

Cavendish Church of England Primary School



Physical Education Policy

Signed on behalf of the Governing Body	
Signed: Headteacher	
Date:	Autumn Term 2023
Date to be Reviewed:	Autumn Term 2025

Our Vision

In our school our Christian vision shapes all we do.

Challenge, Creativity, Compassion: Create a pure heart in me – Psalm 51:10

Our School Vision Statement reflects this commitment as children and staff are taught to challenge inequality, prejudice, bullying and harm; to respond with compassion and sensitivity to individual need and to respect the rights of all individuals to be safe and nurtured within God's world.

We encourage children to respond creatively to internal and external challenges in life, with compassion for others, including consideration for creation and the planet itself. Thus we show how to live justly and with a pure heart, reflecting the teachings of Jesus and God's love within our school environment.

Intent

Our vision for PE closely connects with our whole school vision; supporting and encouraging the development of creative children who respond to challenges with compassion. We focus on the whole-child in order to ensure children are adequately prepared for the challenges outside the classroom. All children are entitled to have access to quality physical education development opportunities in school, after school and in the wider community.

By engaging in purposeful, high-quality activities, we believe that PE will positively impact on all aspects of children's lives. Children will engage with an active, healthy lifestyle while developing key physical skills. We hope to promote this as a lifelong passion in our children, who develop an understanding of their bodies in order to become physically literate. Physically literate children feel confident about themselves.

PE enables children to learn confidence, perseverance, team spirit, positive competitiveness and organisation. Our PE programme offers opportunities for all children to achieve and meet their goals in a safe and supportive environment. They develop a positive attitude to themselves and others.

With explicitly teach the positive impact physical health can have on mental wellbeing, emotional regulation, healthy diet and spiritual wellness.

Implementation

At Cavendish Church of England Primary School every child receives a statutory 2 hours of teaching in physical education each week. Children do this in their mixed year-group classes. Within a two-year rolling programme, units of work have been carefully organised in order to create a progressive journey in an array of different skills.

Our PE curriculum is organised in five strands: dance, gymnastics, games, locomotion and athletics. Within each term children will experience a variety of these strands, in order to develop connections between areas. Additional sessions on Tai Chi are implemented at the start of each school year, in order to introduce a sense of well-being and control to every child.

We are incredibly lucky to have three areas for PE: an indoor hall, a tarmacked outside space and a large, grassy field. This means that appropriate space can be given for specific areas of sport and fitness.

Challenge, Creativity, Compassion: Create a pure heart in me – Psalm 51:10

All staff work with the Complete PE scheme of work, which focuses on developing children's physical literacy and understanding of their bodies. These plans are expertly crafted to develop challenges not only within the lesson but across the scheme of work. Each step guides children along the process and allows plenty of opportunity for experimentation and creativity.

In Key Stage 1 and Key Stage 2, children have 1 hour each week with a specialist sports coach who expertly develops their knowledge and skills in competitive and cooperative game play.

Physical activity is integral to children's concentration and performance in all areas of the curriculum. Teachers implement active brain breaks throughout the day in order to support their class's stamina and engagement in maths, English, science, topic and other areas. In addition to this, active lessons with movement are encouraged as a motivating way to learn in the classroom.

For further information on the units covered and the skills taught, see appendix 1 and 2.

In EYFS, children engage in one formal PE lesson a week following the Complete PE Scheme. Adult led and child led gross motor and fine motor skill activities form part of continuous provision and meet identified early learning goal objectives such as use of stairs, trikes and balance. Each week, children in EYFS have a Fresh Air Friday experience where they go for a walk around the local village. This supports their sense of physical and mental wellbeing whilst teaching about the local community and road safety. Core strength, mental health and spiritual development is also achieved through Tai Chi and relaxation activities in the afternoon.

Swimming and water safety

All schools must provide swimming instruction. 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

This is provided to children in Year 3 (and in some cases continues in Year 4, 5 and 6, dependent on whether they have achieved the National requirements, booster sessions are allocated).

Impact

The assessment of PE is carried out by the teachers responsible for the class, which means a complete and accurate picture can be captured of each child's abilities. Formative assessment is taken during lessons through observations of children working and with discussion. Summative progress is tracked with Complete PE and objectives are selected to indicate areas of strength and achievement. Each half term, teachers record their PITA on Target Tracker to monitor progress over time.

Assessment is fed back to parents within end of year reports and termly parents' evenings. It is also used to adapt and alter future planning to meet the needs of all children. This may include identifying those children who require additional or alternative support.

Our aim is that PE will set all children on a lifelong path in which they feel confident and comfortable in a healthy and balanced lifestyle. They will embrace physical challenge and

approach new tasks with perseverance. Children will get enjoyment from being creative with their bodies.

Enrichment

PE is firmly entrenched in our day to day lives at school. However, many special events allow us to celebrate this subject further.

Lunchtime and after school clubs are provided by expert coaches encourage children to continue their healthy lifestyle choices and introduce more specialised sporting activities, such as laser tag. These are offered to all children in early year, KS1 and KS2. The sports on offer change each term to reflect the interests of the children and include a variety of team and individual activities. Before school club is offered too. Wake and Shake promotes exercise as a positive element of mental wellbeing and a great start to the day.

The whole-school Sports Day is held during the summer term and children experience a range of athletic activities. This event is held on the village green outside the school and the wider community are welcomed to come and observe. Children's scores contribute to the score of their school house, promoting teamwork and sportsmanship. This event is also used as an opportunity to raise money for charity. For example, in 2019 the school raised money for The British Heart Foundation, more recently the skipping challenge has supported toilet twinning.

In the summer term a Dance festival is also held, for which each class practises and memorises a dance. Children then have the opportunity to perform their dances to the rest of the school and to parents, who are invited to attend. This is a valuable opportunity for children to experience the sense of achievement and pride that comes with performance.

PE activities are used on Children in Need Day, emphasising our Christian values of compassion and challenge. Children engage with different sporting activities and work to gather sponsorship, in order to raise money for this charity.

The school frequently participates in inter-school competitions and events. These events can be competitive or collaborative, and provide opportunities for children to engage with other schools.

Cultural Capital

PE lessons are planned to encourage and develop a healthy attitude. Children learn to persevere through the challenges they may face when learning new skills.

Children learn to understand the physical and psychological benefits of a healthy lifestyle. They learn how to incorporate it into their lives, not only in school but as a life-long value. Our family exercise club also encourages families to adopt these choices in their own home lives. Children will learn how to keep their bodies and minds healthy through activity.

Working in a safe and supportive environment allows children to set their own fitness goals and to work towards them. Children learn to work creatively with their bodies, through dance, gymnastics and game play. They learn to use their bodies in new ways and to develop new skills.

International sporting events, such as the Olympics, are celebrated and recognised in whole-school events. When the Tour of Britain visited the village, the school congregated on the green to welcome the athletes and to offer support. For example, sports personalities who are well-known in their field are identified as inspirational figures for children. In collective worship, sporting legends from the Paralympics are discussed and their stories shared as examples of sportsmanship.

Inclusion for SEN and Higher Ability

In accordance with the school's Inclusion Policy, PE activities are differentiated to meet the needs of each pupil.

At Cavendish Church of England Primary School, we recognise the responsibility of all schools to provide a broad and balanced curriculum for all pupils. In PE, the National Curriculum is the starting point for planning a curriculum that meets the specific needs of individuals and groups of pupils. We have adopted the statutory inclusion statement on providing effective learning opportunities for all pupils. When planning lessons, teachers will modify, as necessary, the National Curriculum programmes of study to provide all pupils with relevant and appropriately challenging work at each key stage, in order to provide a more inclusive curriculum which:

- Sets suitable learning challenges
- Responds to pupils' diverse learning needs
- Overcomes potential barriers to learning and assessment for individuals and groups of pupils
- Children with identified SEND have their adaptations detailed on their pupil passport to ensure PE is fully inclusive

As previously stated, PE intervention supports children with additional physical needs, e.g – core strength, balance or movement concerns. When required, PE intervention is available for children from the Early Years Foundation stage to Year 6 under the decision of the SENCo.

Adapted equipment of differing weights, sizes and shapes are used as appropriate to pupil's levels of skill, experience and confidence. Task cards, posters, videos, digital cameras and iPads are also used to assist pupils meeting their personal goals. Higher ability pupils should also be given the opportunity to coach, lead and/or officiate in activities in which their strengths lie.

We challenge our more able pupils at Cavendish Church of England Primary School through a variety of different ways e.g.:

- Schemes of work encourage the use of adapted tasks and provide lesson suggestions
- Open ended tasks allowing more advanced skills / tactics to be developed
- Greater pressure placed on the individual pupil in practice and games situations, e.g. 3v1, skills to be performed at a quicker pace or in a more confined area
- Pupils encouraged to play a leadership / coaching role in decision making, team organisation, planning tactics and strategies, evaluating strengths and weaknesses, conducting sport warm ups and cool downs
- Pupils encouraged to take on an officiating role either within the game or in the practices. This should be taken on in activities of the students choosing or in areas in which they feel comfortable.
- Pupil encouraged to attend extra-curricular clubs.

Cross-curricular Links

PE has extensive links to most areas of the curriculum allowing for cross curricular teaching. Below are some examples:

Maths

- Counting and using the four operations when scoring games.
- Recording time using stopwatches when running over variable distances, or time keeping games.
- Measuring distances when throwing and jumping.
- Degrees of release in throws and bowling.

English

- Communicating with others.
- Providing structured feedback.
- Learning of key vocabulary.

Science

- The effects of exercise on the body.
- Developing an understanding of momentum and how it helps to build force and enable rolls.
- Learning the names of muscles in body tension exercises.
- Exploring weight transfer for jumping and throwing for distance.
- Understanding the link between nutrition, healthy eating and physical exercise

Geography

- Reading maps to navigate around a course.
- Learning how to orientate a map.

Music

- Expressing an understanding of rhythm through movement.
- Counting music to create movement.
- Counting to stay in time with music and a group.
- Using music as a form of inspiration, creativity and self-expression

PSHE

- Developing leadership skills when coaching others.
- Developing relationships through partner and group work.
- Understanding the need to follow rules and play fairly.
- Opportunities to demonstrate the Sporting Spirit Values of respect, teamwork, honesty, determination, self-belief and passion.
- Building understanding of a healthy lifestyle and the importance of activity

Computing

- Children use capturing and recording equipment (photos and videos) for evaluation/development of skills.
- Videos of professional/skilled athletes are also used to help develop good technique.

