



Horndon-on-the-Hill Church of England Primary School

Physical Education Policy

October 2021

We are all part of God's family. Through trying our best in all we do, we find a sense of belonging.

1 Corinthians 12:27 - All of you together are Christ's body, and each of you is a part of it.

Respect, Honesty, Thoughtfulness, Courage, Responsibility

Signed-----

Chair of Governors

Date approved-----*November 2021*-----

Date to be reviewed-----*November 2023*-----

Equality, Equity, Democracy, Self-help, Self-Responsibility, Solidarity

Introduction

This document shows the objectives, philosophies and strategies for the development of Physical Education in Horndon on the Hill Church of England Primary School.

Horndon on the Hill Church of England Primary School is a partner in the Osborne Co-operative Academy Trust. We believe that all pupils in this community should be able to achieve their full potential through good and outstanding teaching and learning based on our Christian values and the values of the Co-operative Trust. All pupils, parents, staff and other stakeholders are therefore encouraged to contribute to the school as an autonomous learning community.

Objectives:

- To develop physical competence and to promote a healthy lifestyle.
- To develop confidence within sport for all children, enabling them to participate to the best of their ability.
- To recognise through experience the benefits of participation in sport in an enjoyable and challenging way.
- To develop their understanding of tactical awareness within sports so they are able to talk fluently about what has happened in the lesson.
- To develop a positive attitude towards sport and to display fair play, honest competition and good sporting behaviour.
- To understand how to handle success and failure with grace and dignity.
- To understand the importance Physical Education has on the body and to be able to acknowledge the importance it has on both our physical and mental health.
- To extend their problem solving skills, working as a team and providing each other roles in order to be successful during challenging exercises.
- To develop their knowledge of safe practice and their responsibility towards their own and others' safety.
- To promote Sports Leaders, who through development of their leadership skills are able to create and refine their own games.

Philosophy

To ensure that each child receives a broad and balanced curriculum taught through P.E. as set out in the National Curriculum.

To promote physical activity and healthy lifestyles, pupils should be taught:

- To be physically active
- To continually challenge their own stamina to ensure they develop good cardiovascular health, muscular strength and endurance.
- The need for personal hygiene in relation to physical activity.

To promote positive attitudes, pupils should be taught:

- To develop leadership skills.
- To be mindful of the ability and limitation of others.
- How to cope with winning and losing.
- To support teammates, encourage them and be a positive role model to teammates and opposition.
- To show good sporting behaviour as an individual, teammate or supporter.

The National Curriculum

- During Early Years: Pupils should have the opportunity to experience a variety of physical activities and directed sessions, with access to continuous physical development in the outdoor areas.

Time Allocation- Early Years:

1 X 60 minutes directed session

In the first term it is essential Early Years children find a love for sport; we therefore provide stimulating lessons that have them engaged and willing to take part in P.E as a regular lesson.

Time Allocation - Key Stage 1

Indoor PE – 45 mins

Outdoor PE – 45 mins (weather permitting)

Total = 90 minutes

During Key Stage 1: Children have two physical activities on a weekly basis. One lesson is predominantly inside which includes either learning gymnastics or dance. The other lesson will be revisiting and enhancing core skills. There are opportunities to perform individually, in a small group and in large groups.

Time Allocation – Key Stage 2

Indoor PE – 45 mins

Outdoor PE - 45 mins (weather permitting)

Total = 90 minutes

During Key Stage 2: Children should be taught the knowledge, skills and understanding of different team and individual sports. Indoor lessons include gymnastics, dance and indoor athletics. While outdoor lessons include sports such as hockey, netball, cross country, rounders' and athletics depending on term time. During these P.E. lessons, children are encouraged to self-evaluate their work. This engages them in the activity and extends their knowledge of the sport they are playing.

In year 3 children go swimming every term. Years 4, 5 and 6 swim one term each year.

Assessment

- The assessment of Physical Education is essential to ensure we are identifying the children's performance and seeing improvements year on year from the children.

- In each lesson there are aims and objectives to be met by children; teachers are delivering a lesson but also analysing the performance of the children during the session.
- Children are assessed over every sport they participate in and graded as working towards, working within or working above national expectations.

Resources

Horndon on the Hill Church of England Primary School is extremely passionate about sport and about providing the best facilities we can to the children. We have a school hall which is a multi-purpose area used for P.E. sessions as well as other functions. The hall has fixed gymnastic apparatus and access to portable equipment stored within the hall. We also have a large P.E. shed situated in the school grounds where equipment is stored for the children to use. All equipment is catered for the age and the standard of different individuals. The school also have a playground, where there is a netball court. This playground is also sectioned into purpose built bonded rubber areas. We have a grassed playing field which is suitable for outdoor P.E. lessons and athletics.

Special Educational Needs

Children with Special Educational Needs are taught P.E. in a similar way, however plans are differentiated according to their needs.

Equal Opportunities

At Horndon on the Hill Church of England Primary School, it is essential we have equal access to similar activities and children develop to their maximum potential regardless of race, gender, class, physical capability or a disability. All children have access to a broad and differentiated curriculum. We take real pride in the way we involve all children and this is shown in the opportunities we give all our pupils to represent the school in local competitions.

Safety

Health and safety awareness is an essential part of children's learning in P.E. and this is recognised and followed at Horndon on the Hill Church of England Primary School. All staff must adhere to the guidelines of the safe teaching of P.E.

P.E. Teachers exhibit safe practice by:

- Showing strong behaviour management strategies so the children listen and are responsive to instructions during, before and after lessons.
- Risk assessments around the use of all equipment, both inside and outside are shared with staff.
- Children are made aware of the safe use of all equipment both inside and outside before each lesson begins.
- Demonstrate their subject knowledge of the lesson being taught.
- Ensuring that children wear appropriate kit, which includes trainers and **NO** jewellery.
- If working indoors, it is important the teachers check the flooring before the lesson especially after lunch to ensure the floor is not wet and as a result, slippery.

- Outside, especially on the field adults need to check for any sharp objects that may be protruding from the ground.
- Make sure the apparatus is fit for purpose and has no cracks or loose nails/screws.
- If a child has asthma that their pump is accessible for the lesson.
- If a child has any medical needs that the P.E. teachers are aware and are able to deal with any situation that may happen.
- Have the ability to change lessons appropriately if weather conditions change.
- Children are aware how to move equipment safely. e.g. the children are aware 4 of them carry a gymnastics mat as safe practice.
- Report any damaged P.E. equipment to the P.E. Co-ordinator.
- Children are aware of the importance of warming up and cooling down. Children should be able to explain the importance of doing these activities before and after games.

Thurrock SSP

Every year Horndon on the Hill Church of England School enters competitions through Thurrock SSP; we compete against other schools within the Thurrock area at all sports. Most competitions are locally based and may lead to winners representing Thurrock in an Essex competition.