



PE Policy

Subject Leader(s): Jessica Kendall, Corey Selwood

The importance of the subject

Exercise improves a child's overall health and fitness along with helping to improve their mental health and cognitive development. By doing physical exercise (PE), children are more likely to concentrate and maintain focus in lessons. A high-quality PE curriculum enables all students to develop a wide range of skills and the ability to use tactics, strategies and compositional ideas to perform successfully. When they are performing, they think about what they are doing, they analyse the situation and make decisions. They also reflect on their own and others' performances and find ways to improve upon them. As a result, they develop the confidence to take part in different physical activities and learn about the value of healthy, active lifestyles.

Discovering what they like to do, what their aptitudes are at school, and how and where to get involved in physical activity helps them make informed choices about lifelong physical activity. PE helps students develop personally and socially. They work as individuals, in groups and in teams, developing concepts of fairness and of personal and social responsibility. They take on different roles and responsibilities, including leadership, coaching and officiating. Through the range of experiences that PE offers, they learn how to be effective in competitive, creative and challenging situations.

Intent: what is our curriculum aspiring to achieve?

Our vision for PE

We aim to provide opportunities for pupils to become physically confident in a way that supports their health and fitness, whilst boosting self-confidence, self-esteem and supporting the development of social skills; encouraging all children to become successful, lifelong learners.

It is our intent at Walkley to teach children life skills that will positively impact on their future. We aim to deliver high-quality teaching and learning opportunities that enable all children to succeed; to enjoy their learning; to be resilient; to consistently strive to give their best efforts and inspire all children to succeed in physical activities. We will ensure that children are given a wealth of opportunities to develop their physical skills allowing them to be more confident in their health, fitness and well-being. These opportunities allow them to build character and embed values of fairness and respect.

Our children will:

- receive 2 hours of high-quality PE lessons.
- develop a range of sporting skills including swimming
- be active throughout the lesson. For example, sports such as rounders and cricket should be played on a small scale to develop skills so that all children are actively engaged.
- be given good quality equipment to use.
- understand the importance and effect of exercise and being healthy
- develop a sense of fair play and sportsmanship
- evaluate their own work as well as the work of other children.
- have the opportunity both to collaborate and to compete with each other.

The national curriculum for physical education aims to ensure that all pupils:

- 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.

Every child in our school, whatever their circumstances or abilities should be able to participate and enjoy PE. Therefore, we aim to deliver high-quality teaching and learning opportunities that inspire all children to succeed in physical activities.

Implementation: What do we do to deliver our intent?

At Walkley Primary School, there are two hours of timetabled PE where a positive attitude is created and expectations reinforce that all children can achieve success in PE.

The PE curriculum at Walkley Primary School is taught using Get Set 4 PE, which aligns with our core values, and objectives within the National Curriculum. This scheme allows children to build on their skills and knowledge which ensures our children are increasingly challenged as they move through school. Children are taught by a Dance specialist every term building on the skills outlined within the Get Set 4 PE planning.

A long-term map has been developed for each year group which outlines activities covered in each half term, creating a broad and balanced curriculum which is exciting for our children to learn through. The units are organised to provide progressive steps and ensures all aspects of the curriculum are covered which allows children apply a range of skills and meet end of key stage expectations. Pupils in KS1 are given lots of opportunities to develop their fundamental movement skills and extend their agility, balance and coordination, individually and with others. In KS2, pupils continue to apply and develop a broader range of skills such as running and jumping, learning how to use them in a range of different ways. These skills are also incorporated into competitive games, performances using movement patterns and evaluations of their own work and others' work.

PE in Foundation Stage

In the EYFS, we encourage the physical development of our children in Foundation Stage as an integral part of their work. We relate the physical development of the children to the objective in the Early Learning Goal, which underpin the curriculum planning for children aged three to five. Children also given an introduction to how exercise affects the body. We encourage children to develop confidence and control of the way they move and the way they handle tools and equipment. We give all children the opportunity to undertake activities that offer appropriate physical challenge both indoors and outdoors, using a range of resources to support specific skills.

Physical Development

Our recently developed outdoor environment and extensive grounds enables us to make the most of the outdoors. We have outdoor classrooms for both Nursery and Reception. Therefore, we have free flow where children can choose to learn outdoors during continuous provision time. The outdoor provision is similarly enhanced to address children's needs like the indoor provision. Our intention is that children learn how to take measured risks as they are given supervised access to these areas. In addition, we encourage children to learn about nature and look after their environment through regular visits to our Forest School area where they take all of their lessons outside. There is a well-established and comprehensive PE curriculum, which follows the 'Get Set 4 PE' scheme, in addition to a dance coach who is a qualified teacher. Children are taught about the importance of regular exercise and healthy eating.

Planning for PE

Each PE lesson plan from Get Set 4 PE has progressive activities that are designed to inspire and engage all pupils, allowing them to develop skills and embed knowledge. Each phase class teacher has an online login which they use to plan activities in advance for their class. The lessons are accompanied by supporting resources including resources cards, skills videos and music. Teaching points appear throughout to help teachers with their subject knowledge and provides activities for teachers to adapt their lessons to meet the needs of children in their class.

At Walkley Primary School, we use a variety of teaching and learning styles in P.E. lessons. For example, whole class teaching and individual/group activities. Teachers draw attention to good examples of individual performance as models for the other children and we encourage the children to evaluate their own work through the use of iPad videos, as well as the work of other children. Within lessons we give the children the opportunity to both collaborate and to compete with each other, and they have the opportunity to use a wide range of resources.

PE sessions are matched to the main hall timetable. Dependent on the activity, the staff will decide whether the session will be taught inside or outdoors. Whenever possible the staff will try to take the children outside. This allows them a greater access to more space.

Basic Lesson Plan (from Get Set PE)

1. Warm up - 3 to 5 minutes gentle exercise or stretching.
2. Introduction (or Revision) - individual or pair work.
3. Skill Development - more challenging tasks in small groups.
4. Using and applying those skills - transfer of skill/s learnt to final activity e.g. playing small sided games or performing a sequence in Gymnastics.
5. Plenary/ Cool down. stretching of the specific muscles used.

Equal opportunities

At Walkley Primary we teach PE to all children, whatever their ability. PE forms part of the school curriculum policy to provide a broad and balanced education to all children. 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 different needs. For children with special educational needs the IEP (individual education plan) may include, as appropriate, specific targets relating to PE.

Special Educational Needs

In accordance with the Special Needs Policy, children with special educational needs are included in all lessons. Wherever practical, provision will be made for pupils with special

educational needs, where it affects their ability to take part in PE lessons. They may have sensory difficulties, physical difficulties, cognitive limitations, and/or emotional and behavioural disorders.

It is important to concentrate on pupils' abilities and needs, not on their disabilities. At times it may be appropriate to have the help of a Teaching Assistant to assist with the management of a particular child during PE.

Swimming

At Walkley Primary School, we provide swimming to Year 4 pupils. This is provided by Sheffield School Swimming Service where qualified coaches deliver lessons over a course of 18 weeks. School staff assist the coaches in the delivery of their lessons.

Cross Curricular

Where relevant, links will be made to other topics and are used as a means to develop cross curricular skills. For example, in the: Ancient Greeks, History and Numeracy skills can be reinforced in athletics while learning about the origin of the sport but also pupils can strengthen their skills in measuring and timing.

Contribution to other subjects:

- Maths

Mathematics is incorporated into P.E. lessons to build basic number facts. For example, chanting 5 times table while star jumping. Basic numeracy skills can also be developed in scoring systems. In dance schemes, teachers have access to numeracy-based concepts which can be taught through dance. Data from world events such as the Olympics can be used to interpret and represent data.

Problem solving: Through open-ended approach to OAA and team games, pupils will develop their ability to find ways of answering questions.

- English

Children develop their speaking and listening skills through listening to instructions and expressing views and opinions. These skills will be developed through discussions in lessons and by communicating ideas. Subject specific vocabulary to be shared with children through a knowledge organiser and throughout individual lessons. Sports related texts to be used in guided reading sessions.

- Science

Children are encouraged to be aware of how exercise affects their bodies and that regular exercise is a major strand in developing a healthy lifestyle.

- Citizenship

Through P.E. lessons children develop a range of skills to help them build resilience, tolerance of others, support for their team members, coping with success and disappointment along with allowing them to reflect on their own actions and decisions.

- ICT

Use of smart board technology to share inspiring videos and/or videos for technique and reflection. Use of Ipads to peer assess performances or skills along with using a stopwatch/timer.

Extra- curricular Activities and inter-school Competitions

At Walkley Primary School, we are able to offer a wide range of opportunities for children to be involved in out of PE hours. We offer a wide variety of sports clubs, before, during lunch and after school. These activities are led by external PE coaches from local sporting clubs. All

activities on offer encourage children to further develop their skills in a range of activity areas. The clubs are reviewed every half term where school sends details of the current club lists to parents and carers at the end of each half term allowing them to sign their children up for the following half term.

At Walkley we work alongside Arches Partnership Games to provide competitive opportunities for our children. Children at Walkley get many opportunities to represent the school during inter-school competitions. This introduces a competitive element to team games, and allows children to put into practice the skills that they have developed in lessons or clubs. This is achieved through sport festivals and competitions which are predominantly organised by the Arches School Sports Partnership and the PE lead. At KS1 these have included KS1 Archie Athletics and dodgeball. At KS2 these have included Y5/6 Tag-Rugby, Y3/4 Handball, KS2 Bouldering, cheerleading performances, all-inclusive Tri-Golf, indoor athletics, SEND curling events and Y5/6 Arches partnership games. These opportunities also allow children to foster a sense of team spirit and cooperation.

The successes and achievements are celebrated throughout our school community with children and parents within our Golden Assemblies, school newsletter and on the school blog.

To Year 2, 4 and 6 children we offer on residential OAA experiences which allows children to try new activities and challenge their teamwork skills.

Coaches

In school, at times, we may use coaches from partnerships to provide extra-curricular opportunities and to team-teach in lessons (helping to up-skill and support teachers). All coaches are DBS checked as well as having their sporting qualifications checked by school.

Play Leaders

At Walkley, our Y6 children are given the opportunity to become playleaders where they demonstrate good leadership skills and how to be a positive role model. The playleaders plan and deliver weekly sessions during lunchtime to children across school to encourage active play, healthy competitiveness and good sportsmanship on the playground.

Sports Day

We offer Sports Days for pupils from F2 to Y6 and are planned and run by the PE team every year. KS2 children compete in carousel activities where they wear colours, which represent their house teams. Points are scored in houses throughout the carousel activities then children compete in team events and traditional races. KS2 Sports Day is run with a competitive and supporting theme.

F2 and KS1 Sports Day involves traditional races and a carousel of activities. The activities include a range of resources and test simple skills such as aiming at a target, moving round obstacles, kicking at a goal and balancing balls on a racket. Pupils record their scores on a simple score card.

Organisation, Planning and Resources

At Walkley Primary School, we have access to a multipurpose indoor hall, two playgrounds by school, a trim trail, a grassed playing field and a further two playgrounds (top and bottom yards) with a stage and a wooded area (used for Forest Schools and OAA activities)

There is a wide range of resources to support the teaching of PE across school. This is stored in a PE cupboard in the main hall these should only be accessed by staff. Staff are advised to inform the PE lead of broken, damaged or lost equipment so that replacements can be ordered.

- The PE apparatus is checked annually for safety but it is the responsibility of each teacher to ensure its safety before a lesson.

- The large apparatus should not be used until the teacher has ensured that all fixing bolts are in place and secured.
- Children must not be sent to collect or return PE equipment unsupervised.
- PE apparatus is prepared and ready to use prior to the lesson.

Health and Safety

Health and good safe practice are always emphasised in each environment, including handling and use of equipment. Staff are responsible for ensuring they are familiar with safe practice and 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.

Clothing

Post Covid 19 pandemic, pupils will come to school in PE kit on their allocated PE days.

This consists of:

- Tee-shirt
- Sweatshirt
- Shorts or tracksuit bottoms
- Suitable footwear (for games and athletics only, bare feet essential for dance and gymnastics)

PE Kit



Jewellery

Watches and any other form of jewellery should be removed in line with Sheffield City Council guidelines. All earrings permitted within school policy should be removed or taped over. Tape should be brought from home for them to cover the earrings which they should cover themselves. Long hair, below shoulder length, is a safety hazard and must be tied back carefully.

Accidents

All teachers or teaching assistants will carry a first aid bag with them while children are participating in a PE lesson. If an accident occurs, appropriate first aid will be applied and the incident will be written in the accident book. Usual school accident and first aid procedures will be followed with regard to notifying parents.

Homework

Whole school sporting events are organised to promote physical activity and healthy lifestyles outside of school. Through approaches such as '*Beat The Street*' and '*Move More*' we have encouraged children to promote their health, fitness, mental wellbeing, beating personal challenges and resilience outside of school. Where appropriate, teachers may choose to include physical tasks into their learning log work related to class topics.

Impact: how do we ensure that children are learning?

During lessons, teachers carry out informal observational assessments of pupils to identify those pupils who require extra support or further challenge. These assessments inform future planning. Within lessons, pupils are encouraged to assess and evaluate both their own performance and that of others. This helps them to appreciate how they can improve their own performance, and what their targets should be for the future.

P.E. is assessed in accordance with the school's assessment policy. We use the assessment milestone framework which is recorded on the PiTA grid using the PiTA assessment system. This enables teachers to make regular termly assessments of the progress for each child and this information is then passed onto the next teacher at the end of the year. The children's progress in P.E. is also reported to parents in annual written reports.

In PE, we also measure impact by:

- Learning walks on Subject leadership days
- Pupil interviews
- PE Premium spend analysis
- Analysis of participation at clubs
- Photo records of children's practical work

Assessment

At Walkley Primary School, P.E. assessment is designed to provide a clear and consistent overview of pupils' development. We are using new crucial learning assessment materials to support accurate tracking of children's progress and skill acquisition across the curriculum. In addition, evidence of learning is shared through the school blog, where class teachers record the learning objective for selected lessons and include a few short sentences describing the activities and skills learnt. This is supported by photographs, which provide further evidence of participation and achievement. These blog updates take place for four P.E. lessons per half term, ensuring a representative sample of learning is captured and shared with the school community.

Responsibilities

- Teaching staff have a responsibility to ensure PE lessons are adapted, delivered and assessed as outlined in the policy.
- Teaching assistants have the responsibility to support individual or groups of children during PE and deliver first aid if necessary. Feedback to teaching staff on progress, engagement and achievements of the children.
- Supply teachers have the responsibility to ensure PE lessons are adapted, delivered and assessed in line with the PE policy.
- Subject leaders and SLT have a responsibility to monitor whole school application of the PE policy by all staff and ensure observed practice is effective. They will also deliver CPD when necessary.

Monitoring and Review

PE subject leaders are responsible for monitoring and evaluating the standards of teaching, learning, assessment and achievement across the school. The leaders are responsible for supporting colleagues in the teaching of PE, for being informed about current developments in the subject, and for providing a strategic lead and direction in the subject throughout the school. The subject leaders follow standard school procedures to evaluate the strengths and weaknesses in the subject and are responsible for highlighting areas for improvement. Through subject leadership days, the PE leaders analyse pupils' access to the subject by undertaking observations of classroom practice, listens to pupil and staff voice, and monitors levels of achievement in the subject. The PE lead then uses these to feedback to staff and the SLT on achievements, progression and areas for development throughout the school in this subject. PE is also monitored and evaluated by the attendance of

before/lunch/after school clubs, pupil attendance and achievements in sporting competitions and feedback from school council about PE. An annual review with Arches school sports partnership is carried out to ensure the sports partnership is aiding PE and Sport at Walkley Primary School is to its full capacity.

Links with other agencies:

These include:

- Participation in local SFSS sports leagues with other primary schools.
- Participation in Arches competitions with schools across Sheffield
- Team teaching with Arches School Sport Partnership
- Liaison with the Arches School Sports Partnership team
- After school clubs with outside agencies in a variety of sports and for all age groups

Policy to be reviewed September 2027