

PE Policy

School Intent

At The John Harrox Primary School, our curriculum is designed to ensure children have a love for learning and a thirst for knowledge. It recognises children's prior learning, providing first hand learning experiences, allowing the children to develop interpersonal skills, build resilience and become creative, critical thinkers. Children's learning is viewed as a sequence, building blocks of knowledge overtime to achieve a bigger picture; cumulative knowledge is developed over time. Every child is recognised as a unique individual. We celebrate and welcome differences within our school community. The ability to learn is underpinned by the teaching of basic skills, knowledge, concepts and values. We constantly provide enhancement opportunities to engage learning and believe that childhood should be a happy, investigative and enquiring time in our lives where there are no limits to curiosity and there is a keen desire for new experiences and knowledge.

We promote 4 key outlooks on our world which include:

A Global Outlook

An Enterprising Outlook

A Creative Outlook

A Healthy Outlook

Each topic that is taught takes one outlook as a focus, ensuring a balanced coverage.

Intent	Implementation	Impact
<p>The intent of Physical Education at The John Harrox Primary School is to enable all pupils in our care to become independently active within school and the community. We encourage them to develop confidence and competence in physical skills and to value the contribution of others whilst always demonstrating our 5C'S.</p> <p>We ensure that physical education takes place in the school, in the surrounding environments including external competitions and development opportunities and in the wider community including our residential visits.</p> <p>The intent of our lessons are too provide a delivery of a high standard, whilst abiding by the programmes of study contained in the National Curriculum document; this is supported by the Complete PE scheme of work. The Complete PE</p>	<p><u>Time allocation</u> The children at the John Harrox Primary School will participate in 2 sessions of Physical education each week. They will spend a minimum of two hours each week completing a form of physical exercise. Additionally, the school will be following the Obesity strategy recommendations of 30 minutes of activity every day for every child.</p> <p><u>Planning</u> P.E. planning is provided through medium and long-term plans which outline the topic, skills and progression needed. This includes:</p> <ul style="list-style-type: none"> • The two-year Long-Term Curriculum Map (cycle A/cycle B) for each phase, shows which aspect of P.E. is being taught and when. • The P.E. Curriculum Map shows coverage across the whole school in each area of Dance, Games, 	<p><u>Expected Outcomes</u> All the children by the end of KS2 the children should be able to:</p> <ul style="list-style-type: none"> • Swim competently, confidently, and proficiently over a distance of at least 25 metres. • Use a range of strokes effectively (front crawl, backstroke, and breaststroke). • Perform safe self-rescue in different water-based situations. <p>Additionally, they should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success to further improve their individual and team-based performances.</p>

<p>scheme covers the topics of: Dance, Gymnastics, Athletics, Games and OAA (Orienteering). Additionally, as outlined by the National Curriculum, swimming is taught by specialised teachers, to ensure that the children have the best opportunity to achieve this vital life skill.</p> <p>The National curriculum aims which we follow are:</p> <ul style="list-style-type: none"> • Develop competence to excel in a broad range of physical activities. • Children are physically active for sustained periods of time. • The children engage in competitive sports and activities. • The children lead healthy, active lives. <p>Our intent for each key stage is as follows:</p> <p><u>Key stage 1</u> Pupils should develop fundamental movement skills, whilst becoming increasingly competent and confident across a broad range of physical based sessions. These sessions should therefore extend their agility, balance, and coordination, both individually and when collaborating with a peer or group. Whilst participating, the children should engage in competitive and co-operative physical activities, in a range of increasingly challenging situations.</p> <p>Pupils should be taught to:</p> <ul style="list-style-type: none"> • Master basic movements including running, jumping, throwing, and catching, as well as developing balance, agility and co-ordination, 	<p>Gymnastics and Swimming (as outlined by our Complete P.E. scheme).</p> <ul style="list-style-type: none"> • Our P.E Progression Map shows the skills in each area of P.E across the school. • Subject Specific Vocabulary for each phase. • Planned annual Agilitas festivals and competitions provided by coaching experts which will enhance the children's learning experiences. • A planned school games week to give the children the opportunity to partake in different types of physical exercise. Some of which are taught by members of staff in school, and other sessions are taught by external expert coaches who come in and deliver sessions to the children. <p>As part of the planning process, teachers use further resources to support the children in their development:</p> <ul style="list-style-type: none"> • Planning a sequence of lessons (including vocabulary) which becomes the building blocks of knowledge over time. • Challenge questions, both verbally and written, for children to apply their learning in order to reflect and evaluate their work. • Planned annual Agilitas festivals and competitions which are provided by coaching experts to enhance the children's learning experiences. • A display in their classroom to promote success and to celebrate the pupil's demonstrations of the 5C's. 	<p><u>Assessment and Record Keeping</u> Using the P.E. assessment grid to record children who are working towards or working above expectations for the year group. The assessment stands are aligned to our progression map. Evidencing the children's progress on the school's Seesaw app. Formative assessment through the use of open discussions.</p> <p><u>Monitoring, Evaluation & review</u> This policy should be reviewed by all staff and governors on a regular basis. To ensure that this policy is in practice, and to help teachers keep track of their own work and needs for support or training. The teachers should look at the progression document to ensure they incorporate the skills needed when teaching the different areas at the different years.</p> <p>This policy will be reviewed in 2023. Evaluation of the policy and practice will take place annually.</p>
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- Apply these in a range of physical activities.
- Participate in team games, whilst developing simple tactics for attacking and defending.
- Perform dances using simple movement patterns.

Key stage 2

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating, and competing with each other and this should be demonstrated more frequently in when partaking in physical exercise. The children should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success to further improve their future performances.

Pupils should be taught to:

- Use running, jumping, throwing, and catching both in isolation and in combination.
- Play competitive games (modified where appropriate) and apply basic principles which are 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.

Teaching and Learning

The delivery of our physical education is taught by both the teachers and sport specialist coaches from Agilitas sports ltd.

The children also deliver their own physical activity sessions each day through the role of playground leaders, whereby other children are improving their leadership skills, confidence and understanding of how to ensure these skills are appropriate for the age of the children you are delivering too.

We also have a Healthy Outlook Council that is made of the House Captains and some other children who are very good in showing their leadership qualities in a sport.

The learning also occurs in the many sports clubs that the teachers and sports coaches from Agilitas deliver after school.

Resourcing

The school follows the Complete PE scheme of work, allowing us to be organised in terms of our sequences of lessons. In terms of equipment, the school is well equipped for a wide range of games activities and athletics, where all resources are stored in the outside sheds or main hall, depending on the sport, for example, Gymnastics apparatus is available in the hall.

Equal Opportunities & Inclusion

To ensure equal opportunities for all children regardless of their age, gender or ability, all children within the John Harrox Primary School have the opportunity to improve. There have been a wider range of sport competitions in which we have entered more teams to these events to improve

- Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

The progress of the children's physical exercise in lessons are supported by the school games format.

What is the school games programme?

The School Games programme is a scheme designed to deliver competitive school sport to all young people. It comprises of both Intra and Inter-school competitions which can lead to County Finals.

Throughout this programme, we aim to keep competitive sport at the heart of our school and to provide our children with the opportunities to compete and achieve their personal best.

At each school games event there will be an emphasis on inclusion, where children will be given additional opportunities to take part by leading, managing or officiating the physical exercise they are completing. The children at the inter-school competitions will be encouraged to follow the school games values - determination, honesty, passion, respect, self-belief, and teamwork. The children will represent our school proudly whilst combining these values, with our 5C's.

In our inter house competitions, the children are encouraged to follow the same competitive formats and have active involvement in these opportunities we do in school. As many of the year 5 and 6 children have been given the responsibility of

experience, competitiveness, and inclusion for our children. In school, we organise and run sports clubs with some being for children who lack sporting abilities and have selected year 3 children for a 'Change For Life' club which involves all the year 3 children at some point throughout the year.

Enrichment & Extension

The children in Y5/6 are given the opportunities to complete adventure activities when we take them for a residential trip to PGL or to Malham. To ensure those who do not go have the same experiences as those that do, we ensure that they receive as close to the same provision in school where possible.

Role of parents

The parents support the children in many ways. This involves:

- Providing them with the correct kit.
- Taking the children to some sporting events.
- Observing the sporting events, they take part in to support their children/the John Harrox Primary School.

<p>playground leaders, they independently lead activities at play times. and during they demonstrate the skills learnt here, to and the inter-house competitions.</p>		
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