

Edlington Victoria Academy

Physical Education Policy

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Responsibility for PE at Edlington Victoria Academy

Matthew Baggaley has overall responsibility for everything relating to PE, Physical Activity and the development, monitoring and review of the provision of PE and Physical Activity.

Matthew Baggaley will consult with the Principle on PE matters and provision and the Head Teacher will oversee all things relating to PE and Edlington Victoria Academy.

Staff who teach or support in PE should be aware of the Policy and consider how they can support it and staff who provide PE and physical activity should ensure that safe and effective procedures are adopted in all physical activities at all times.

Vision Statement

At Edlington Victoria Academy we offer a stimulating and inclusive curriculum that provides our pupils with the knowledge and skills to equip them with an enquiring mind and nurtures them to become life-long learners. Edlington Victoria Academy exists to provide the focus for our children to develop to their full potential, as individuals and as members of the academy and wider community, in a secure, caring and happy environment. Children, parents, academy staff and governors work in partnership for the benefit of all.

As an academy, we seek continually to enrich the lives of those entrusted to our care through a broad and balanced curriculum, designed to meet the needs of each child, enabling them to acquire the skills, attitudes and values necessary for life. By regular review, we evaluate progress and develop strategies on the basis of sound educational practice and moral values. There is strong and consistent evidence that doing regular, physical activity provides a range of physical, intellectual and emotional benefits for everyone.

At Edlington Victoria Academy, we recognise the importance of being active and the effect it has on a child's health and wellbeing, their ability to learn effectively and achieve in school. As a school we want to promote participation in sport and physical activity and believe we have an important role in partnership with the family and wider community in promoting physical activity and a healthy lifestyle.

Edlington Victoria Academy is committed to promoting the health and well-being of its pupils and staff through physical activity. This policy outlines the organisation, teaching and management of physical activity at Edlington Victoria Academy.

Aims of the policy:

- To show how we promote fitness and a healthy lifestyle and how we provide a broad range of physical activity opportunities through PE lessons, sporting competitions, recreation and games.
- To give guidance to staff about their role in promoting physical activity.
- To give information to parents and carers about what is taught and how they can support the policy.
- To show how the school meets national guidelines for physical activity, including PE and sport.

The consistent delivery of high quality PE lessons which are exciting, challenging and enjoyable and provide many varied learning opportunities

- Develop knowledge, skills and understanding across a range of sporting activities.
- Engage in moderate to intense physical activity over sustained periods of time.
- Participate in competitive sports and activities.
- Lead healthy and active lives, picking up positive habits for their future lives.
- To compete in games and activities in a collaborative team.
- To develop Staff competence and confidence in the delivery of high quality PE lessons
- To promote safe practice in all activities.
- To use sport to build pupils self-confidence and self-esteem.
- To encourage involvement in extra-curricular sporting activities and develop community and club links
- Increase participation in competitive sports both in and out of School.
- To develop Staff competence and confidence in the delivery of high quality PE lessons

At Edlington Victoria Academy children develop in the following areas:

Physical development:

- To develop physical competence and confidence by acquiring and developing a range of fine and gross motor skills.
- To develop knowledge, skills and understanding, and the ability to remember, repeat and refine actions with increasing control and accuracy.
- To promote fitness and a healthy lifestyle by understanding the effects of exercise on the body and the importance of developing strength, endurance and flexibility.
- To appreciate the value of safe exercising.

Social and emotional development:

- To develop a love of physical exercise.
- To develop the ability to work independently and communicate with, and respond appropriately towards others using verbal and non-verbal communication.
- To develop confidence in their own skills and abilities.
- To promote an understanding of safe practice, and develop a sense of responsibility towards the safety of themselves and others.
- To realise that the right exercise for you can be fun and will give you energy for other things in life.
- To create and plan games and teach them to one another.
- To develop a sense of fair play.

Cognitive development:

- To develop decision making and problem solving skills.
- To develop reasoning skills and the ability to make judgements.
- To develop an increasing ability to select, link and apply skills, tactics and compositional ideas.

- To improve observational skills, the ability to describe and make simple judgements on their own and others' work, and to use this knowledge and understanding to improve their own performance.
- To understand that using the correct technique will improve accuracy and individual performance.
- To be able to evaluate performance and act upon constructive criticism.

Spiritual, moral and cultural development:

- To develop a positive attitude to themselves and others.
- To experience a range of differing activities and realise that physical activity doesn't have to be about winning a competition - doing your best is as important.
- To be able to encourage others and give praise for their achievements so that when children perform they do not fear failure.
- To treat your team, the opposition and the referee with respect.
- To raise self-esteem through opportunities to celebrate sporting success.

Curriculum

Overview –

The National Curriculum (2014) contains specific programmes of study, which outline three areas of activity that the children should be involved in throughout Key Stage 1. These areas are:

- Games (Multi skills)
- Gymnastic activities
- Dance
- Athletics/fitness

In Key Stage 2 there are six areas, which are:

- Dance
- Gymnastic activities
- Games (Invasion; Striking and Fielding; Net)
- Athletic activities
- Swimming
- Outdoor adventurous activities

[Edlington Victoria PE Overview](#)

PE Curriculum 2020/2021						
	Autumn Terms		Spring Term		Summer Terms	
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Foundation 1	Fundamental movement skills Unit 1	Ball Skills Unit 1	Gymnastics	Dance	Ball skills Unit 1	Athletics
Foundation 2	Fundamental movement skills Unit 2	Ball Skills Unit 2	Gymnastics	Dance	Ball skills Unit 2	Athletics
Year 1/2	Fundamental movement skills Unit 1	Ball skills Gymnastics Unit 1	Problem solving and team building Gymnastics Unit 1	Invasion Games Target Games	Strike/Field Fundamental movement skills Unit 2	Net/Wall Athletics
Year 2	Fundamental movement skills Unit 2	Ball skills Gymnastics Unit 1	Problem solving and team building Gymnastics Unit 1	Invasion Games Target Games	Strike/Field Fundamental movement skills Unit 2	Net/Wall Athletics
Year 3	Yoga Indoor Athletics	Gymnastics Unit 1 Invasion games - Dodgeball	Invasion Games - Basketball OAA	Football Dance	Cricket Athletics	Net/Wall - tennis Athletics
Year 3L	Yoga Indoor Athletics	Gymnastics Unit 1 Invasion games - Dodgeball	Invasion Games - Basketball OAA	Football Dance	Cricket Athletics	Net/Wall - tennis Athletics
Year 4	Yoga Indoor Athletics	Gymnastics Unit 1 Invasion games - Basketball	Invasion Games - Dodgeball Gymnastics Unit 2	Football Dance	Rounders Athletics	Net/Wall - volleyball Athletics
Year 5	Swimming (Year 5) Invasion Games - Tag Rugby	Gymnastics Unit 2 Swimming (Year 5)	Yoga Hockey	OAA Dance	Cricket Athletics	Net/Wall - tennis Athletics
Year 5/6	Dodgeball Invasion games - Football	Gymnastics Unit 2 Invasion Games - Football	Yoga Hockey	OAA Dance	Cricket Athletics	Net/Wall - tennis Athletics
Year 6	Dodgeball Invasion games - Football	Gymnastics Unit 2 Indoor Athletics	Yoga Football	Netball Dance	Rounders Athletics	Net/Wall - volleyball Athletics

We aim to provide a well-balanced curriculum which covers the statutory requirements for the Early Years Foundation Stage (EYFS) and the PE National Curriculum (2014).

Children will be taught in their normal class groups and every attempt will be made to fully integrate children with special needs into participating on equal terms with other children. In some circumstances use of classroom assistants will be planned for and taught in such a way as to include all children regardless of their gender, background, culture or physical ability.

Teaching of PE

Children from Years 1 to Year 6 have at least two lesson of PE a week during curriculum time. Reception have one slot each week. In addition to this, Year 5 having a swimming lesson once a week for a whole term.

The curriculum at Edlington Victoria Academy covers the National Curriculum Programmes of Study in PE as stipulated in the PE National Curriculum 2014 document. The School has bought into an on-line PE Scheme of Work from Your PE which is used to ensure progression. Pupils develop physical skills, knowledge and understanding as well as learn about fitness, cooperation and fair play. Pupils' are assessed through the Your PE assessment tool to ensure progress is made and end of key stage expectations are met by all children. Children are assessed termly by the PE Lead with a final result at the end of the year indicative of the whole child.

Adaptive Teaching

Where teaching needs to be adapted for children with SEND, planning for each year group includes STEP:

Space: Where the activity is happening E.g. modify the space by increasing or decreasing the area in which a task is to be performed or changing the distance or areas in which to score points.

Task: What is happening? E.g. modify the task by changing the demands, the rules of the activity, the number of times the child is to repeat the task, teaching cues, direction/level/pathway of movement or length of time to complete the task.

Equipment: What is being used? E.g. modify the equipment by changing the size of the target, level of equipment, amount of equipment, height of the equipment or the arrangement of the equipment.

People: Who is involved? E.g. modify the people involved by having children work alone, with a partner, bigger teams, smaller teams, as leader or follower, on different activities, or in a small group.

Swimming

All children in Year 5 have the opportunity to have a full term at swimming taught by professional swimming teachers. Children are then assessed at the end of their swimming to the National Curriculum:

- 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

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Participation in PE

We aim for full participation in every PE lesson and aim to do this by:

- Providing PE kit for all children
- A wide range of imaginative resources and teaching strategies are used to actively engage pupils in participating in lessons.
- Our curriculum takes into consideration the range of pupils' needs to ensure continuity and progression in learning is provided and PE lessons will be suitably differentiated in order to support and challenge pupils.
- Staff ensure that pupils of all abilities are able to access the PE curriculum by providing alternative, or different resources to develop new skills and ensure a positive relationship with physical activity from an early age.
- Pupils who are unable to participate in a PE lesson are engaged purposefully with other roles such as observation, feedback, video recording, evaluation, coaching, umpiring and refereeing. Students should change into suitable footwear. Parental notes should be received if a child is excluded for any short or long term health reason.

Clothing to be worn during physical activity (before, during and after school)

We ask that all pupils come in PE for their PE days and wear correct PE kit, that includes:

- Plain or school logo red top
- Plain black shorts or joggers

External providers

To support the teaching of PE at Edlington Victoria, we use Sports Premium funding to pay for a qualified sports coach from the company Active8 for one half day per week. This also supports us to increase opportunities and numbers participating in extracurricular sport by implementing more lunchtime and after school clubs. All visitors are expected to work within the framework of this policy. All visitors/coaches are expected to have an up to date CRB/DBS and provide this with photographic I.D (passport/driving licence) on arrival for their first coaching session.

Health and Safety

We recognise that participation in physical activities contains an element of risk. Staff are responsible for ensuring that they are familiar with safe practice to reduce the element of risk to the absolute minimum within their control.

- Staff are aware of pupils who have special needs with regards to physical activity and make special provision for needs where appropriate e.g. physical disability, asthma
- Staff know about the safe practices involved in moving and using apparatus
- Pupils wear appropriate clothing and footwear, wear no jewellery and tie back long hair.
- Pupils remove shoes when participating in indoor activities such as gymnastics.
- Correct use of equipment is taught along with any potential hazards, including completing a risk assessment for each area/ space that PE and school sport takes place in.
- Equipment and apparatus is stored safely at the end of each lesson.
- Pupils are taught to consider their own safety and that of others at all times.

Staff also consider their own and their pupils' safety with regard to their own personal clothing, footwear and jewellery when involved in the teaching of any activity

We undertake an annual risk assessment of the school premises and equipment including PE equipment as necessary. Risk assessments are carried out for school sporting trips.

Monitoring and evaluation of physical activity

We monitor PE in the curriculum through subject reviews, self-evaluation and improvement planning to provide an accurate perspective on how it is being delivered and can be further improved.

Physical Education is monitored and evaluated through:

- Lesson observations
- Video evidence
- Annual PE subject review and action planning
- Monitoring of lesson planning
- Monitoring of equipment
- Feedback from staff
- Children questionnaires
- Pupil records of participation, focusing on different groups
- Pupil achievement in sporting competitions

Extra-curricular Sport

Our extra-curricular programme compliments and supplements the range of activities covered in curriculum time. The programme of lunchtime and afterschool sports clubs reflects the breadth and balance across the national curriculum areas of activity, including dance, games and athletics.

We follow a range of inter-school fixtures, tournaments and festivals within our annual sporting programme, accessing as many as we can. We feel it is highly important that the children at Edlington Victoria are able to experience sporting tournaments and events. Children are actively encouraged to take part in these events across all key stages. Please see the clubs information on the website.

Involving parents and carers

We recognise the important part parents and carers play in encouraging children to participate in physical activity. Information about PE, physical activities and sporting competitions organised by the school and opportunities after school, are shared with parents/Carers by means of specific PE letters from the PE Lead and through the School newsletter. Information about all areas relating to PE can also be found on the School website.

PE and School Sports Premium Funding

PE and School Sports Premium funding is used in a number of areas relating to PE and sport at Edlington Victoria Academy. A breakdown of the funding can be viewed on the School website.

Summary

At Edlington Victoria Academy, we believe PE to be an integral part of the curriculum to be enjoyed by all children. It is a real opportunity for children to discover and develop talents and thrive outside of the classroom environment.

Equal opportunities and inclusion

We comply with the Equality Act 2010 and are proactive in ensuring that all pupils, including those with special needs or disabilities are provided with a comprehensive programme of physical activity. For pupils with disabilities or health conditions we will adapt activities to suit their individual needs. Where appropriate, this may mean providing specialised equipment, differentiating activities, offering a parallel or separate activity or setting a challenge appropriate to their skill level.

Pupils who do not participate in physical activity on a regular and consistent basis will be parent or carer.

Dissemination of the policy

The policy is available to parents and carers and pupils via the school website. Parents and carers and pupils new to the school may be given a summary on request and there is a copy in the school reception area. The full policy is available to parents and carers and pupils on request.

Copies of the full policy are in the Governors' handbook and Policy reference file and in the school office.