



At Ashfield Valley we care for and value every child in a nurturing, inclusive environment.

All members of our school community will work hard to ensure that every pupil achieves their full potential and has the opportunity to shine.

Physical Education Policy

Reviewed: September 2022

Date of next review:
September 2023

Rationale

This policy details the provision we make for the learning and teaching of PE at our school and in particular:

- The importance the school attaches to first class teaching and learning opportunities in PE as an entitlement to all its pupils.
- To provide support and reference to staff to ensure consistency with both quality and approach.
- To highlight how the curriculum has been designed to ensure, breadth, balance, continuity and progression in the outcomes of all subjects.
- The teaching and learning styles focused on developing and mastering skills encouraging all pupils to apply their skills in a range of activities and sports.
- How we have organised the PE curriculum, developed its outcomes and how this is monitored and assessed.
- How summative and formative assessment is used to assess the pupil's progress in and across key stages against objectives defined for individual subject outcomes.
- To emphasise that high quality teaching and learning of PE is the responsibility of all staff.

Purpose

The purposes to this policy are to:

- Highlight the importance and value our school attaches to pupils learning skills and to developing as young sportsmen and sportswomen;
- Recognise and establish an entitlement to learning and teaching in PE for all our pupils as a statutory educational requirement;
- Make explicit our expectations in terms of subject outcomes and performance for pupils in P.E as they progress through the school;
- Ensure continuity and progression in terms of subject knowledge, skills application and the development of appropriate attitudes and values;
- Clarify how we will assess, record and communicate the performance of our pupils in PE as they progress through the school;
- Outline the approach to learning and teaching PE our school has adopted

The value of PE within our curriculum

Our vision for PE at Ashfield Valley

Every child leads a healthy, active lifestyle and displays confidence and interest in exercise and sports, both in and outside of school. To display values such as fairness and respect through competitive sports and have the desire to succeed in physically demanding activities.

At Ashfield Valley, we ensure that the curriculum and teaching of PE develops the children's knowledge, skills and understanding, so that they can perform with increasing competence and confidence in a range of physical activities. Pupils are encouraged to be ambitious and have a respectful and resilient approach to PE and sport, which ensure high achievement for all pupils including disadvantaged pupils and those with SEND. Pupils will have the essential skills and knowledge to build upon and prepare them for the next stage, this in turn:

- Enable all learners to develop and explore skills with increasing control and coordination.
- Provide opportunities for the learner to improve the quality and control of their performance.
- Encourage the learners to work and play as a team in a range of group situations.
- Improve the quality and control of their performance, applying rules for different activities.
- Teach learners how to recognise and describe how their bodies feel during exercise.
- Develop the learner's understanding in how to succeed in a range of physical activities, and how to evaluate their own success.
- Support the learner's in becoming team player and how to make effective decisions as part of that team.
- Develop the learner's enjoyment of physical activity through creativity and imagination.

Intent

Ashfield Valley aims to provide all children with the opportunities and resources to develop them as sportsmen and sportswomen. Our high-quality PE curriculum inspires all pupils to succeed and excel in competitive sport and other physically demanding activities. It provides opportunities for pupils to become physically confident in a way which supports their health and fitness. It also provides opportunities to compete in sports and other activities to build character and help to embed values such as fairness and respect.

Each year, opportunities for pupils to extend their knowledge, skills and experience are delivered through carefully planned additional events, visitors and workshops. These include:

- Fixtures/events/competitions within the local school cluster with pupils representing Ashfield Valley in a range of sporting activities and competitions.
- Pupils representing Ashfield Valley in the School Games competitions/events.

- SEND pupils representing Ashfield Valley at sporting fixtures/events through the School Games.
- Active lunchtime provision in place to ensure that all pupils have the opportunity to part the meet the Chief Medical Officers recommendation of 60 minutes of physical activity on a daily basis.
- Inter-sports school events to enable children to compete with their peers each half term.

At Ashfield valley, we have gained a Bronze School Sports Mark and we are currently striving to achieve more. By providing opportunities such as these are invaluable, as they encourage the pupils' passion for PE to thrive. Pupils are given every opportunity to develop into confident learners who understand the importance of health and fitness, fairness, respect and develop their abilities to their full potential.

Implementation

We provide our pupils with a first-class PE education by ensuring that the planning scheme is of a high quality and delivers progressive, challenging and engaging lessons. Our PE curriculum provides opportunities for the pupils to build upon prior learning, progressing in their skills with an appropriate level of challenge at all stages. Their knowledge content is repeated and revisited to ensure that pupils **know more and remember more**. There are opportunities for all pupils of all abilities to develop their skills, knowledge and understanding in each area of the curriculum. As a result, as they move through school the pupils make connections to PE skills previously taught, which leads to further learning and develops new skills. As pupils develop knowledge, they need to practice and master skills throughout the year.

Our PE curriculum follows the scheme of PE Passport and this ensures the expectations of the National Curriculum are met and allows barriers to be erased and needs of the school and its pupils are met. This enables all pupils to access the lesson objectives and excel at an age-appropriate level. The progressive skill based scheme of work ensures that all pupils are increasingly challenged as they move up through the school. Pupils' skills are continually reviewed and assessed so that the progress of the pupils is monitored and that needs of the individual are met.

EYFS

We believe the physical development of our children, in both nursery and reception classes, is an integral part of their work. As the reception class is part of the Foundation Stage we relate the physical development of the children to the objectives set out in the Early Learning Goals, which underpin the curriculum planning for the children ages three to five years of age. We encourage the children to develop confidence, control of the way they move, and care in the handling of tools and equipment. We give all pupils the opportunity to undertake activities that offer appropriate physical challenge, both indoors and outdoors, using a wide range of resources to support specific skills. These skills provide the foundations of the fundamental movement skills to be developed and mastered in KS1 and applied into sport specific activities in KS2.

The PE scheme focuses on key areas to build the fundamental movement skills, these are:

- Body Management
- Manipulation and Coordination
- Speed, Agility, Travel
- Dance
- Gymnastics

At Ashfield Valley, we ensure all our pupils are next stage ready and provide opportunities for the pupils in EFYS to perform and begin to work in groups. This provides an opportunity to apply the fundamental movement skills they have achieved through body management, manipulation and coordination, speed, agility and travel. We believe this ensure our pupils in EFYS are next stage ready for KS1.

KS1

Building upon the fundamental movement skills acquired in EFYS, pupils in KS1 will be continue to develop fundamental skills, becoming increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. As the pupils move through KS1 there is a strong emphasis on mastering the basic fundamental movement skills. The basic fundamental movement skills are, running, jumping, throwing and catching. Pupils will continue to develop balance, agility and coordination. Across KS1 pupils will participate in team games enabling the pupils to begin to develop simple tactics for attacking and defending and provided the opportunity to perform dances using simple movement patterns. Pupils across KS1 are engaged in competitive, both against self and against others, and co-operative physical activities. These are within a range of increasingly challenging situations

The PE scheme ensures all the elements of the curriculum and fundamental movement skills in key areas of:

- Run Jump Throw
- Send and Return
- Hit Catch Run
- Attack Defend Shoot
- Dance
- Gymnastics

At Ashfield Valley, we provide the opportunity for the children to revisit and apply the fundamental movement skills to a broad range of activities and sports across KS1. By doing this, there is a greater focus on mastering basic fundamental movement skills whilst continuing to progress in new skills. We believe this will enable our pupils to next stage ready for KS2 and have an increased confidence in further applying their sporting skills.

KS2

Our pupils in KS2 at Ashfield Valley will be able to continue to apply and develop a broader range of skills, learn how to use them effectively in different ways, activities and specific sports. Pupils will link the range of skills acquired in KS1 to make actions and sequences of movement. We endeavor that all our pupils in KS2 enjoy communicating, collaborating and competing with each other. Pupils will develop an understanding of how to improve in different physical activities and sports, evaluate and recognise their own success. In KS2 pupils will use running, jumping, throwing and catching in isolation and in combination. There is a greater emphasis on pupils participating in competitive games, modified appropriately for every pupil to be involved. During the competitive games, pupils will be encouraged to apply basic principles suitable for attacking and defending. Throughout KS2 all pupils will have the opportunity to develop flexibility, strength, technique, control and balance through athletics and gymnastics, with opportunities to revisit and master across the key stage. Pupils will be given the opportunity to demonstrate a range of movement patterns in performing a variety of dances and build upon skills and techniques across the key stage.

Throughout KS2 pupils will participate in outdoor and adventurous activity challenges both individually and within a team. OOA will allow our pupils to apply teamwork skills, communication skills, problem solving skills and resilience in challenging situations.

The PE scheme ensures all the elements/skills of the curriculum and opportunities to apply the skills in a range of sporting activities in key areas of:

- Dance
- Gymnastics
- Athletics
- Invasion
- Net/Wall
- Striking and Fielding
- Outdoor and Adventurous Activity (OAA)
- Swimming

At Ashfield Valley, we encourage all our pupils to build upon their skills each year and apply the skills in a broader range of sporting activities. We want all of our pupils in KS2 to strive to be the best they can be, developing a healthy competitive nature as they aim to perform to achieve their personal best.

Swimming and Water Safety

We endeavor for all our pupils at Ashfield Valley to be competent, proficient and confident swimmers over a distance of at least 25 metres by the end of KS2. Pupils should be able to use a range of strokes effectively and perform safe self-rescue in different water-based situations. We take into the account the environmental location of the school we consider swimming and water safety a high priority in the PE curriculum.

Extra-curricular Activities

At Ashfield Valley, we provide a range of PE-related activities for pupils at the end of the school day. These encourage pupils to further develop their skills in a range of the activity areas and to provide them with new sporting experiences. Pupils require parental/carer consent before partaking in any club, without this consent they will be unable to attend. The school also plays fixtures against local schools in a wide variety of sports within Rochdale School Games. This introduces a competitive element to team games, and allows the pupils to put into practice the skills that they have developed in their lessons. Through School Games, SEND pupils are able to participate in fixtures and events that meet specifically meet their needs. These opportunities for all our pupils foster a sense of team spirit and cooperation amongst our pupils.

Health and Safety

The health and safety of our staff and pupils is vital during PE. We ensure the pupils consider their own safety and the safety of others at all times during teaching. We ensure they get changed for PE into the agreed clothing for each activity. Teachers are to set a good example by wearing appropriate clothing when teaching PE. For both teachers and pupils, potentially dangerous jewellery is removed before any physical activity. Pupils are shown how to use the equipment safely, how to move it and how to ensure that it is stored away. The equipment is checked regularly by the PE lead to ensure that it is safe to use and will be checked again by staff before it is used in a lesson. Equipment and resources are regularly replenished to prevent any potential barriers to high quality lessons and provide a range of activities and sports. Pupils are required to complete a warm-up and cool-down correctly in all PE lessons; teachers explain the necessity of these exercises and how they benefit the body.

SMSC

At Ashfield Valley, PE empowers pupils to embed the values of the fairness and respect as all pupils are encouraged to work co-operatively with others, help each other with the mastery of skill, support their peers and celebrate each other's work. Through PE, pupils benefit from developing a range of personal and social skills such as peer relationship skills, communication skills, leadership skills, problem solving skills and personal and social responsibility skills. When pupils develop these personal and social skills, they will not only be more successful learners, they will also be more likely to make a more successful transition to adult life.

Inclusion, equality of opportunity and differentiation

PE forms an integral and statutory element of a pupil's entitlement to learning and at our school we ensure that all pupils can engage with physical activities and develop as young sportsman and sportswomen irrespective of their race, cultural background, gender, sexual identity, religion, creed, level of intellectual ability or physical and emotional circumstances. Mutual respect and the fostering of empathy and community understanding at local, regional, national and global scales lies at the heart of the study of PE and at our school we model this in terms of the inclusive nature of the learning and teaching we provide.

Ensuring differentiation is a fundamental and core element of inclusion. PE Passport ensures that lessons are differentiated, in line with our whole school policies, to enable all pupils to make good and sustained progress in PE including those with special educational needs, those with disabilities and those identified as More Able and those with English as an additional language.

Impact-Expectations of outcomes

At our school, an important objective is for all pupils to develop as young sportsmen and sportswomen. We achieve this by recognising and planning for what becoming better in PE entails – progression - and consequently challenging and supporting our pupils to develop and master skills as they progress through the school. Pupils will have the confidence to apply these skills to a wide range of activities and sports. Our pupils will gain a greater understanding of the importance of sport and physical activity at all stages within the school. They will have a greater understanding of the benefits of sport and physical activity on health and fitness and wellbeing leading healthy, active lives. At Ashfield Valley, we strive for all our pupils to develop the skills and attributes they can use beyond school and into adulthood, having embedded the core values such as fairness and respect.

Assessment and reporting-

Teachers assess pupils in PE by making continuous formative assessments as they observe them during lessons, these assessments are in line with the success criteria on the scheme of work for each lesson and each unit covered over the year. Teachers use photographs and videos to create an electronic portfolio of evidence for each unit showcasing a range of skills developed or mastered within the unit. Pupils are assessed in swimming by the professional swimming instructors on being able to swim competently, proficiently and confidently over a distance of at least 2 metres. Pupils are assessed in swimming using a range of strokes effectively and in performing safe self- rescue in different water-based situations.

Monitoring and Evaluation and the role of the subject leader-

The primary role of the Subject Leader is to ensure that there is a clear vision and expectation of what is aiming to be achieved. At Ashfield Valley we have clear, relevant strategies in order to succeed. Monitoring and observations will provide evidence so that our PE curriculum teaching and learning and outcomes for pupils can be reviewed appropriately.

All teachers at our school are responsible for monitoring standards in PE but the PE subject leader, under the direction of the Headteacher, takes a lead in this. Monitoring activities are planned across the year and form part of the PE leader's leadership schedule. In summary, these include:

- Monitoring the use of the PE scheme to ensure consistency, progression and good coverage across the school;
- Lesson observations and Learning walks to ensure that learning and teaching is appropriately engaging and challenging and that the anticipated subject progress is being made by the pupils;
- Monitoring PE evidence to moderate standards (attainment and progress against outcomes and end of stage performance descriptors) to ensure consistency;
- Speaking to pupils about their PE lessons and what they know and remember about the subject;
- In collaboration with the Headteacher, Governors and teaching colleagues the subject leader drafts and finalises a PE Action Plan which is informed by the School Development Plan;

The PE leader has the responsibility to take a lead in developing PE further across the school within the school's development plan; monitoring the effectiveness of teaching and learning; and the use of resources. Teachers and educational support staff can expect support from the PE leader arising from targets identified in the school improvement plan.

To develop staff confidence and competence in teaching PE the leader will:

- Attend subject professional development opportunities as they arise and in the context of the priorities of the whole School Development Plan together with the PE Action Plan
- Identify and source staff training needs arising
- Arrange for relevant advice and information from professional development programmes, including courses, to be disseminated
- Where necessary lead (or arrange) school-based professional development meetings for colleagues.

Evaluate and review the scheme of work used for PE to ensure it is providing high quality progressive lessons, progressive in skills and physical activities.