



## Appleton CE (A) Primary School

### Physical Education Policy

#### Rationale

Physical Education should enable **all** pupils to work towards becoming independently active within the school and the community, as it makes a significant contribution in helping establish the necessary knowledge, skills, understanding and attitude essential in maintaining an active and healthy lifestyle.

*A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect. (National Curriculum 2014)*

#### Aims

The aims of PE in Appleton School are:

- To promote physical development, physical activity, **school sport** and to teach children the benefits of maintaining an active, healthy lifestyle
- To enable children to develop and explore physical skills with increasing control, co-ordination and competence
- To increase children's ability to use what they have learnt to improve the quality and control of their performance
- To develop the children's enjoyment of physical activity

- To develop an understanding in children of how to succeed in a range of physical activities and how to evaluate their own successes
- To provide opportunities for all children to take part in competitive sports and activities
- To provide children with extra-curricular sporting opportunities which draw upon the skills taught in the curriculum
- To promote our school and British values through sporting activity
- To improve engagement in learning across the curriculum

## Curriculum Organisation

### **Foundation Stage**

We encourage the physical development of our children in the Foundation Stage as an integral part of their work. We relate the physical development of the children to the objectives set out in the EYFS. We encourage the children to develop confidence and control in the way that they move. We give all children the opportunity to undertake activities that offer appropriate physical challenge, both indoors and outdoors, using a wide range of resources to promote specific skills.

### **Key Stage One and Key Stage Two**

The National Curriculum (2014) requirements for PE are as follows:

<b>Key Stage One</b>	<b>Key Stage Two</b>
<p>Pupils should be taught to:</p> <ul style="list-style-type: none"> <li>• 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.</li> <li>• Participate in team games, developing simple tactics for attacking and defending.</li> </ul>	<p>Pupils should be taught to:</p> <ul style="list-style-type: none"> <li>• Use running, jumping, throwing and catching in isolation and in combination.</li> <li>• Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending.</li> <li>• Develop flexibility, strength, technique, control and balance.</li> </ul>

<ul style="list-style-type: none"> <li>• Perform dances using simple movement patterns.</li> </ul>	<ul style="list-style-type: none"> <li>• Perform dances using a range of movement patterns.</li> <li>• Take part in outdoor and adventurous activity challenges both individually and within a team.</li> <li>• Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> </ul>
<p><b>Swimming</b></p> <p>Swimming instruction must be provided either in Key Stage One or Key Stage Two. We follow the guidance in the Oxfordshire County Council Safe Practice in School Swimming Policy June 2018. School swimming lessons are provided by qualified swimming teachers at Westminster Pool, Oxford Brookes Harcourt Hill Campus. At Appleton Primary we focus on Swimming in Key Stage Two.</p> <p>Pupils should be taught to:</p> <ul style="list-style-type: none"> <li>• Swim competently, confidently and proficiently over a distance of at least 25 metres</li> <li>• Use a range of strokes effectively</li> <li>• Perform safe self-rescue in different water-based situations</li> </ul>	

Where appropriate, cross-curricular links are made with PE.

### Inclusion

At Appleton School we teach PE to all children, whatever their ability, physical or educational needs. Through our PE teaching we provide learning opportunities that enable all pupils to make progress. We do this by setting suitable learning challenges and responding to each child's individual needs. Opportunities are also provided for all children to take part in extra-curricular activities and competitive sport.

## Assessment

Formative assessment is used in PE as in all other subject areas in order to inform the teacher's planning, teaching and assessment.

## Health and Safety

We follow the guidance as outlined in the Safe Practice in Physical Education, School Sport and Physical Activity document.

We encourage 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 and footwear for each activity area. Teachers and support staff are also expected to wear appropriate clothing and footwear when teaching PE. Hair that is long enough to be tied up must be tied up for all PE lessons.

No jewellery is to be worn at any time. Earrings should be removed for all activities. If a child is having their ears pierced then the school encourages them to do this over the Summer Holidays, therefore when they return to school they are able to remove the earrings. Children must be able to remove their own earrings; if they are unable to do this then they should not wear them for the particular day they have PE activities. It is not encouraged for children to wear plasters/ micropore tape over the earrings. If a child has recently had their ears pierced and are unable to remove them then written permission must be given so that parents/ guardians will accept full responsibility for a child wearing earrings. Plasters/ micropore tape cannot be worn over earrings for swimming lessons.