

# Woodbridge Junior School



## Physical Education Policy 2020

## Physical Education (PE) Policy

### **Curriculum Intent**

In our school we teach physical education (PE) to all our Key Stage 2 children as part of our school curriculum.

We believe that PE prepares pupils to be able to succeed academically, live a healthy lifestyle and engage in wider society in their future. We achieve this by physically and socially participating in a wide range of physical activities using the skills they acquire through our varied and broad physical education curriculum. We also aim to enthuse children to continue a healthy, active lifestyle outside of school and we encourage children to have high expectations and aspirations. Skills that they will access, will, in the future help them to learn new sporting skills and rules or improve their competence in sports they have already participated in, while also building teamwork skills which are vital in future endeavours.

Physical Education lessons will continue to 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, and the 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, and to transfer this reflective and self-improving attitude to their academic work and contribution to wider society.

### **Aims and Objectives**

At Woodbridge we aim to teach and promote a range of skills and experiences relating to PE and sport:

- An interest in exercise and an active lifestyle.
- A willingness to try new sporting activities in a way that is enjoyable and fun.
- An awareness of the space around them and tactics used to change the outcome of a game.
- Developing their balance and coordination skills.
- Accessing a wide variety of input days from Inspirational sports people.

We aim to do this by offering a wide curriculum offer for Sports and Physical activity.

## **Curriculum Implementation**

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

Children have 1 x 45-minute lessons of PE a week, led by Amber Valley School Sport Partnership (AVSSP) Coach. The class teacher jointly leads these lessons, learning from the AVSSP coach's expertise and experience.

As a school, we aim for all children to be active for at least 30 minutes or more a day, which includes: PE, break times, lunchtimes, Forest School sessions and at least 1 weekly session of either DTF Fitness (Do Think Feel Fitness) or a physically active classroom session of 1 x 30 minutes or 2 x 15 minutes a week.

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

Swimming is currently accessed by all year 4 children, who have 1 x 30minute lesson per week throughout the school year.

Dance is currently taught to all year groupwho all access 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 have their PE kit in school every week.

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

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

## 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 continue to apply and develop a broad 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 are encouraged to develop the skills of communicating, collaborating, working within a team and competing with each other. They develop an understanding of how to improve in different physical activities and sports, learn how to evaluate, recognise their own successes 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 follow a progression in skills.

## **Inclusion**

All pupils, regardless of special need, race or gender 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 multiple ways of defining success; all our pupils can achieve through our broad and balanced curriculum.

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

The school recognises the motivational advantages 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 2020

Update and review: September 2022

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