



Ightenhill Primary School

Physical Education Policy 2024

Vision and Purpose

“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

Section 1: Intent of the Curriculum

‘To be the best that we can be’

Our vision at Ightenhill Primary School is to inspire children to achieve their best in all aspects of the curriculum and school life. We aim to encourage young children to participate in a range of physical activities, exercise and sport, alongside emphasising the importance of physical education and its link to healthy lifestyles

Aims

Our physical education curriculum aims to:

- develop competence to excel in a broad range of physical activities;
- be physically active for sustained periods of time;
- engage in competitive sports and activities;
- lead healthy, active lives;
- provide an inclusive environment for learning;
- encourage young children to engage in active playgrounds;
- promote and engage with the School Games values

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Section 2: Implementation of the Curriculum

Teaching and Learning

Our school provides an inclusive environment where all learners are encouraged to try hard and do their very best. Our staff use a variety of teaching styles, methods and strategies to ensure that all our children make good or excellent progress. We organise well-planned lessons that enthuse, motivate and inspire our children to succeed in learning and applying new skills. Specialist coaches, teaching assistants and support staff are deployed effectively in lessons to ensure the needs and interests of all pupils are fully met.

Their roles can include:

- supporting individuals or groups
- leading a small group-based activity planned by the teacher

Where children find activities difficult, we encourage differentiation by the **STEP** approach:

- S = change the space available
- T = change the time allowed
- E = change the equipment, e.g. softer or larger balls, different sized bats etc.
- P = change the people, e.g. the size of the groups.

Curriculum

EYFS

Children in the Foundation Stage participate in physical activity through the physical development strand of their curriculum. Children are encouraged to explore a range of gross and fine motor skills through fun, engaging activities and varied physical experiences. At Ightenhill, we follow the Lancashire scheme of work through the PE Passport app as a guide for editing and adapting our lessons to suit all learners and their needs. Lesson content will prepare reception children for the KS1 FMS baseline at the beginning of year 1. Teachers will use lesson progressions that are developmentally appropriate for EYFS in order to deliver high quality lessons, as well as providing opportunities for them to express themselves through movement and dance.

Key Stage One

In KS1, our staff deliver a curriculum based on developing fundamental movement skills (FMS). Children will be taught basic movements including running, jumping, throwing and catching; as well as developing balance, agility and co-ordination. Staff encourage children to practise skills by themselves, in small groups and teams, thus allowing children the opportunity to explore and become independent learners. Once children are confident and competent in these skills, they will be encouraged to develop sport-specific/complex movement skills and apply them in small team games. The curriculum content includes games, gymnastics, athletics, dance and striking and fielding activities. Pupils in KS1 access a minimum of one hour of PE each week. In addition to this, our active playground initiative aims to encourage children to become more physically active for longer periods. A range of activities and resources are offered to children and our sports crew lead competitions and challenges in KS1 at lunchtimes. Further to this, our KS1 children have access to coach led activities delivered by Sports Cool twice a week at lunchtime.

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Key stage two

Children in KS2 are provided with one session of high quality physical education a week. In KS2, pupils are encouraged to develop the skills taught in KS1 and apply them to a range of activities (invasion, net/wall, and striking/fielding games). Children are provided with opportunities to develop their skills in isolation, paired work, small team games and larger group activities. These progressions are adapted to suit each learner's needs and abilities. In addition to this, it will offer each child a chance to take part in competitive and non-competitive scenarios. Pupils also explore and develop their agility, stamina and flexibility through fitness, gymnastics, dance, athletics and swimming. We also enrich children's experiences through opportunities for outdoor and adventurous activities where possible.

A range of resources are used to support learning and progression across the curriculum from:

- Burnley Schools Sport Partnership;
- FUNDA;
- Burnley Leisure;
- Outdoor excursions including our links with Hothersall Lodge
- specialist coaches.

Swimming

It is essential that by the time they leave school, our Year 6 cohort are able to swim competently, confidently and proficiently over a distance of at least 25 metres. In addition to this, they must be able to use a range of strokes effectively (front crawl, backstroke and breaststroke) and perform safe self-rescue in different water-based situations. Swimming coaches teach our pupils at the local swimming pool and year groups who take part are varied. Teachers are accompanied to the swimming baths by our teaching assistants. In accordance with Lancashire guidelines, hats should be worn but goggles are not allowed unless a note is provided. The County guidelines recommend appropriate swimwear: one-piece swimming costume for girls and trunks for boys. No jewellery is permitted.

Safety

At Ightenhill Primary School, we have a school PE kit:

- white t-shirt
- black shorts/plain black leggings/black tracksuit bottoms
- black pumps/trainers (dependent on indoor/outdoor activities)

Children must have their PE kits in school at all times to allow for flexibility in our timetable.

In Key stage two, we advise children to wear trainers for outdoor lessons and we also ask that they bring a suitable warm top or jumper in the colder weather. Plain dark leggings or tracksuit bottoms are also permitted.

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As with all physical activity, it is important that certain procedures are followed to minimise the risk of injury:

- Children should dress in the recommended kit, listed above.
- Children will work in bare feet for all gymnastic and apparatus work.
- Jewellery is not to be worn. Watches should be kept safely in a container in the classroom and earrings must either be removed by the child or covered by an adult at home prior to the lesson.
- Long hair should be tied back and loose headbands should be removed.
- Children will be trained to lift and carry any apparatus sensibly into position under adult supervision. The teacher will check it before use.

School Values

As a school, our values (responsibility, respect, ambition, co-operation, kindness, honesty and resilience) are integral to our curriculum. We encourage children to use these during PE lessons.

Extra-curricular clubs and competitions

At Ightenhill Primary School, our aim is to provide children with the opportunity to participate in competitive and non-competitive sport during the academic calendar. We give an increasing number of children the opportunity to compete against other schools, alongside teaching the rules of competition, fair play and sportsmanship. We offer an array of clubs for both KS1 and KS2. EYFS start their clubs in the spring term, allowing them a full term to settle in to school life.

Where possible, we offer a range of physical activities (athletics, creative play, circuit training), invasion games (tag-rugby, netball, football) aesthetic sports (gymnastics and dance) and striking/fielding sessions (rounders, tennis, cricket). The school sports crew meets with the PE coordinator throughout each half term to discuss club choices and have 'a voice' in extra-curricular PE. Alongside this, we take into account the sporting competition calendar in order to provide those children taking part with sufficient training prior to competing.

We also offer a range of non-competitive clubs for example, Change 4 Life and Creative Play. These provide other children with the opportunity to take part in physical activity for pure enjoyment and satisfaction without the competitive nature.

Section 3: Impact of the Curriculum

Equality

All aspects of PE are taught in such a way as to include all children regardless of their gender, background, culture or physical ability. Learning challenges are set in line with our SEN and Inclusion policy.

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Assessment and record keeping

All KS1 and KS2 staff assess children through a progress charting system on the PE Passport app. Each unit and focuses on aspects of the national curriculum and provides opportunities for children to master basic movements, participate in team games and develop an understanding of how to improve in different physical activities. Formative feedback is used during the lesson where a teacher may offer practical support, improvement prompts or verbal discussions to enhance learning and development. Photographic evidence is also used as a form of assessment and informs planning – these are stored on the PE Passport app.

Safeguarding

External providers and sports coaches are brought in at Ightenhill to enhance learning and provide CPD to our staff. All coaches and sports teachers have appropriate DBS clearance and they are kept by the school office as a record. This list includes coaches working for a term at a time, as well as regular staff. Burnley School Sports Partnership provides the PE Coordinator with a full list of coaching staff, complete with their DBS numbers. This is also held by the school office and it is updated on a yearly basis.

School Club Links

The school seeks to make and maintain links with local community clubs whenever possible. In addition, we actively encourage children to attend clubs outside school and are in touch with coaches regularly. We envisage using coaches from the following clubs:

- Sports Cool
- Burnley School Sports Partnership
- Burnley Netball Club
- Burnley Rugby Club
- Burnley Leisure

Mrs Emma Jones

September 2024