

## **Physical Education Policy**

The aims of the school PE curriculum reflect the overall aims and ethos of the school. Communication is key. P.E. is delivered by Royal Cross staff working alongside a Specialised Sports Coach and an Inclusion Dance Instructor. Teaching Assistants use a range of communication methods including, BSL and Signed Supported English. We deliver sessions aimed at developing and challenging the children's individual skills and lessons are tailored to suit the children's specific needs. The PE curriculum helps our children develop healthy life styles and wellbeing through increasing their physical activity.

### **Aims**

- We aim that all children will be taught a broad and balanced curriculum by experienced staff and instructors.
- To maintain access to high quality physical education and school sports within the curriculum and access taught PE outside the curriculum for all pupils.
- To try to increase the range of different sports and activities we offer the children during their PE sessions and Out of Schools Hours.
- That PE reflects the schools overall aims and ethos where communication remains a key area in all PE sessions.
- That children can develop their skills at their own pace while finding fun and enjoyment in sports activities
- To promote an active and healthy lifestyle
- To develop communication skills, self-esteem, confidence, good motivational attitudes and a good attitude to team work.

### **Contents of the Curriculum**

P.E. is a foundation subject in the National Curriculum. It aims to ensure that all children:

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives.

In Key Stage 1 children should be taught to:

- 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
- participate in team games, developing simple tactics for attacking and defending

- perform dances using simple movement patterns

In Key stage 2 children should be taught to:

- use running, jumping, throwing and catching in isolation and in combination
- play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending
- develop flexibility, strength, technique, control and balance
- perform dances using a range of movement patterns
- take part in outdoor and adventurous activity challenges both individually and within a team
- compare their performances with previous ones and demonstrate improvement to achieve their personal best

These are developed at an appropriate level through the following areas.

At Key Stage 1 -     Dance Activities  
                              Games Activities  
                              Gymnastic Activities  
                              Outdoor and Adventurous Activities

At Key Stage 2 -     Dance Activities  
                              Games Activities  
                              Gymnastic Activities  
                              Swimming Activities  
                              Athletic Activities  
                              Outdoor and Adventurous Activities

### **Outdoor activities.**

KS2 Pupils will have the opportunity to take part in a residential adventure camp.

KS 1 Pupils go on termly walks to Beacon fell and the Early Years group do a weekly 'welly walk' in nearby woodland.

All Pupils – additional outdoor activities are organised throughout the year using Sports Premium Funding. This ensures all children have access to a wider range of sporting opportunities and experiences.

### **Teaching and Learning**

Children are taught in key stage groups based on the National Curriculum programmes of study.

Children have access to a qualified Sports Coach working alongside staff and under the direction of the P.E. subject leader. Specialist staff will be used to support swimming and adventurous activities working alongside school staff.

There are 3 stages to the PE planning (Long, Medium and Short)

- Long Term planning is arranged by the PE Subject Leader to ensure good curriculum coverage for the year.
- Medium Term planning is the responsibility of the member of staff delivering the session. These will be taken and adapted from the Lancashire Scheme of Work
- Short Term planning is the responsibility of the member of staff delivering the session. These will be taken and adapted from the Lancashire Scheme of Work and will be highlighted, annotated or rewritten depending on the needs of the children in the group.

Children will have the opportunity to work and learn in a number of ways

- Whole groups
- Small groups
- Pairs
- Individually

### **Assessment**

Children's progress is monitored by all staff involved in PE sessions and is recorded through verbal feedback, photographs, videos, skills assessment sheets and analysis of lesson plans. B Squared is used throughout the year to formally assess the children's levels in PE. Annual feedback is reported to parents in an end of year report. The PE Subject Leader will oversee these processes. Certificates are awarded.

### **Cross-Curricular Links**

PE helps contribute to an overall broad and balanced curriculum. PE can help teach other aspects of the curriculum and is used as part of our creative curriculum. We try to integrate our termly topic where appropriate to teach PE e.g. Dance, musical movement. PE has a direct link in school to the PSHE curriculum and Healthy Schools where children are encouraged to think about healthy lifestyles.

### **Safety**

The school will follow the safety requirements as recommended in "Safe Practices in Physical Education"

Key Points

- All children participating in PE session should be wearing appropriate kit. This includes all staff involved in the sessions

- Apparatus must be checked before use to ensure it is in good working order.
- All personal items to be removed for PE.
- Risk Assessments carried out for required activities and reviewed regularly.
- Ensure the areas are safe for children e.g. check for wet floors.
- All apparatus must be taught to be carried correctly.
- First Aiders available on site and at least one First Aider to accompany a group off site. First Aid kit to be kept on minibus. All named First Aiders are listed in the medical room.
- Staff to be aware of children's medical needs. Information to be compiled at the beginning of the year and checked and updated regularly. Any Asthma sufferers to take medication with them on off-site activities.

## **Physiotherapy and Hydrotherapy**

Some children at Royal Cross have additional mobility difficulties. Individual one to one physiotherapy is arranged and movement goals are incorporated into the daily life of the child. Hydrotherapy maybe offered to children who need smaller groupings, a warmer pool and a therapeutic approach to swimming. A number of pupils also benefit from accessing The Space Centre Preston. The centre offers a person centred approach to physical mental and emotional wellbeing delivered through safe sensory physical activities.

## **Extra-Curricular Activities**

Wednesday and Thursday lunch time PE clubs are offered to all children, run by RCPS staff working alongside a qualified sports coach. Weekly Beavers and Cubs are offered to all children and include opportunities to explore the outdoor environment and to take part in team games and activities.

Opportunities for physical activity are also enhanced through access to playground equipment, educational visits and residential activity holidays.

## **Equipment**

A full list of equipment is available in the co-ordinators file and a list can be found in the PE cupboard.

Recent additions to playground facilities include a play train, mini gym, climbing tower, trim trail, ball chute and football pitch.

School also has a wildlife garden which offers opportunities for all children to take part in outdoor physical activities.

## **Sports Premium Funding**

This policy will be updated annually

Sports Funding is provided to support the delivery of PE and the school sport. Royal Cross Primary School has a strategy for Sports Premium Funding and this is reviewed at regular intervals throughout the school year with a final evaluation impact in the summer term. Additional information for plans on the spending of this funding are available on the school website. [www.royalcross.lancs.sch.uk](http://www.royalcross.lancs.sch.uk)