

Mugginton Church of England Primary School



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Physical Education Policy

This policy has been written in accordance with the Christian ethos of our school, our recognition of British values, an awareness of our position in the Global community and taking account of all current Safeguarding and Child Protection guidance and the new national curriculum September 2014.

At Mugginton Church of England Primary School, physical education inspires learners to realise their full potential and develop a lifelong interest in participating in physical activity and sport, whatever their innate ability in PE.

Children will develop their fundamental movement skills (agility, balance and co-ordination) through a series of stimulating and sequential lessons. Our PE curriculum will be inclusive, ensuring pupils of all abilities access physical activity and sustain healthy, active lives.

Our aim is to offer excellent opportunities to develop a healthy life-long love of physical activity and to develop a first class teaching and learning environment where both staff and students enjoy working hard together to achieve personal successes, the appropriate skills and confidence. Whilst retaining its unique contribution to our pupil's physical development, health and well-being, PE also has considerable potential to contribute to wider areas of learning developing the whole child, including the development of physical, cognitive, social, creative and personal development.

At Mugginton we want all pupils to feel they belong as part of a team, believe in their healthy potential and become as physically, socially and emotionally well as they can be. We do this by developing the attitudes, skills and knowledge required to be a leader and provide memorable experiences throughout a pupil's journey within Physical Education. We want to develop the fittest children in Derbyshire.

At Mugginton, we promote pupils' SMSC development through physical education in the following ways:

develop competence to excel in a broad range of physical activities

Work productively as part of a diverse team

are physically active for sustained periods of time

engage in competitive sports and activities

lead healthy, active lives.

It is our hope that all Mugginton pupils will use these skills to instil self-discipline, determination and resilience within school, the community and the wider world.

Intent

Physical education develops the children's knowledge, skills and understanding, so that they can perform with increasing competence and confidence in a range of physical activities. These include dance, games, gymnastics, swimming and water safety, athletics and outdoor adventure activities. Physical education promotes an understanding in children of their bodies in action. It involves thinking, selecting and applying skills and promotes positive attitudes towards a healthy lifestyle. Thus we enable them to make informed choices about physical activity throughout their lives.

The National Curriculum Physical Education aims:

- Develop competence to excel in a broad range of physical education
- Are physically active for sustained periods of time
- Engage in competitive sports and activities
- Lead healthy, active lives.

At Mugginton, alongside the National Curriculum objectives we aim to

to enable children to develop and explore physical skills with increasing control and co-ordination;

to encourage children to work and play with others in a range of group situations;

to develop the way in which children perform skills and apply rules and conventions for different activities;

to increase children's ability to use what they have learnt to improve the quality and control of their performance;

to teach children to recognise and describe how their bodies feel during exercise;

to develop the children's enjoyment of physical activity through creativity and imagination;

to develop an understanding in children of how to succeed in a range of physical activities and how to evaluate their own success.

to develop communication and speaking and listening skills.

to provide children with a skillset which can be used and developed throughout their lives.

In a Physical Education lesson at Mugginton, you will see:

Happy, active children, who feel safe and confident enough to involve themselves fully in all physical activities. The children will be able to explain the activity they are participating in and explain what they have learnt so far. The children will be able to explain what is meant by a 'healthy lifestyle' and all juniors should be able to give an example of an opportunity they have had to represent the school at a sporting event or fixture. The visitor would see a purposeful environment with all children active and supporting each other in team activities. The children will be able to describe the Mugginton Mile routes and the challenges (and delights) of running. Children will be engaged and excited by their PE and will be able to discuss their favourite sporting activities.

Implementation

Lessons and activities are planned to meet National Curriculum objectives and develop a love of physical activity.

We encourage the physical development of our children in **Reception** as an integral part of their work. We relate the physical development of the children to the objectives set out in the Early Learning Goals, which underpin the curriculum planning for children aged three to five years of age. We encourage the children to develop confidence and control of the way they move, and the way they handle tools and equipment. We give all children the opportunity to undertake activities that offer appropriate physical challenge, both indoors and outdoors, using a wide range of resources to support specific skills.

In **Key Stage 1**, we teach dance, games and gymnastics. In **Key Stage 2** we teach dance, games and gymnastics, plus three other activities: swimming and water safety, athletics and outdoor and adventurous activities. Children in Key Stage 2 attend swimming lessons in the Autumn term at Ashbourne Leisure Centre. Planning is informed by ongoing assessment (based around National Curriculum objectives) and in order to build upon the prior learning of the children.

In all classes there are children of differing physical ability. Whilst recognising this fact, we provide suitable learning opportunities for all children by matching the challenge of the task to the ability of the child. We achieve this through a range of strategies:

setting common tasks that are open-ended and can have a variety of results, e.g. timed events, such as an 80m sprint;

setting tasks of increasing difficulty, where not all children complete all tasks and allowing children to set their own challenges to achieve a personal best, e.g. the high jump;

grouping children by ability and setting different tasks for each group, e.g. different games;

providing a range of challenge through the provision of different resources, e.g. different gymnastics equipment.

Children in Key Stage 2 are exposed to a wide range of sport. Through our close links with Woodlands Tennis Club, all juniors access tennis lessons free of charge. During the Spring and Summer term we are fortunate to have access to Mugginton Lane End cricket club's facilities which enables the children to train in athletics and competitive invasion games in open space.

Running is central to our PE curriculum. Over half the school join staff for two runs on Tuesdays and Thursdays. More able runners join confident staff runners for a 5km loop—children join the 'Mugginton Mile' from Year 2.

Resources

There are a wide range of resources to support the teaching of PE across the school. They are stored safely in easily accessible containers in the shed. Children help to set up and put away this equipment as part of their work. If any resources are missing or found to be damaged, the P.E. co-ordinator should be informed as soon as possible so that such items can be repaired or replaced.

Health and safety

The general teaching requirement for health and safety applies in this subject. We encourage the children to consider their own safety and the safety of others at all times. We expect them to change for PE into the agreed clothing for each activity area. The school PE kit is as follows: shorts and a tucked in t-shirt for indoor P.E. with optional pumps and a tracksuit, t-shirt and trainers for outdoor P.E. Staff should set a good example to children and ensure that they are wearing appropriate footwear at all times.

Forest Friday & Extra-curricular activities

As a healthy school, we promote a wide range of activities for pupils of all ages. A major part of our school identity is a love of the outdoors. Every Friday the entire school walks approximately one mile to the outdoor classroom and back. We have a school dog, Monty, who encourages the children to take him for a walk whenever possible. Half-termly whole-school dog walks around the Peak District are well-attended by parents.

The school provides a range of PE-related activities including football, multi-sports, gymnastics, netball and dance for children at the end of the school day. These encourage children to further develop their skills in a range of the activity areas. The school sends details of the current club activities to parents at the beginning of each term. The school also plays regular fixtures against other local schools and participates in area knockout competitions. This introduces a competitive element to team games and allows the children to put into practice the skills that they have developed in their lessons. These opportunities foster a sense of team spirit and co-operation amongst our children.

Impact

Assessment and recording

See policy on assessment, reporting and recording.

Assessment in PE focuses on personal improvement. With this in mind, baseline measures are important. This might take the form of a fixed time to complete as many 'shuttle runs' as possible. This can then be redone later in the year to assess whether or not children's fitness levels have improved.

We also use the expertise we have access to. For example, feedback from swimming instructors, tennis coaches and our Premier Sports PE coaches informs all planning and teaching and learning sequences.

Monitoring and review

The subject leader is responsible for monitoring the standard of the children's work and the quality of teaching in line with the school's monitoring cycle. This may be through lesson observations, work scrutiny, monitoring of assessments or pupil interviews. A port

The subject leader is also responsible for supporting colleagues in the teaching of PE, for being informed about current developments in the subject and for providing a strategic lead and direction for the subject in the school.

We allocate special time for the vital task of visiting classes to observe teaching in the subject and to discuss PE with children and staff.