

**Physical Education Policy**



*Intelligence and skill can only function at the peak of their capacity when the body is healthy and strong*

*- J F Kennedy*

**Physical Education Policy – Weald Primary School**

VISION STATEMENT

At Weald we have a responsibility to help pupils and staff establish and maintain a healthy lifestyle. Regular physical activity is one of the most important ways people can maintain and improve their physical health, mental health and overall well-being. It is important that pupils are given opportunities to participate in a range of enjoyable physical activities at an early age, so they are more likely to continue being physically active throughout the rest of their lives. The use of the PE and Sport’s funding is effective in improving and sustaining high quality PE and sports provision.

# Introduction

**Definition of Physical activity**

Physical activity is defined as ‘any force exerted by skeletal muscle that results in energy expenditure above resting level’ and includes ‘the full range of human movement, from competitive sport and exercise to active hobbies, walking and cycling or activities of daily living’.

# AIMS AND INTENT

* To promote the benefits of physical activity to the whole school community
* To improve the self-esteem and confidence of the pupils through participation in physical activity
* To ensure the pupils are aware of the link between physical activity and healthy eating for a healthy lifestyle.
* To promote the celebration of sporting events
* To promote inclusion
* To improve the quality and breadth of PE and Sport
* To upskill and maintain the teaching of high-quality PE

# Implementation: Teaching and Learning

The promotion of physical activity is delivered through:

* Physical education lessons led by members of staff, or swimming teachers
* Cross curricular links in our curriculum – Early years foundation stage programme, PE, PSHE and outdoor education.
* Extra-curricular clubs run through our after-school provision which change each term
* Lunchtime activities
* Competitions through our partnerships with Sevenoaks and Tonbridge sports partnership, our local cluster of schools and links with Sevenoaks School.

**Physical education lessons**

There is a sequential scheme of work for PE which involves moderate to vigorous physical activity on a regular basis. Every pupil in each year shall participate in regular physical education for the entire school year. We use the MUGA, playground, green and field for PE activities and we access the hall for indoor physical activities. All pupils participate in physical PE activity each week years 2-6 currently go swimming over the year, with elite swimmers from ks2 trained for competitions.

**Extra-curricular physical activity**

Pupils have a diverse choice of activities in which they can participate- competitive, non-competitive, structured, unstructured and including some physical activity options such as drama, football, netball, rugby, multi sports and ball-skills. All activities shall be supervised by members of staff or qualified coaches or instructors who may or may not be teachers. We are part of a cluster of schools and regularly take part in different festivals and tournaments for pupils of different ages. We actively encourage pupils to go to local clubs and promote talented individuals through outside clubs.

 **Lunchtime activities**

Our school has playgrounds, playground markings and play equipment for free play. Mid-day supervisors engage and encourage pupils in physical activity at lunchtime.

**Equal opportunities**

All pupils in our school including those with special needs are entitled to a comprehensive programme of physical education which fulfils the statutory National Curriculum requirements and takes into account of their individual needs and interests. It may be necessary to amend the activities to meet the needs of individual pupils. We encourage all pupils to participate in extra-curricular activities whatever their levels of ability.

**Differentiation**

Physical activity provision within our school is developmentally appropriate and a variety of teaching and learning approaches and organisational management are adopted to ensure that:

* Tasks are matched to pupils of different abilities, needs and interests by balancing challenge with the likelihood of success
* Pupils at different starting points all make progress
* The achievement of all pupils is maximised by providing variations in tasks, resources, support, and group structure.

IMPACT / Assessment and monitoring

**Assessment, recording, reporting and monitoring.**

An audit if out of school activities is kept indicating the number of pupils participating in physical activities. Levels of participation will be monitored with regard to gender and overall levels of interest. Pupils are monitored during lessons by including assessment criteria in lesson plans, through teacher observation in the lesson and by questioning the pupils to find out what they enjoy/ don’t enjoy about PE.

**Staff training**

Our staff attend training evenings and are supported through PE CPD with our PE coordinators. Our school is part of a local group with the Edenbridge Partnership. There is one meeting a year to organise tournaments for the pupils to compete against other local primary schools and to offer training opportunities. We also are part of the Sevenoaks and Tonbridge partnerships which give us access to school games competitions in a variety of sports.

**Health and safety guidelines**

Risk assessments are carried out regularly and members of staff continually assess the safety of playground activities. All guidelines for physical education and games are followed e.g., supervision, behavior, clothing, jewelry, and use of equipment.

All coaches from other organisations must hold suitable qualifications and will be CRB checked- including parent helpers.

**Promoting physical activity to the whole community**

Parents are sent details of physical activity clubs their children may attend.

Parents are welcome to observe or help where possible. Details of physical activities in the wider community are sent home- especially activities taking place during the school holidays.

**Monitoring and evaluation**

The Physical activity coordinator is Chris Taylor. He is responsible for providing clear leadership and management in developing and monitoring physical activity within school. He monitors levels of participation and makes appropriate adjustments. He consults with pupils and staff to identify barriers to participation and to ensure there is broad range of activities are provided for all pupils to participate in.

This policy is a working document will be reviewed every year to keep updated with provision

Reviewed September 2023 To be reviewed September 2024