



## **PE POLICY**

### **Introduction**

At Waverley Primary School we recognise the importance PE plays in the curriculum and are committed to providing all children with opportunities to engage fully in Physical Education (PE). PE should provide opportunities for all pupils to become physically literate and confident in a way which also supports their health and fitness. Children should acquire not only physical skills, knowledge and understanding, but also the awareness and importance of leading healthy, active lives, as well as the values of sportsmanship, fairness and respect through the sports and activities they undertake.

## **PE INTENT, IMPLEMENTATION AND IMPACT**

### **INTENT**

At Waverley Primary School, Physical Education (PE) is an integral part of our Curriculum that is inclusive and engages all pupils, in a supportive and challenging environment. We aspire for children to acquire, develop and refine their practical skills and techniques; to further their knowledge and understanding of PE concepts and principles and develop their overall competence, to enjoy, and excel in, a broad range of sports and physical activities.

We aim to deliver high-quality teaching and learning opportunities which enable all children to succeed; to enjoy their learning; to be resilient and consistently strive to give their best efforts at all times and achieve their potential and personal best.

Children participate in competitive sport and through this we teach children how to cooperate and collaborate effectively as part of a team and compete appropriately against others, adhering to the principles of fairness, sportsmanship and respect, values we hope to embed for future life.

We understand the importance PE, School Sport and Physical Activity has on children's general health, fitness and mental wellbeing. We provide opportunities for all children to be physically active for sustained periods of time and we teach children the importance of leading healthy, active lives and making informed and appropriate lifestyle choices.

Swimming is an important life skill and we aspire for all children to leave primary school being able to swim at least 25 metres.

### **IMPLEMENTATION**

- PE provides challenging and enjoyable learning through a range of sporting activities including; Invasion Games, Net & Wall Games, Strike and Field Games, Gymnastics, Athletics, Dance, Outdoor & Adventure Activities and Swimming.

- Children participate in one PE lesson each week, covering one sporting activity every half term.
- The emphasis of our PE curriculum is inclusion for all children regardless of sporting ability. We provide suitable learning opportunities for all children, including those with SEND.
- All Children are taught by a qualified PE specialist
- Children in Year 4 attend a swimming crash course which requires them to swim for 10 days consecutively where they will be assessed.
- We promote both participation and competition through P.E and sport. We ensure all children experience competition at some level, individually or in a team, within lessons or to represent the school.
- All children in KS1 and KS2 have the opportunity to participate in extra-curricular sports activities throughout the year
- We have an annual inclusive Sports Day, with the emphasis on participation and achievement for all.
- All children participate in whole school weekly sessions of “The circle of fitness “, to promote health, fitness, mental wellbeing and personal challenge and resilience. Children compare their performances with previous ones and strive to improve their personal best. Competing with others fosters a sense of team spirit and cooperation amongst our children.

## **IMPACT**

At Waverley Primary School, we ensure that our PE curriculum is inclusive and progressive and allows all children the opportunity to acquire and develop fundamental knowledge, understanding, skills and techniques and apply these to a wide variety of different sports and activities. PE lessons are fun, enjoyable and challenging and all children can achieve, to the best of their ability, in a supportive, safe and stimulating environment. Our pupils are physically active, and this has a positive impact on their learning in the classroom. Children understand how to lead a healthy lifestyle and understand the importance of regular exercise and activity for their physical and mental wellbeing. We aspire for all children to enjoy PE and develop a love of sport and physical activity, which hopefully becomes part of their future life outside of Primary School. Children have opportunities to participate in sport after school can also represent the school at sporting events.

### **Aims:**

#### **The consistent delivery of high-quality PE lessons which are exciting, challenging and enjoyable and provide many varied learning opportunities**

- Develop knowledge, skills and understanding across a broad range of sporting activities.
- Engage in moderate to intense physical activity over sustained periods of time.
- Participate in competitive sports and activities.
- Lead healthy and active lives, picking up positive habits for their future lives.
- To compete in games and activities in a collaborative team.
- To promote safe practice in all sports and activities.
- To use sport to build pupils self-confidence and self-esteem.

- To encourage involvement in extra-curricular sporting activities and develop community and club links
- Increase participation in competitive sports both in and out of School.

## **PE Curriculum**

### **Key stage 1**

Pupils 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. Pupils should be taught to:

- Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, 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.

### **Key stage 2**

Pupils 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. Pupils should be 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.

### **Swimming and water safety**

Pupils should be taught to:

- Swim competently, confidently and proficiently over a distance of at least 25 metres
- Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]
- Perform safe self-rescue in different water-based situations

### **Assessment & Recording**

Assessment is carried out by the PE Lead. Children will be levelled as either Emerging, Developing, Secure or Exceeding, in accordance with Age Related Expectations, as per the

Assessment Procedures for the curriculum areas covered. Swimming will be assessed by the swimming instructors. The Swimming data will be published on the School Website, as per National Guidance.

	<u>Autumn 1</u>	<u>Autumn 2</u>	<u>Spring 1</u>	<u>Spring 2</u>	<u>Summer 1</u>	<u>Summer 2</u>
<b>Nursery</b>	Multi skills	Dance	Gymnastics	Multi skills	Multi skills	Multi skills
<b>Reception</b>	Athletics	Dance	Gymnastics	Multi skills	Multi skills	Multi skills
<b>Year 1</b>	Athletics	Multi skills	Gymnastics	Multi skills	Net and wall	Strike and Field
<b>Year 2</b>	Athletics	Multi skills	Gymnastics	Multi skills	Net and wall	Strike and Field
<b>Year 3</b>	Athletics	Invasion games	Gymnastics	Net and wall	Strike and field	OOA
<b>Year 4</b>	Athletics	Invasion games	Gymnastics	Net and wall	Strike and field	OOA
<b>Year 5</b>	Athletics	Invasion games	Gymnastics	Net and wall	Strike and field	OOA
<b>Year 6</b>	Athletics	Invasion games	Gymnastics	Net and Wall	Strike and field	OOA

### Participation in PE

We aim for full participation in every PE lesson and aim to do this by:

- A wide range of imaginative resources and teaching strategies are used to actively engage pupils in participating in lessons.
- Our curriculum takes into consideration the range of pupils' needs to ensure continuity and progression in learning is provided and PE lessons will be suitably differentiated in order to support and challenge pupils.
- Ensure that pupils of all abilities are able to access the PE curriculum by providing alternative or different resources to develop new skills and ensure a positive relationship with physical activity from an early age.
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### PE Uniform

Children should come to school wearing their PE kit on their PE day. The PE kit is as follows:

- Green Waverley t-shirt
- Black shorts, Black jogging bottoms or black leggings.
- Trainers or black PE pumps
- Green Waverley hoodies, jumpers or cardigans