



Blessed is the one who trusts in the Lord, whose confidence is in him.
They will be like a tree planted by the water that sends out its roots by the stream.
It does not fear when heat comes; its leaves are always green.
It has no worries in a year of drought and never fails to bear fruit.

Jeremiah 17: 7 - 8

PE (Physical Education) Policy

Introduction

At The Federation of Middleham (VA) & Spennithorne (VC) CE Primary Schools, our intent is to build a PE curriculum that promotes both physical activity and physical literacy and enables children to progress in their physical development, social and emotional development, cognitive development, awareness of health and mental well-being and spiritual, moral and cultural development. Through an accessible PE curriculum for all children they are prepared for opportunities and experiences in later life.

The Federation of Middleham (VA) & Spennithorne (VC) CE Primary Schools follows the national curriculum and Early Years Framework to ensure knowledge; skills and understanding are taught throughout all key stages. The school has created its own long and medium term planning which details the topics, objectives, knowledge, skills and vocabulary which should be covered. Through this planning, the national curriculum breath of study for PE is fully covered.

Our core aims are to provide an PE curriculum that builds on pupils' individual talents and uniqueness and empowers our children to be:

ASPIRATIONAL
RESPECTFUL
RESILIENT

We believe that by having these three aims at the root, will equip our pupils to **LIVE FRUITFUL LIVES** and to **LEARN, LOVE and GROW**.

Curriculum Intent

Aims of the PE curriculum

At The Federation of Middleham (VA) & Spennithorne (VC) CE Primary Schools, PE is truly embedded at the heart of our schools and is valued for the wider contribution it can make.

Our aims in the teaching of PE are:

- Provide learning situations in which all pupils will be able to develop their physical ability to the full
- Acquire and develop skills, performing with increasing physical competence and confidence in a range of physical activities and contexts
- Provide stimulating and challenging opportunities that help to promote physical development such as cardiovascular health, flexibility, muscular strength and endurance
- Enable pupils to understand the importance of Physical Education in respect of a healthy lifestyle. (Knowledge and understanding of fitness and health).
- Develop positive attitudes towards participation in physical activity
- Provide a safe learning environment for physical activity and an understanding of the need for safety
- Provide pupils with opportunities to become aware and conform to the principles of fair play, demonstrating a good sporting behaviour.
- Enable pupils to actively participate in a wide range of activities with confidence, developing self-esteem through achievement
- Promote equal opportunities for all and value the contribution of other irrespective of gender, ability, social/cultural background
- To develop links between Physical Education and other aspects of the curriculum
- Solve problems and find alternative solutions to physical challenges on their own and with others

- Learn how to select and apply skills, tactics and compositional ideas to suit activities that need different approaches and ways of thinking
- Develop their ideas in a creative way
- Set targets for themselves and compete against others, individually and as members of a team
- Understand how (and be able) to persevere, succeed and acknowledge others' success
- Take initiative, lead activity and focus on improving aspects of their own performance
- Discover their own aptitudes and preferences for different activities
- Make informed decisions about the importance (and value) of exercise in their lives
- Be given a firm foundation for life-long participation in sporting activity

Teachers will ensure teaching of PE has the federation's Christian ethos and values at its root.

Swimming and Water Safety

We provide swimming instruction in Key Stage 1 & Key Stage. Pupils are taught to:

- Swim competently, confidently and proficiently over a distance of at least 25 metres
- Use a range of strokes effectively such as front crawl, backstroke and breast stroke
- Perform safe self-rescue in different water based situations

Sport Premium

In March 2013 the government announced that they would introduce a dedicated primary PE and Sport Premium that would go directly to primary school head teachers so that they could decide how best to use it to provide sporting activities for pupils.

Since September 2013, Ofsted inspections have reported on PE and sport provision and on how schools spend their additional funding. Schools are accountable and are required to publish details of how they spend (or will spend) their PE and sport grant on their websites.

Details of how the Sport Premium Funding is spent at The Federation of Middleham (VA) & Spennithorne (VC) CE Primary Schools are found on the school website

Implementation

Effective learning

We acknowledge that children learn in many different ways and we recognise the need to develop strategies that allow all children to learn in ways that best suit them most effectively. We take into account the different ways that children learn when planning and teaching in order to ensure all children access a full and varied curriculum.

Effective Teaching

As a federation, we have chosen to use a published scheme, Complete PE to teach the PE Curriculum in EYFS, Key Stage 1 and 2. Complete PE enables our teachers to deliver creative, inspiring and engaging lessons and provides for progression in skills and knowledge. We are confident that the scheme of work meets the requirements for the National Curriculum for PE and the Early Years curriculum.

Vocabulary

The children at The Federation of Middleham (VA) & Spennithorne (VC) CE Primary Schools are taught and encouraged to use key vocabulary, modelled by the teacher.

Enrichment Opportunities

Competitions, trips or visitors are planned to complement topics studied and will be scheduled to have maximum impact on learning. Visits are planned to enhance learning and give hands on activity. People with an interest, or expertise, in a particular topic or area of PE could be invited into school to work with the children. These might be parents, grandparents, other family members, neighbours or representatives of the local community.

Early Years Foundation Stage

In Early Years we use Development Matters to guide teaching and learning. Early Years Foundation Stage pupils explore the curriculum through a combination of child initiated and adult directed activities. They have opportunities to:

- know the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe
- show good control and co-ordination in large and small movements.
- move confidently in a range of ways, safely negotiating space.
- handle equipment and tools effectively, including pencils for writing.

Resources

Children will have opportunities to use a range of PE equipment. They are given instructions in the safe and considerate use of these items. All equipment necessary will be accessible to children.

Digital Learning

The use of technology to support and enhance pupils' learning is a high priority in school. Information and Communication Technology enhances our teaching of PE, wherever appropriate, in each key stage. They can research information through the Internet. We also arrange for the children to communicate with pupils in other schools and we offer children the opportunity to use the digital camera.

Health and Safety

We must obviously be alert to any possible dangers when working in school. It is very important that children are aware of the safe handling and storage of any equipment and apparatus. Risk assessments are carried out prior to using equipment, apparatus and when any visits or visitors attend the school.

Equal Opportunities and Special Education Needs and Inclusion

All children are given opportunities to access the National Curriculum requirement. All children regardless of ability, ethnicity, religion or gender, will be given equal opportunity to access all aspects of the PE curriculum. Any child experiencing difficulty in accessing part, or all, of the curriculum, will be supported with the time, materials and equipment to access the activity at their own level where this is practically possible. Planning, resources and displays will reflect positive images of all communities represented in our society.

Impact

Assessment for Learning

At The Federation of Middleham (VA) & Spennithorne (VC) CE Primary Schools assessment is an integral part of the teaching process. Children's skills will be assessed and developed by the teacher during lessons and through critical discussion at the end of each unit. Complete PE provides a good model for assessment of learning. It offers examples of what teachers should observe children do, to confirm that they have made anticipated progress.

Teacher's update the assessment tracker for PE (at least termly) to record progress and objectives covered.

Subject Leaders monitoring

The subject leader reviews standards and monitor the impact of the curriculum provision whilst also ensuring training and resources are up to date.

Monitoring and review

We are aware of the need to review the school PE Policy regularly so that we can take account of new initiatives, pupil needs, changes in the curriculum, developments in technology or changes to the physical environment of the school