



Rowde C of E Academy

Learn, Grow, Love

PE Policy

Date agreed: September 2020

Review Date: July 2022

Rowde PE Statement of Intent

At Rowde we believe that PE is a vital part of educating the whole child, ensuring that they have the skills, knowledge and understanding to lead a healthy life now and in the future. We believe that PE provides children with the opportunity to learn about physiology, health, well-being, relationships and personal target setting and challenges. This could be within competitive sports, PE lessons, fitness activities or a range of other outdoor activities.

We aim to provide a PE curriculum that children from EYFS to Year 6 enjoy and fully participate in but which also allows them to experience a range of activities that help them to develop their health, fitness and wellbeing. We intend to offer a high-quality physical education curriculum that inspires all children to succeed and excel in competitive sport and other physically-demanding activities. It provides opportunities for children to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness, teamwork, resilience and respect.

At Rowde we recognise that children come to PE with a range of experiences and abilities and make sure that all children are fully supported within PE whatever their needs- medical, physical, SEND or well-being. PE at Rowde is fully inclusive and recognises and supports everyone.

Aims

At Rowde we aim to provide each child with access to a broad and balanced programme of activities which are accessible and challenging. Developing the children's fundamental movement skills, so that children at different stages of development, of varying ability and of either gender, have the opportunity to experience a variety of athletic activities, gymnastics, dance and outdoor pursuits as prescribed by the National Curriculum, in as safe an environment as possible.

In order to do this, we aim to:

- Stimulate and maintain pupil interest and enjoyment in PE and physical activity and to promote health and fitness for current and future lifestyles.
- Enable children to be familiar with a body of knowledge, principles and vocabulary to relate to PE.
- Enable children to see PE as: i. a major feature in our lives, related to employment, leisure and culture. ii. part of a wider body of knowledge and skills, e.g. interpersonal and problem-solving skills.
- Enable children to: understand and use safe practice and to appreciate its importance in PE. Understand the short- & long-term effects of exercise on the body. Understand the role of exercise in a fit and healthy lifestyle.
- Enable children to develop a range of desirable personal qualities focusing on Rowde's core Christian values- Respect, Optimism, Determination, Wisdom, Enthusiasm and Love.
- Enable children to work independently and as part of a group or team in varied activities so as PE contributes to the development of core skills such as communication by speech.
- Employ teaching methods and resources that will allow all children to have equal access to PE and to experience success and enjoyment in their PE work.

Complete PE

Staff teaching PE, which includes Acorn PE staff will plan and teach PE lessons using the Complete PE scheme of work. The Complete PE programme provides fun and simple to follow Schemes of Work and support for Early Years Foundation Stage, Key Stage 1 and Key Stage 2 practitioners that give them the confidence and skills to deliver outstanding PE.

It is fully aligned to the proposed National Curriculum and Ofsted requirements and focuses on the development of agility, balance and coordination, healthy competition and cooperative learning. The foundations of the Schemes are based on Fundamental Movement Skills (FMS) of agility, balance and coordination, inclusive competition and broader essential holistic skills (creative, cognitive, social and personal skills).

Safety

Safety is an important aspect of PE and children are encouraged to show concern for their own and others safety whilst taking part in PE activities and moving equipment and apparatus.

The importance and understanding of warming up and cooling down to prevent injury is taught as well as the need for a controlled, quiet working atmosphere when appropriate. Care of equipment is taught and where appropriate children are taught how to 'put out' and 'clear away' apparatus and equipment (under adult supervision) as part of the lesson.

PE Kit:

- Blue t-shirt
- Blue or black shorts
- Blue tracksuit bottoms – that are designed as sportswear and not fashion. } Only outdoor.
- Blue Tracksuit tops – as appropriate.} Only outdoor.

If a child consistently forgets their PE kit, a letter will be sent home to remind parents of the requirements and to ensure that all children are able to enjoy a varied and fulfilling PE curriculum.

The health and safety reasons for this are emphasised and the responsibility for remembering kit should be fostered. (For hygiene reasons children should not be wearing the same items of clothing that they wear for general school use NB: this is over-ruled by the current AET Risk assessments in place during Covid-19).

- Indoor work will be done in bare feet to promote freedom of movement, increased agility and safety on apparatus. Tracksuit bottoms or jumpers should not be worn.
- Outdoor work requires appropriate sports' footwear, i.e. trainers with laces (not the slip on fashion trainers, as these do not support the ankle when running). Children should be wearing trainers – school shoes are not acceptable.
- All jewellery MUST be removed before PE lessons and teachers will check that this is the case. Stud earrings may be covered with tape.
- Long hair must be tied back.

Staff should dress appropriately to take part in PE lessons. If the teacher is wearing a change of clothing and footwear, children will be encouraged to see the health, safety and hygienic reasons for their own changes in clothing. It is also more comfortable.

Time Allocation

All children in KS1 and KS2 receive at least 2 hours of PE per week as is the Government departmental guidance recommendation.

Any child who has been excused from the PE lessons should observe, assisting the teacher wherever possible. It will be at the discretion of the teacher whether they work with a T.A. inside on other curriculum areas of work.

EYFS

The Foundation Stage Physical Development is a prime area in the EYFS, and subsequently we encourage the physical development of our children as an integral part of their learning. We use the guidance set out for Early Years Foundation Stage as a basis for planning the physical development of the children. We encourage the children to develop confidence and control of the way they move, and the way they handle tools and equipment. We give all children the opportunity to undertake activities that offer appropriate physical challenge, both indoors and outdoors, using a wide range of resources to support specific skills.

The Department of Health say to aim for at least three hours of physical activity across the day for children in the early years. But every movement counts and you don't need to plan extra activities, just make the most of everyday opportunities.

Equal Opportunities

Equal Opportunities In the teaching and learning of PE, every child has the right to equal opportunities regardless of their gender, ethnicity or physical/academic ability. We ensure the individual is educated in an environment where he/she feels respected and valued ensuring equal access to equipment, delivering a curriculum free from stereotyped ideas; not using exist or racist language and having equally high expectations of children regardless of their gender, ethnicity or ability.

Extra-Curricular Activities

We are committed to recognising the importance of physical activity and competitive sports outside the curriculum. We believe that links with feeder secondary schools, Primary Games, local sporting clubs and organisations and the provision of extracurricular activities and competitions organised by the school is a positive experience. This experience gives the children to challenge themselves personally, take pride in representing their school and also develop a range of physical, sporting and personal skills.

Children are given regular opportunities to represent Rowde School in various sporting events throughout the local community, partnerships with feeder secondary schools and the Primary Games. Children are provided with opportunities for skill development sessions run by local sporting clubs.

We also have links to various inter and intra school clubs that operate after school hours. Students are encouraged to participate in these clubs, where possible, to further promote an awareness of the value of physical activity and develop a range of sporting and personal skills.

Co-ordinator

The PE co-ordinator is responsible for:

- The PE policy and scheme of work, in liaison with Acorn PE.
- Safety checks on resources and equipment.
- Offering appropriate advice, support and current information to teachers/other adults linked to the school.
- Monitoring the continuity, progression and assessment.
- Provision and organisation of resources.
- Keeping abreast of new developments, participating in and providing INSET when appropriate.
- Liaising with other schools, the Primary Games area lead and outside sporting providers to organise and participate in inter sporting competitions and events.
- Maintaining the Subject Leader folder, kept in the Staff Work Room.

PE and Sport Premium

The school is currently in receipt of the national PE and Sports Premium. The premium is used to fund additional and sustainable improvements to the provision of PE and sport, for the benefit of our children and to encourage the development of healthy, active lifestyles. The use of the premium is published on the school website, by the end of the summer term.

What is published on the website

- the amount of premium received
- a full breakdown of how it has been spent (or will be spent)
- what impact the school has seen on pupils' PE and sport participation and attainment
- how the improvements will be sustainable in the future
- what percentage of children within their year 6 cohort for the current academic year can do each of the following:
 - swim competently, confidently and proficiently over a distance of at least 25 metres
 - use a range of strokes effectively
 - perform safe self-rescue in different water-based situations

A spreadsheet is maintained by AET to monitor the investment.

Related policies

Assessment Policy

Behaviour Policy

Curriculum Policy

Equality and equal opportunities Policy
and safety Policy

SEN Policy

AET Covid Risk Assessments