

# Woodbridge Junior School



## Physical Education Policy 2021/2022

# Physical Education (PE) Policy

## Curriculum Intent

At Woodbridge Junior School, Physical Education plays an important part in our school life. We firmly believe that Physical Education prepares pupils to be able to succeed in all areas of their life. We believe that Physical Education contributes towards a child's success academically as well as supporting their engagement in a wider society. At Woodbridge Junior School, we achieve this by participating in a range of activities using the skills acquired through our varied and broad Physical Education curriculum.

Here at Woodbridge Junior School, we aim to nurture a life-long love of physical activity. We aim to enthuse children to continue a healthy, active lifestyle outside of school and we encourage children to have high expectations and aspirations. Skills taught during physical activities at Woodbridge will help children to learn new sporting skills in the future. We believe that our PE curriculum will provide the children with the confidence to further develop their current skills as well as developing skills in leadership and working within a team - transferrable skills to further any future endeavours.

Our Physical Education lessons will include a broad range of individual disciplines such as gymnastics, dance and athletics, also team sports and games. Through these sports, children should learn the skills of both cooperation and competition. During KS2, the range of games and sports taught will be broader and more ambitious. Children will also take part in outdoor and adventurous activities during their whole class Forest School sessions. They will attempt to achieve personal bests in various activities.

At Woodbridge Junior School, our aims and objectives for PE are:

- To encourage an interest in exercise and an active lifestyle.
- To introduce young children to new sporting activities in a way that is enjoyable and fun.

- To help children develop their awareness of the space around them and tactics used to change the outcome of a game.
- To develop their balance and coordination skills.
- To lay the foundations for future activities.
- To access wider variety of input days from inspirational sports people.
- We aim to do this by widening of curriculum offer for Sports and Physical activity.

## **Curriculum Implementation**

Long-term planning, using our schemes of work, ensure children at Woodbridge have access to an ambitious curriculum and effective teaching is in place by using varied approaches.

Children are to have 1 x 45-minute lessons of PE a week, led by Amber Valley School Sport Partnership (AVSSP Coach).

As a school we aim for all children to be active for at least 30 minutes or more a day, which includes: PE, Dance, break times, lunchtimes, Forest School sessions and active breaks. We aim for children to be physically active for a sustained period of time in the classroom for 1 x 30 minutes or 2 x 15 minutes a week.

We also run a range of lunchtime and afterschool sports clubs, plus compete in a variety of sports competitions.

Swimming is currently accessed by all Year 5 children, who will have 30minute lessons per week throughout the school year. Year 6 children will also receive blocks of 45 minute lessons. These are catch-up sessions as a result of the pandemic.

Dance is currently taught to all year groups, who all access a 4-week block teaching of a dance topic.

We follow the National Curriculum, with a rich and varied coverage, with schemes of work being planned long-term at the start of the academic year.

## **Equipment and Clothing**

We provide all new starters with a PE kit and bag.

All children should come to school on a Tuesday, which is our PE day, in their PE kit.

The uniform for PE and afterschool clubs is a white T shirt and navy blue shorts. In colder weather, a black or navy blue tracksuit can be worn. Trainers should be provided for outdoor use. Inside PE can be barefoot although plimsolls can also be worn.

All jewellery should be removed. In the event any jewellery cannot be removed, then it should be taped up using first aid tape. Hair should be tied up when possible.

## **The curriculum**

The curriculum that is followed is based on the guidance given in the revised National Curriculum for KS2.

The National Curriculum for physical education aims to ensure that all pupils:

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

The children are taught to know the skills relating to and have an understanding of:

- Team Games
- Net and Wall Games
- Striking and Fielding Games
- Swimming and Water Safety

- Dance
- Outdoor Pursuits
- Gymnastics

Pupils should continue to apply and develop a broader range of skills, continuing from KS1, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating, working within a team 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 and how to cope with losses.

During PE sessions children are given the opportunity to work as small groups, as individuals and as part of a larger group. The choice of class organisation is determined by the learning task. By its nature, PE will involve lots of interaction with visual, auditory and kinaesthetic prompts. Lessons involve a range of activities but all usually following a progression in skills.

## **Inclusion**

All pupils, regardless of special need, race or gender, shall have the opportunity to develop their PE capability. The school promotes equal opportunities, inclusion and fairness of distribution of PE resources.

We recognise that there are more ways of defining success, all our pupils can achieve success through our broad and balanced curriculum, ensuring lessons are sequenced with knowledge, skills and cultural capital.

Positive images of physical activity by people of both sexes will be promoted.

The school recognises the motivational advantages of the use of PE by children with special educational needs.

At Woodbridge Junior School we believe that different approaches to teaching are effective. Therefore, we are always looking at ways to improve as better teaching means better learning for our children.

## **Curriculum Impact**

### **Assessment, Record Keeping, Reporting**

Most assessment is formative and is used to support teaching and learning and inform future planning. The Sports and Activity Lead will work in collaboration with the AVSSP Coach and assess the children's progress in PE based on their achievement of the learning objectives in PE lessons.

### **Monitoring**

Monitoring is carried out by the PE coordinator (Sports and Activity Lead) and members of SLT. Monitoring will include analysis of participation in extra-curricular activities, intra-school competitions and inter-school competitions. This will then be broken down into gender and whether the child is on the SEN register or is a Pupil Premium child. Information from monitoring will be used to choose afterschool sports clubs that will encourage other children to take part.

Evidence of impact of all actions will be seen in School Sport Report and Pupil Survey in July 2022

Update and review: September 2022