encouragement for all pupils to participate in all Physical Activities.

Celebration

The school holds a 'Celebration Assembly' every Thursday morning where achievements in all areas including Physical Activities are celebrated. Celebrations include:

- Swimming Certificates
- Football Player of the Week Award
- Sports Person of the Week Award

At the end of each school academic year a child is nominated as the 'Sports Person of the Year'.

At the end of each year, Holmwood School takes all children to Middlesbrough Sports Village to experience their athletics through their sports day. This is a huge celebration event with the whole school participating in a range of activities. Children compete individually and for their colour groups. Medals are awarded for 1st 2nd and 3rd places with participation certificates awarded to all children. Family and friends are invited to this event.

Planning, Organisation and Process

At Holmwood School we have developed a creative curriculum using Focus Education: The Learning Challenge Curriculum. This process puts high emphasis on learners being involved in their own learning. It also focuses on improving learner and teacher questioning and uses a key skills system to guarantee continuity and progression in learning across the whole school. It is the focus of the creative curriculum to combine subjects where possible and link to the terms topics. To ensure coverage and breadth of study the school uses Scheme of work topics and National Curriculum Objectives as a starting point for planning.

All children will experience Dance, Gymnastics, Net and Wall games, Invasion Games Outdoor and Adventurous and Athletics within the year.

Due to the nature of the children within the classes it is necessary, to "back track" the curriculum to a suitable level of learning for the children.

Teachers planning will clearly reflect the levels of each child within the class and support the learning of specific levelled targets to ensure progression.

The teacher will normally present the PE lesson with Teaching Assistants supporting. As PE is a practical subject requiring different amounts and types of resources the TAs role will include:

- Giving out & collecting equipment where necessary
- Joining in with the activities
- Identifying pupils who need greater support
- Pre-empting any potential behaviour problems
- Offering ideas for extension activities

It is important that our pupils have as much active time as possible during lessons. It is essential that all pupils achieve success during each lesson and this is to be celebrated through praise and further encouragement.

Please see the Sports Premium Action Plan for planned spending and the impact.

Assessment

To ensure children are assessed at a level suitable for their learning teachers plan, teach and assess to individual targets and levels in PE.

Throughout the school children are actively encouraged to assess their own abilities against their own targets using self assessment and peer assessment. The children take great pride in achieving their targets and visually seeing their own development across the subject.

Pupils are regularly assessed through Teacher Assessment and this information is used in end of year assessments and school reports.

Resources

The facilities for the teaching of physical education at Holmwood School are of a high standard. As a primary school we have access to a purpose built sports hall, access to a local swimming pool for two week block swimming sessions targeting years 2,3,4,5 and 6, access to a horse riding centre one morning a week, a purpose built dance studio with facilities to use professional dance teachers and delivery of Football from an external qualified coach.

As well as superb facilities in which to teach, the school also has a well resourced PE store for both key stages, portable football and netball goals, portable gymnastics and mini gym equipment as well as many mats and benches.

Equipment is checked regularly and stock replenished as often as budget allows. Teachers have access to equipment and literature, via the coordinator, and can always rely on advice when needed.

One member of staff has also been trained to Level 2 swimming instructor level to support the delivery of the swimming curriculum.

Health and Safety

The general teaching requirement for health and safety applies in this subject. We encourage the children to consider their own safety and the safety of others at all times. We expect them to change for PE into the agreed clothing for each activity area. The school provide each child with suitable shorts, t-shirts and gym shoes in the correct size. The school also provides swimming kits and towels when needed.

The governing body expects the teachers to set a good example by wearing appropriate clothing when teaching PE. The policy of the governing body is that no jewellery is to be worn for any physical activity.

Enrichment

In January all Year 6 Holmwood pupils have the opportunity to attend a 2 ½ day residential at Kingswood Outdoor Adventure Centre. This allows the children to experience a range of outdoor adventurous activities led by qualified instructors. Please refer to the Sports Premium information for use o budget and the impact.