
QUEENSWAY SCHOOL PE POLICY



Introduction

At Queensway our vision for Physical Education is to inspire all children to fulfil their ambition by exploring their potential. We believe that physical education experienced in a safe and supportive environment, is a vital contributor to this as well as a child's physical, intellectual and emotional health, personal development and well-being, particularly their self-esteem. The P.E curriculum aims to provide opportunities to teach pupils the vital multi-skills needed to participate and compete in sports as well as the importance of looking after their own bodies and to establish habits of participation in enjoyable physical activity. We believe that PE also equips children with core life skills, such as teamwork, communication and ambition and gives opportunities for the children to apply the school values of kindness, respect and resilience.

Aims

At Queensway we aim that all children will:

- Be physically active and find enjoyment in physical activity.
- Find a lasting sense of purpose, achievement and fulfilment in physical activity which may continue into after school and out of school clubs.
- Develop physical skills, habits and interests that will promote a healthy lifestyle.
- Develop positive attitudes to physical endeavour including perseverance, fair play, sporting behaviour and the ability to cope with success and failure.
- Learn how physical exercise affects the body.
- Understand the need for safe practice in physical activities and know how to achieve this.
- Understand the link between mental health and physical activity and the benefits that being active can have on their wellbeing.

Roles and Responsibilities

It is the classroom teacher's responsibility to teach, using the 'Get Set 4 PE' scheme of work and assess PE with the support of the PE Leader and sports mentors. It is also the teacher's responsibility to attend PE Continuous Professional Development courses which will keep them up to date with current PE practices. The teacher leading the PE session is responsible for ensuring that any children needing additional medication (for example asthma inhalers or Epi pens) is readily available.

The PE Leader is responsible for monitoring the teaching and learning in PE and to facilitate PE by updating the policy and reviewing the scheme of work, co-ordinating and/or providing INSET and identifying the need to update resources and equipment. The PE Leader is also responsible for attending PE meetings arranged by NOSSP and feeding back important information from these meetings to all staff.

The school is responsible for providing, through Government funding and links with NOSSP, Continuous Professional Development for all staff with the use of professional PE mentors as well as ensuring regular attendance to level two sports competitions for children. The PE Leader will also be responsible for ensuring that all children are given the opportunity to take part in intra school competitions that both inter and intra competitions are communicated and celebrated with parents/carers.

Curriculum

Children in EYFS at Queensway are exposed to physical activity in a variety of ways, as well as the 'physical development' section of the EYFS framework, in the Birth to Five document. Children have daily access to outdoor areas, where they experience a range of activities, such as riding bikes, climbing on a climbing frame and ball skills as well as indoor activities, such as 'dough disco'.

Children will also have one scheduled PE lesson, following the 'Get Set 4 PE' scheme. Children also learn about the importance of staying healthy and active during informal conversations and circle times.

The aim of PE in the EYFS is for children to feel confident trying new activities, developing their independence and resilience, whilst facing new challenges. In doing so, children will also be learning how to take turns and work cooperatively. PE and physical development also allows the children to develop the characteristics of effective learning – playing and exploring, active learning and thinking critically.

Each child at Queensway Primary School, in Key Stages 1 and 2 receives 2 hours of Physical Education curriculum time per week. The teaching of the Physical Education curriculum is broken into the following areas of activity:

- Dance
- Gymnastics
- Invasion Games
- Net and Wall Games
- Striking and Fielding
- Athletics
- Swimming

As well as these lessons, all children participate in physical activity throughout the day, including the weekly mile, active brain breaks using active videos, active play at break and lunch with the support of teaching assistants and Playground Leaders, an active After School Club and active lessons, focusing on the children moving around and increasing their levels of physical activity.

Children in Year 5 participate in three half terms of weekly swimming lessons (classes swap after three half terms), which are facilitated by qualified swimming instructors at Queensway School, as well as Spiceball Leisure Centre. Our mission is to enable these pupils to have continuous weekly lessons in order to meet National Curriculum expectations.

- Swim competently, confidently and proficiently over a distance of at least 25 metres.
- Use a range of strokes effectively (e.g. front crawl, backstroke and breaststroke).
- Perform safe self-rescue in different water-based situations.

In addition to PE lessons, children in Nursery, Foundation Stage, Year 1, 2 and 3 also attend Forest School sessions, where they can develop their fine and gross motor skills in a different environment using various materials not available in the classroom. Children are also learning how to be active outside in different ways.

Planning and Progression

The school has designed its own bespoke curriculum that is designed around the NOSSP competition timetable. This ensures that children learn and develop skills in a specific sport and then have the

opportunity to be able to apply these skills in a competition situation. The Queensway curriculum is a fully inclusive curriculum that follows objectives of the National Curriculum and uses Get Set 4 PE, to achieve this. A whole school Long Term Curriculum map ensures progression and continuity within the Key Stages and each topic is taught in termly blocks. Planning is used and adapted from the Get Set 4 PE website.

Extra-Curricular Activities

At Queensway we endeavour to provide a range of PE related activities for children outside of the curriculum. All sports clubs are delivered by qualified and DBS checked coaches or teachers who run high quality sessions. The school clubs are updated twice a year and change according to the children's interests.

Through our membership with NOSSP, children are given regular opportunities to represent our school in many competitions and festivals during the school year. The school has links to various sporting organisations through the NOSSP and will signpost children to these clubs to help them seek their true potential.

Health and Safety

All teachers are responsible for safety in their own lessons and will maintain good behaviour management to ensure the safety of all pupils. All pupils must be taught how to handle and carry apparatus and resources appropriately. They should be taught to recognise hazards, assess the consequent risks and take steps to control the risks to themselves and others. They will be taught the importance of warming up and cooling down activities at the start and end of all sessions.

Risk assessments must be prepared by class teachers and checked by the Headteacher for any physical education activity outside of school. These risk assessments must follow LA guidance (see EVC folder for procedures & practice).

All children should:

- Get changed for PE lessons. Children without kit will be provided with spares where appropriate.
- Wear appropriate footwear for the lesson (or where appropriate, have bare feet).
- Have appropriate kit for the lesson. Additional clothing is recommended for outdoor PE sessions e.g. a tracksuit, leggings and/or jumper.
- Remove all jewellery. If for any reason it cannot be removed, it will be taped over using first aid tape.
- Tie long hair back
- Respond to the whistle or teacher commands
- Recognise health and safety considerations within the area they are working
- Recognise the need to work in a safe space and not take risks with height
- Wear either a swimsuit or trunks for swimming sessions and cover their heads with a swimming cap. Spiceball Leisure Centre rules dictate that swimming shorts are not to be worn for swimming sessions. The use of goggles is only permitted following the guidance of the swimming instructors at Spiceball Leisure centre.

Equipment and Resources

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

Inclusion

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

Children in years 5 and 6 change separately due to the onset of puberty however all children are given the choice of changing in private if they so wish. All children change privately at swimming lessons.

Assessment and Recording

At Queensway formative and summative assessment is used to determine the abilities of each child in each unit of PE which will be used to inform their next steps of learning. Teachers use resources provided by Get Set 4 PE including Assessment Checklists and the Ladders of progression.

Records of children's progress and achievement in P.E are completed after each unit of work.. The teacher will pass on their assessments to the next teacher at the end of each academic year.

Children whose P.E skills exceed the National Curriculum level for their age are signposted to outside clubs and invited to special events run by the NOSSP to heighten their skills.

Review

This policy will be reviewed every three years by the Head Teacher and the Senior Leadership Team.

Head Teacher Date