



# Henley Green Primary School PE Policy

**Date of Policy:            September 2022**

*Our mission is to inspire EVERY child to be passionate about Physical Education and Sport*



## **PE Policy**

### **Aims of the Physical Education curriculum at Henley Green Primary School**

#### **Intent**

At Henley Green Primary School our key aim is to inspire EVERY child to be passionate about Physical Education and Sport. At Henley Green Primary School, we believe that Physical Education and sport is for everyone! PE is the heart of our school, and we aim to give them a love for PE, Sport, physical activity and a healthy lifestyle that continues throughout their lives.

#### **Implementation**

Our PE lessons at Henley Green Primary School are devised from the Primary PE Planning online Platform. They allow for a consistent delivery and structure across the school. The planning has been developed so that progression is built into the scheme (an exciting learning journey from Early Years through to KS2). This ensures our children are increasingly challenged, inspired and motivated in ALL PE lessons. We believe that mastery is paramount allowing ALL children to feel confident and motor competent when learning key skills. The curriculum provides a foundation from Early Years to Key 2 for an ongoing development of Physical Literacy. Our children receive an inclusive, broad and balanced programme of PE. The curriculum is mapped to ensure that children participate in a wide range of activities

#### **Impact**

PE is an essential part of the curriculum and through our PE lessons children develop their physical literacy and key skills giving them the tools to become physically confident and motor competent. Our High-Quality PE curriculum focuses on the whole child, developing their physical, social and thinking skills. Our PE is provided in a safe and supportive environment and is vital and unique in its contribution to a child's physical and emotional development and health and wellbeing.

We provide opportunities for the children to compete against themselves and others during PE lessons, building character and developing key values including fair play, respect, communication, collaboration, commitment, leadership and teamwork.

Our school aims are linked to those in line with the PE national curriculum, which are to ensure that all children:

- Develop competence in a broad range of physical activities
- Are physically active for sustained periods of time
- Engage in competitive sports and activities

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- Understand how to improve in different physical activities and sports and know how to evaluate and recognise their own success.
- Lead healthy, active lives

The 'Three pillars of progression' are embedded throughout our curriculum:

These include:

1. Motor competence – knowledge of the range of movements that become increasingly sport- and physical activity-specific
2. Rules, strategies, and tactics – knowledge of the conventions of participation in different sports and physical activities
3. Healthy participation – knowledge of safe and effective participation

## **Teaching and Learning-Curriculum Implementation**

### **Early years Provision:**

The planning provided for Nursery and Reception is tailored towards the National Curriculum Early years and foundation stage EYFS set standards. Our planning is focused on the development stage for 3-5 year olds.

Progression is carefully planned and developed from Early Year through to KS2. We aim to develop fundamental movements skills (FMS) through gross and fine motor skills (first pillar of Progression: Motor Competence). In turn, these develop both confidence and control in activities such as running, jumping dancing, hopping, skipping and climbing. These FMS form the building blocks for more complex movement skills.

The lessons are challenging, engaging, fun, imaginative and well resourced. They also allow the children to transfer their learning skills from their PE lessons back into their classroom/outdoor play environment.

### **Key Stage 1**

Children should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

### **Children are taught to:**

- Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities
- Participate in team games, developing simple tactics for attacking and defending
- Perform dances using simple movement patterns.

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## Key stage 2

Children 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. 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.

### Children are taught to:

- Use running, jumping, throwing and catching in isolation and in combination
- play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
- Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- Perform dances using a range of movement patterns
- Take part in outdoor and adventurous activity challenges both individually and within a team
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

### Enrichment and Provision in PE

We also offer and provide the following in order to enrich and enhance the provision of PE at Henley Green Primary School:

- **1:1 support in lessons/TA support:** We provide 1:1 support for children with additional needs that may require specific equipment to enable them to participate freely within the lesson. A TA from each class is present to assist the coach in the delivery of the lesson and also to support in managing behaviour, by implementing our school values.
- **Most able/G&T provision** In each lesson children are given the chance to act as mini coaches providing powerful demonstrations to peers within lessons. We also have Sports leaders that are present at recreational times, sports days, clubs and sports assemblies to be role models in not only sports and activities but also in behaviour displaying the core values as set by Henley Green Primary School.
- **SEND support:** All Children at Henley Green are encouraged to take part in sport and physical activity regardless of any difficulties that they have. Inclusion is vitally important, and all children are fully included in all sports with support from other children, staff or by using modified equipment if necessary.
- **Clubs:** Sports Leader Training is offered in Autumn 1 term allowing us to provide fun and child led clubs during our Lunchbreaks for all year groups year 1 -year 6. During the rest of the year, we will provide more after school clubs including football, netball and running. These clubs will allow skill specific training to enter future

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school competitions. Each half term the clubs provided will change, helping to provide a wider selection of sports and opportunities for all year groups.

- **Competitions attended:** Henley Green have been awarded the School Games Bronze Award in recognition of our contribution to competitive school sport. The School Games is a government led scheme to encourage competitive sport amongst, and within schools, and Henley Green have entered teams into competitions for children from year 1-6 in sports such as: netball, football, athletics, gymnastics, multi skills and rounders in the last year. The award also recognises the importance that sport has in the development of primary age children at Henley Green and the encouragement of all children to live healthy and active lives.

Children regularly travel to sporting events at other schools and sports halls and compete well with confidence in themselves and their performance. The children at Henley Green Primary school have the chance to compete in competitions around the City in:

- Cross Country races
  - Gymnastics
  - Multi skills
  - Athletics
  - Football
  - Netball
  - Cricket
  - Rounders
- **Leadership:** Sports Leaders are provided with training, and we use the PPP log charts and rewards, Sports council, volunteering at clubs. Being a Sports Leader enables our children to:
    - Involve children in group games
    - Ensure playtimes are fun and enjoyable
    - Develop skills in responsibility and leadership
    - Help run reception, KS1 Sports Day and KS2 Sports days

The children will be asked to interact with younger children, this could be of a lunchtime or break time. On occasions they may be asked to help at sports competitions for younger children. Weekly meetings will also take place; this is the time to share ideas mainly how to improve PE within in our school or to raise any concerns that they might have.

**Sports Values:** We use our school values to support our sporting values in all lessons. It is important at Henley Green Primary School that every member of the school community feels valued and respected, and that each person is treated fairly and well. We are a caring community, whose core values are:

- Kindness
- Respect
- Resilience
- Pride
- Ambition

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Therefore, all members of the school can live and work together in a supportive way, in an environment where everyone feels happy, safe and secure.

**Events:** Each year Henley Green Primary school hold a sports day for EYFS, KS1 and KS2. Sports day is held in the summer term, and it consists of children competing against their own personal best. These personal bests are the celebrated in a sports assembly at the end of the year.

### **Equal Opportunities**

At Henley Green Primary School, we are committed to promoting equal opportunities irrespective of socio- economic background, gender, disability and ethnicity in all areas of the curriculum. We believe that our pupils should have equal access to and participation in all that is offered within Physical Education lessons and beyond. Lessons will be planned and necessary adaptations or differentiation will be put into place to ensure appropriate challenge and accessibility for all learners.

### **Inclusion**

At Henley Green Primary School, we are committed to ensuring that all pupils participate in PE and physical activity irrespective of any special educational need(s) or physical disability they may have. We believe that pupils should have equal access to and participation in a range of physical education activities in order to reach their own potential. We also use the SEND resources provided by Primary PE planning in order to support our PE provision. At Henley Green Primary School we believe that Physical Education and sport is for everyone

### **EAL**

Children who may have English as an additional language, are supported in our PE lesson. Due to the nature of PE, where access cannot be gained through verbal understanding, children will be encouraged to observe or copy and repeat either their peers or the Class Teacher. Fortunately, through our on-line platform (Primary PE Planning) many lessons are complemented with video tutorials, visual aids and resource cards and these act as a learning stimulus for ALL including EAL pupils. They are provided with the tools that will allow them to gain an insight as to what is required to succeed in the lesson. The Class Teacher may also have personalised strategies to enable EAL children to access lesson content, including language specialised ICT programmes and translation apps.

### **Health and Safety**

Physical Education and participation within it can carry some risk. It is the responsibility of the staff delivering PE to ensure that the risk is minimised with the correct implementation of safe practice protocol.

As a school we undertake detailed risk assessments on every aspect connected with the delivery of PE. These can range from an outside agency risk assessing PE apparatus and equipment, our day to day provision for PE within the curriculum, extra curricular activities and any possible sporting ventures or trips which will take place off site

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All staff working alongside our pupils in PE are made aware of any disabilities or health problems and are knowledgeable as to individual needs and provision. They are informed of the procedure for reporting or dealing with any issues pertaining to incidents which may arise during PE sessions. Parents and pupils are also frequently reminded and actively encouraged to ensure that all personal medical necessities required for participation are at hand during activity, for example asthma inhalers.

Experienced staff will demonstrate to all new staff members how to lift, carry and place apparatus safely and how the pupils should move apparatus. Pupils are made fully aware of safety issues during set up and participation in PE sessions.

Correct clothing and footwear must be worn. All teaching staff and pupils should wear clothing suitable for delivering or participating in PE. Pupils are to have bare feet (where possible) for indoor activities including dance, gymnastics and yoga. Children are expected to wear black, grey, white or green shorts or joggers with a white t-shirt and trainer or pumps on their feet.

Pupils are not permitted to wear watches and jewellery; earrings should be removed for the PE lesson. They must be covered by the parent/child if they cannot be removed. Long hair must also be tied back or up. If a pupil forgets a kit, or part of their kit, we keep a supply of spare PE kit within the PE department of the school. If a pupil is excused from PE for medical reasons the pupil will still be fully involved in PE, participating as a 'mini-coach' within the lesson. If they are well enough to - we will ask them to get changed into PE kit. Pupils should also have available a water bottle from which they can hydrate themselves during physical activity. The importance of hydration should be encouraged by all as an important aspect of a healthy balanced diet and active lifestyle.