

# PE Policy

**The Davenport School**



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# The Davenport School

## Teaching and Learning of Physical Education

### **1. Philosophy**

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Physical Education (PE) contributes to the overall education of all children by helping them to lead full and valuable lives through engaging in purposeful and high-quality activity. It promotes active and healthy lifestyles, physical skills, physical development and knowledge of the body in action. PE enables children to learn confidence, perseverance, team spirit, positive competitiveness and organisation. Children must engage in a programme of PE that encourages fitness, improves their strength and teaches them the rules of games. PE is an integral part of school practices allowing all children in the school to gain a sense of achievement and develop positive attitudes towards themselves and others.

### **2. Aims**

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To promote active and healthy lifestyles all children should;

- Be physically active.
- Adopt the best possible posture and appropriate use of the body.
- Engage in activities that develop cardiovascular health, flexibility, muscular strength and endurance.
- Understand the need for personal hygiene in relation to vigorous physical activity.

To develop positive attitudes all children should;

- Follow the conventions of fair play and honest competition.
- Cope with success and limitations in their performance.
- Persevere with and consolidate their performances.
- Be mindful of others in their environment.

### **3. Role of PE Lead**

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- With the Teacher in Charge to share a role in the monitoring and evaluation of the PE curriculum throughout the school.
- To encourage staff to work within the guidelines laid down in the PE Policy.
- To keep up to date with current good practice and with national changes within the PE curriculum.
- To evaluate and update the Policy and Scheme and resources on a regular basis.
- To oversee an annual inspection of all PE equipment.
- To maintain a high standard of PE teaching in his/her own classroom and ensure that PE keeps a high profile within the school, through sports activities, external support, etc.

#### 4. Entitlement

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Children are entitled to high-quality PE lessons, see below for time entitlements. Individual class timetables refer to the lesson times for PE lessons. These are reviewed annually.

Key Stage	PE (Outdoor)	PE (Indoor)	Dover
Key Stage 1 (KS1)	PE is undertaken off site at a Sports Centre or in terms 1, 2, 5 and 6 on the Astro grass nearby this is once per week.  One Hour.	One Hour	30-minute lessons.  Once a week
Key Stage 2 (KS2)	PE is undertaken off site at a Sports Centre or in terms 1, 2, 5 and 6 on the Astro grass nearby this is once per week.  One Hour.	One Hour	30-minute lessons.  Once a week
Key Stage 3 (KS3)	PE is undertaken off site at a Sports Centre, this is twice per week.  One Hour.	N/A	30-minute lessons.  Once a week

#### 5. Curriculum

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The areas of physical activity (games, gymnastics, dance, athletics, swimming and outdoor activities) are set out in the National Curriculum 2014. The PE curriculum at The Davenport School is based on these requirements and is detailed on the year planner.

Each year group will learn PE in accordance with the long-term planning, this will ensure continuity and progression through school in order to continue to improve standards in PE.

#### 6. Areas of Activity

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##### Games (KS1 and KS2):

Pupils should be taught;

- Simple competitive games.
- A variety of ways to send, receive, strike and travel with/without a ball.
- Games which include running, chasing, dodging, avoiding and awareness of space and other players.
- To develop core skills in attacking, defending, invasion, striking and fielding.
- To play small-sided and simplified versions of net/wall and target games.

**Gymnastics (KS1 and KS2):**

Pupils should be taught:

- To use technical vocabulary.
- To perform basic actions of travelling (turning, rolling, jumping, balancing, climbing).
- To link movements on the floor and apparatus.
- To repeat movements / develop sequences.
- To develop complex movements.

**Athletics (KS1 and KS2):**

Pupils should be taught;

- To develop and refine basic running, jumping, and throwing techniques using a variety of equipment.
- To measure, compare and improve their own performance.

**Outdoor Activities (KS2):**

Pupils should be taught;

- To perform outdoor and adventurous activities in a variety of environments.
- To face physical and problem-solving challenges individually and collaboratively.

**Sports Centre (KS1,2 and 3):**

Pupils should be taught;

- To perform in coaching sessions accessing the sports centre facilities.
- To participate in team games.
- To participate in competitive sports.

**At The Davenport School PE will be taught through:**

- Exposition (demonstration, explanation, and instruction) by the teacher to the class, groups or individuals.
- Practical activity and related discussion.
- Co-operative group work.
- Consolidation and practice of fundamental skills.
- Opportunity to discuss and reflect on their work through a plenary.
- Use of professional/qualified coaching.
- Extended high-quality provision through after school activities making use of professional / qualified coaches.
- Use of community facilities – local sports centre.

**At the Leisure Centre Swimming Pool:**

Due to their experiences many of our children have not had an opportunity to learn to swim and or even been in the water. Within The Davenport School we start gradually with them

developing confidence progressing to swimming and then mastering more advanced techniques and strokes. The children are taught by qualified and registered swim teachers.

- Get Comfortable in the Water.
- Water awareness.
- Get your face wet.
- Learn to Float.
- Practice with a Flotation Device.
- Swim Without the Device.
- Practice different strokes.
- Swimming underwater.
- Distance awards.

## **7. Planning, Assessment, Recording and Reporting**

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### **Planning:**

Lesson plans (annotated from the schemes of work) show more detailed learning objectives and differentiated activities.

### **High-Quality lessons should include:**

- A statement of the learning objective.
- A whole class Risk Assessment.
- Teaching the children to warm up safely.
- The teaching of skills and techniques.
- The application and adaptation of learnt skills in games activities.
- Modelling of correct technique.
- Use of correct and specific technical vocabulary.
- Performance and evaluation of each other's work.
- Work which reflects the learning objective.
- Teaching the children to cool down safely.
- Teaching the children, the impact PE has on their bodies.

### **Assessment:**

Summative and formative assessment in PE is carried out by class teachers;

- Informally during the course of teaching through observation.
- Children to complete a self-assessment at the start and end of each unit of work, this self-assessment tool to be used to support children in being reflective in their lessons and with their achievements.

- At the end of each unit of work teachers to complete pupil assessments in order to update the children's attainment and progress in that area of PE.
- These are used to assist in reporting to the parents and passed on to the following class Teacher.
- To inform future planning.

**Inclusion:**

In accordance with the school's Inclusion Policy, PE activities are differentiated to meet the needs of each pupil.

*More Able and Talented* pupils and children with *Special Educational Needs and Disability* will be identified through a range of activities. Their needs will be met through the development of individual or group programmes that encompass a range of learning styles and are designed to enrich the curriculum.

**Equality:**

Teachers will ensure that all pupils have fair access to the PE curriculum, regardless of gender, race, or ability, in accordance with the school's Equality Policy.

**8. Resources**

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All Teachers have access to centrally stored PE resources, they are kept in two locations; indoor and outdoor stores. All PE resources are checked regularly to ensure that they meet health and safety requirements, in addition to this, all resources are audited annually.

**9. Health and Safety**

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Everyone has a duty under Health & Safety guidelines to ensure PE activities are carried out with due regards to the safety of staff and pupils in line with school, Local Authority and Health & Safety Policies. Advice can be sought from the Local Authority's adviser, or the staff members responsible for Health & Safety.

Reference should be made to the school's Risk Assessments, staff should carry out Risk Assessments with the children at the start of all PE lessons;

- All equipment, apparatus and environment should be checked before the start of every lesson by teacher and is the responsibility of the teacher.
- Children should be given health and safety guidance through the lesson.
- All jewellery should be removed and stored safely before each lesson.
- If children wear stud earrings they should be taken out by the child, if this is not possible, the child should be given tape to cover their earrings. Children must place and remove the tape independently.
- All long hair should be tied back.
- Suitable clothing should be worn for each lesson.
- Children should not engage in physical activity without the correct kit.
- All children taking part in indoor PE should be bare foot or suitable footwear for indoor PE (pumps / trainers).
- All children with verruca's should wear pumps.

- Children who do not have a PE kit will take part in the lesson as an observer rather than a participator.
- Every child must have a school PE kit, they should bring it into school at the beginning of a half term and take it home at the end of a half term for cleaning. Children will not be allowed to share or borrow PE kits from siblings or other children in school.

When travelling to sporting activity, the appropriate Risk Assessments are completed, and the followed issues addressed;

- All children wear seat belts.
- All supervising teaching staff to be aware of risk assessment for offsite activities.
- All transporting vehicles to be fully insured.
- Carers / parent's permission for taking children out of school obtained.

Safe-practice standards are consistently applied by staff, students, and other visitors, across all aspects of the school.