

# PHYSICAL EDUCATION POLICY



Policy Lead	Phil McShane
Member of leadership team with lead responsibility for oversight and update of policy	Richard Thorpe
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Next Policy review date	September 2024

# **Grange Park Primary School**

## **Physical Education Policy**

### **Policy Statement and Curricular Aims**

Grange Park Primary School provide an exciting, balanced and varied programme of activities in physical education that will contribute to each child's physical and emotional development. We strive to create a positive attitude towards P.E. with correct coaching. It is hoped that the children will gain enjoyment from physical education and pursue sporting activities in their private lives, thus promoting a healthy lifestyle.

From September 2021, all pupils from Years 1 - 6 will participate in two weekly PE lessons. One session will be led by a specialist sports coach and the second by their class teacher. During EYFS and KS1 (EYFS- Year 2), children focus on developing key skills such as throwing and catching, running, balancing, performing sequences of movement etc. During KS2 (Years 3-6), pupils develop and refine these skills and apply them to different games/sports e.g. football, tennis, athletics, dance, gymnastics and begin to develop tactical and teamwork skills. Our curriculum is based on the Val Sabin schemes of work for Gymnastics, Dance, Games and Athletics.

We introduce children to a range of sporting activities and encourage them to appreciate how such interests can enrich their lives. The playground has been marked out to encourage netball, football and hockey. We run daily lunchtime football tournaments on our school 3G football pitch, and we also take part in the Daily Mile, which encourages staff and pupils to walk, jog or run a mile during the school day.

We provide a number of 'extra-curricular' sport sessions as we feel physical potential can be enhanced by including children in teams for internal and external competitive events. During the Summer Term certain year groups have weekly swimming sessions at Abraham Darby Academy and we aim for all pupils leaving the school to be able to swim at least 25m. All pupils in year 6 have the opportunity to attend Arthog Outdoor Education Centre on a school residential.

Thanks to strong links with local sporting clubs, we are able to help and direct individuals who wish to develop their sporting activities further and several have progressed to District and County standard whilst still attending Grange Park. The school aims to try and ensure that each child achieves their true potential in the range of sporting activities it provides.

School websites are now required to include details of their provision of PE and sport, alongside details of their broader curriculum, so that parents are able to compare the sports provision between schools, both within and beyond the school day. Here is a link to the sports section on our school website:

<https://www.grangeparkprimaryschool.co.uk/page/?title=Sport+at+Grange+Park&pid=17>

### **Health and Safety**

Everyone has a duty under health & safety guidelines to ensure PE activities are carried out with due regard to the safety of staff and pupils in line with school, Local Authority and Health & Safety Policies.

Reference should be made to the school's Risk Assessments and the **British Association of Advisers and Lecturers in Physical Education (Baalpe)** safe practice book and the afPE Safe Practice book which outlines specific PE guidance.

(The **Baalpe** safe practice book and the afPE Safe Practice book should be consulted for further guidance)

- Staff should carry out risk assessments with the children at the start of all PE lessons.
- All equipment, apparatus and environment should be checked before the start of every lesson by the teacher/coach and is the responsibility of the teacher/coach.
- Children should be given health and safety guidance throughout the lesson.
- All jewellery should be removed and stored safely before each lesson.
- If children wear stud earrings they should be taken out by the child. If this is not possible, the child should be given tape to cover their earrings. Children must place and remove the tape independently.
- All long hair should be tied back.
- Suitable clothing should be worn for each lesson.
- All children taking part in indoor Gymnastics for PE should be bare foot during the session.
- For indoor Gymnastics for PE, children should walk to the hall with suitable footwear on.
- All children with verruca's should cover them with a waterproof plaster.

When travelling to a sports event, the appropriate risk assessments are completed and the followed issues addressed:

- All children and adults to wear seat belt.
- All supervising adults to be aware of risk implications.
- All supervising adults that attend hold a current DBS.
- All transporting adults to be fully insured.
- Parents' permission for taking children out of school obtained.

Safe-practice standards are consistently applied by staff, students and other visitors, across all aspects of the school.

## **Assessment and Recording**

Pupils' progress will be monitored and recorded by the individual class teacher to set realistic targets for the individual pupil, based on their strengths and weaknesses and in line with national guidance and expectations. At the end of each unit, an indication of whether children are working at below, borderline, just within, within, greater depth or above age related expectations will be recorded on Cornerstones Maestro.



# Grange Park Primary School

## Long Term PE Plan



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
YR	<u>Outdoor - Games</u> Focus on using Beanbags  <u>Indoor - Gymnastics</u> Travelling	<u>Outdoor - Games</u> Focus using a Ball  <u>Indoor - Dance</u> Different Styles of Dance	<u>Outdoor - Games</u> Focus on using Hoops and Quoits  <u>Indoor - Gymnastics</u> Stretching and Curling	<u>Outdoor - Games</u> Focus on using Ropes, Bats and Balls  <u>Indoor - Dance</u> Different Styles of Dance	<u>Outdoor - Athletics</u> Throwing, Running and Jumping  <u>Indoor - Gymnastics</u> Taking Weight on different Body Parts	<u>Outdoor - OAA</u> Orienteering, Team-Building, Problem Solving.  <u>Indoor - Gymnastics</u> Flight - Bouncing, Jumping and Landing
Y1	<u>Outdoor - Games</u> Focus on Ball Skills and Games  <u>Indoor - Gymnastics</u> Flight - Bouncing, Jumping and Landing	<u>Outdoor - Games</u> Throwing and Catching - Aiming Games  <u>Indoor - Dance</u> Different Styles of Dance	<u>Outdoor - Games</u> Bat / Ball Skills and Games - Skipping  <u>Indoor - Gymnastics</u> Points and Patches	<u>Outdoor - Games</u> Developing Partner Work  <u>Indoor - Gymnastics</u> Rocking and Rolling	<u>Outdoor - Athletics</u> Throwing, Running and Jumping  <u>Indoor - Dance</u> Different Styles of Dance	<u>Outdoor - OAA</u> Orienteering, Team-Building, Problem Solving.  <u>Indoor - Gymnastics</u> Wide - Narrow - Curled
Y2	<u>Outdoor - Games</u> Throwing and Catching - Inventing Games  <u>Indoor - Gymnastics</u> Parts High and Parts Low	<u>Outdoor - Games</u> Making Up A Game  <u>Indoor - Dance</u> Different Styles of Dance	<u>Outdoor - Games</u> Dribbling, Kicking and Hitting  <u>Indoor - Gymnastics</u> Pathways, Straight, Zigzag and Curving	<u>Outdoor - Games</u> Group Games and Inventing Rules  <u>Indoor - Gymnastics</u> Turning - Spinning - Twisting	<u>Outdoor - Athletics</u> Throwing, Running and Jumping  <u>Indoor - Dance</u> Different Styles of Dance	<u>Outdoor - OAA</u> Orienteering, Team-Building, Problem Solving.  <u>Indoor - Gymnastics</u> Linking Movements Together
Y3	<u>Outdoor - Games</u> Ball Skills  <u>Indoor - Gymnastics</u> Stretching, Curling and Arching	<u>Outdoor - Games</u> Creative Game Making  <u>Indoor - Dance</u> Different Styles of Dance	<u>Outdoor - Net / Court / Wall Games</u> Tennis  <u>Indoor - Gymnastics</u> Symmetry and Asymmetry	<u>Outdoor - Striking and Fielding Games</u> Cricket  <u>Indoor - Gymnastics</u> Pathways	<u>Outdoor - Athletics</u> Throwing, Running and Jumping  <u>Indoor - Dance</u> Different Styles of Dance	<u>Outdoor - OAA</u> Orienteering, Team-Building, Problem Solving.  <u>Indoor - Gymnastics</u> Travelling with change of Front and change of Direction
Y4	<u>Outdoor - Net / Court / Wall Games</u> Tennis  <u>Indoor - Gymnastics</u> Balance	<u>Outdoor - Games</u> Problem Solving and Inventing Games  <u>Indoor - Dance</u> Different Styles of Dance	<u>Outdoor - Invasion Games</u> Development of New Skills  <u>Indoor - Gymnastics</u> Receiving Body Weight	<u>Outdoor - Games</u> Striking and Developing Games  <u>Indoor - Gymnastics</u> Balance leading to change of Front	<u>Outdoor - Athletics</u> Throwing, Running and Jumping  <u>Indoor - Dance</u> Different Styles of Dance	<u>Outdoor - OAA</u> Orienteering, Team-Building, Problem Solving.  <u>Indoor - Gymnastics</u> Rolling
Y5	<u>Outdoor - Athletics</u> Throwing, Running and Jumping  <u>Indoor - Gymnastics</u> Bridges	<u>Outdoor - Net / Court / Wall Games</u> Tennis  <u>Indoor - Dance</u> Different Styles of Dance	<u>Outdoor - Invasion and Target</u> Ball Handling  <u>Indoor - Gymnastics</u> Flight	<u>Outdoor - Invasion Games</u> Football  <u>Indoor - Gymnastics</u> Functional use of Limbs	<u>Outdoor - Striking and Fielding</u> Tri Golf  <u>Indoor - Gymnastics + Dance</u> Spinning and Turning Different Styles of Dance	<u>Outdoor - Invasion Games</u> Hockey  <u>Indoor - OAA</u> Orienteering, Team-Building, Problem Solving.
Y6	<u>Outdoor - Athletics</u> Throwing, Running and Jumping  <u>Indoor - Gymnastics</u> Working Together - Matching, Mirroring and Contrasting	<u>Outdoor - Invasion Games</u> Football  <u>Indoor - Dance</u> Different Styles of Dance	<u>Outdoor - Invasion games</u> Hockey  <u>Indoor - Net / Court / Wall</u> Dodgeball	<u>Outdoor - Net / Court / Wall</u> Tennis  <u>Indoor - Gymnastics</u> Working Together - Synchronisation and Canon	<u>Outdoor - Invasion Games</u> Ball Handling  <u>Indoor Gymnastics + Dance</u> Counterbalance & Counter Tension Different Styles of Dance	<u>Outdoor - Striking and Fielding</u> Cricket / Rounders  <u>Indoor - OAA</u> Orienteering, Team-Building, Problem Solving.