



## **P.E. Policy**

<b>Approved by:</b>	<b>Full Governing Body</b>
<b>Date:</b>	<b>4<sup>th</sup> November 2021</b>
<b>Review date:</b>	<b>November 2024</b>

**UNCRC 24** Every child has the right to the best health care possible, clean water to drink, healthy food and a clean and safe environment to live in. All adults and children should have information about how to stay safe and healthy

**UNCRC 28** Every child has the right to an education.

**UNCRC 31** Every child has the right to have fun in the way they want to, whether by playing sports, watching films, or doing something else entirely. They have the right to rest, too.

### **Intent of the PE Curriculum**

At West Moors Middle School, the physical education curriculum is designed to allow pupils to transfer key skills to their long-term memory. The fundamental skills, knowledge and concepts for physical education are outlined in the National Curriculum where they are categorised into six areas of activities, these are games, gymnastics, dance, athletics, swimming and outdoor and adventurous activities to ensure breadth, balance, continuity and progression. This results in building new skills and knowledge based upon what has been taught before, allowing all pupils to **work towards clearly defined end points**.

Physical Education develops pupils' physical competence and confidence and their ability to use these to perform in a range of activities. It promotes skilfulness, physical development and knowledge of the body in action. Physical Education provides opportunities for pupils to be creative, competitive, co-operative and face up to different challenges as individuals and in groups and teams.

It promotes positive attitudes toward healthy and active lifestyles. Pupils learn how to think in different ways to suit a wide variety of creative, competitive, cooperative and challenging activities. They learn how to plan, perform and evaluate actions, ideas and performances to improve their aptitudes, abilities, preferences and make choices about how to get involved in lifelong physical activity.

We develop children's experiences and understanding of physical education by providing children with **memorable learning opportunities** within school, afterschool and within the wider community. For example, Sports Day, inter-house competitions, after-school clubs and inter-school competitions. The school provides a coherently planned curriculum, sequenced towards cumulatively sufficient knowledge, skills and cultural capital through informative teaching and learning activities and enhancement experiences.

### **We therefore intend that all pupils will:**

- Be physically active and find enjoyment in a wide variety of physical activities.
- Feel a sense of privilege from the opportunity to use and improve their bodies.
- Find a lasting sense of purpose, achievement and fulfilment in physical activity.
- Develop physical skills, habits and interests that will promote a healthy lifestyle and good posture.
- Develop positive attitudes to physical endeavour including perseverance, fair play and sporting behaviour, and the ability to cope with success and failure.

- Understand the effects that physical exercise has upon the body in the long and short term.
- Understand the need for safe practice in physical activities and know how to achieve this.
- Develop gross and fine motor skills through a programme that enables children to improve and refine their performance.
- Understand the importance of warming up and cooling down.
- Work in a variety of settings including partner, small group and team level activities.
- Be mindful of others and the environment in which they practise.
- Recognise and follow relevant rules, laws, codes, etiquette and safety procedures for different activities or events, in practice and during competition.
- Learn to plan, perform and evaluate actions, ideas and performances to improve their quality and effectiveness. Through this process pupils discover their aptitudes, abilities and preferences, and make choices about how to get involved in lifelong physical activity.
- Develop an understanding of the importance of healthy eating for optimal physical performance.
- Focus, build-upon and learn key vocabulary to develop understanding of concepts fundamental skills and physical education knowledge.
- Build in memorable experiences to promote deep learning.

We use a range of **pedagogical practices** in the teaching of physical education to ensure that we are successful with our Intent. This can range from small group tasks, individual tasks, whole class tasks. We focus a lot on teacher modelling, expert questioning, giving children memorable experiences and over-learning to ensure that key knowledge is transferred to children's **long-term memory**.

### **Implementation of Physical Education Curriculum**

#### **Subject Leadership:**

Physical education has a **progressive and sequential learning journey** that has been written by the subject co-ordinator to meet the needs of all pupils at West Moors Middle School.

The subject co-ordinator is responsible for:

- The design, review and implementation of the learning journey (overseen by the AHT Curriculum, the Headteacher and the Governors)
- The budget in their subject for which they are accountable to governors
- Observing and giving feedback to staff/ coaches supporting on lessons across the key stages
- Conducting pupil interviews to gain an idea of the pupil's thoughts and feelings about the physical education topics they have studied and feed these into physical education moderation ensuring all children make at least good progress

The implementation of this Physical Education policy is the responsibility of all staff engaged in the learning and teaching of physical education. All children have access to a minimum of two hours timetabled physical education curriculum provision per week. Some units focus on a single sporting discipline while others take a multi-skilled approach and each unit is completed with a competitive game/match with all children involved. In addition, extra physical education activities are provided

through the schools after-school clubs. The PE timetable is allocated for two sessions per week for each class. This class will have priority use of the hall, playground or school field depending on the activity that is being taught. In addition, each tutor group takes part in The Daily Mile once a week.

Subject Knowledge (breadth and depth of physical education):

- The subject co-ordinator has a good subject knowledge and is appropriately trained to provide support, sharing and informing knowledge
- The learning journeys for each year group provides a **focused learning environment and clear learning objectives to embed learning in the long-term memory through encompassing memorable learning experiences.**
- Our physical education curriculum covers the skills outlined in the National Curriculum **and wherever possible cross-curricular links are exploited** particularly links with PSHE, SMSC, British Values and the School's Values.
- **Pre-knowledge and skills are retrieved and built upon** at the beginning of each topic as outlined in learning journeys.
- At a classroom level, **key concepts are presented clearly, so that they are embedded in the long-term memory and over-learning is prevalent.** This is also monitored by the subject leader.
- Individual lessons are planned to inspire, engage and challenge pupils in response to their needs.
- Children are given a wide variety of experiences. Pupils to undertake **memorable learning opportunities** by attending school visits inter-school competitions and matches to enable the children to gain first-hand experiences to support their learning and influence further learning.
- Physical education vocabulary is emphasised and taught to embed these skills in the pupils long-term memory.
- Children are reminded how their school and home environments are valuable resources. The children have the opportunity to bring in achievements from home for display, discussions and presentations in assemblies.

We continue to create a learning environment in which Physical Education is encouraged and valued. All staff continue to work in partnership with parents and carers by sharing information about their child's level of achievement and areas of development.

Pupils should continue to implement 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 succeed in different activities and sports and learn how to evaluate and recognise their own success.

Swimming: Swimming is provided and is compulsory for our Year 6 pupils who have swimming lessons for the first term in order to achieve their National Curriculum badge. These lessons replace a weekly physical education lesson for this year group.

Healthy Eating: The school recognises that physical activity is just one element of healthy lifestyles and actively promotes healthy eating to help combat child obesity. These messages are shared in clubs, lessons and through cookery sessions with all age groups.

Mental Health: Scientific research makes it clear that physical exercise is essential for a healthy mind. Children are taught what mental health means in PE and PSHE. In our PSHE Jigsaw Programme, we discuss how we treat other people and the importance of talking if something is wrong. At West Moors Middle School, the use of mindfulness is the focal point for a child's growing understanding of mental health to help identify negative emotions; treat people with compassion and respect and know when to talk to someone. Underpinning all of these is the necessity to regularly exercise for a healthy mind and body.

In KS3, children are also given the opportunity to become Sports Leaders to support with the teaching and learning of physical education skills and games to all children in the school which recalls pre-knowledge and models appropriate skills/techniques promoting over-learning.

#### Equitable Delivery

- Physical education is taught through a variety of individual, group and whole class activities.
- Active participation is encouraged from all children in every lesson to inspire all pupils to succeed and excel in competitive sport and other physically-demanding activities both in and out of curriculum time.
- The subject co-ordinator is accountable for his own annual budget to purchase a variety of resources, training and school visits/visitors to improve outcomes for pupils.
- Enrichment days are organised in relation to particular topics covered across the key stages for example Sports Day and inter-house competitions.

#### Assessment

- The subject co-ordinator assesses children's work in physical education by making assessments as they observe the children working during lessons. The progress made by children is recorded against the clearly defined end points. Both at the beginning and the end of a unit of work, the subject co-ordinator will assess every child as working below, developing, working securely, working above or at mastery level as well as assessing progress from starting point to end of unit assessment. This description indicates the child's performance against the learning expectations being recorded and can be used to enable the subject co-ordinator to make an annual assessment of overall progress for a child when writing annual report for parents.
- Each child will be given the opportunity to appraise his/her work and progress through discussion with the subject co-ordinator, either individually, or in small groups in the context of a practical task being investigated.
- Collect examples of children's progress by taking photographs and videos throughout the school year.

### Impact of Physical Education Curriculum

- Our thorough tracking and assessment system enables the subject co-ordinator to check children's progress in relation to the curriculum and provide targeted intervention if needed.
- Physical Education is monitored by the subject leader and AHT Curriculum in all year groups after each topic, through review of assessment, pupil interviews and lesson observation to discuss learning and look at the impact. This is reported to the Headteacher and appropriate changes made.
- At West Moors Middle School pupils achieve across the curriculum in English and Maths, the sciences, humanities, art, language and physical education and the use of transferrable skills is promoted.
- Pupils use the knowledge and skills learnt to meet the challenges of the next part of their educational journey and to do so with confidence and concentration.

### Health and Safety

- All activities outside of school comply with the guidelines in the school Health and Safety and Educational Visit guidelines.
- When engaged in field work and visits, children are expected to behave in a considerate responsible manner showing respect for other people and the environment.

### Equal Opportunities

All pupils regardless of gender, cultural heritage, race, colour, nationality, ethnic origin, religion or special educational needs, will be given the opportunity to experience and acquire skills according to the National Curriculum. At West Moors Middle School, we aim to create an environment in which all children learn to respect and value each other and each other's interests to **develop cultural capital**. This can be achieved by employing the following strategies:

- Mixing groups in terms of gender and ability.
- Giving all the children an opportunity to share their work. For instance, allowing time at the end of a gymnastics lesson for the whole class to perform their sequences.
- Considering the needs of children with physical or learning difficulties and taking the necessary steps (by enlisting extra help, adapting equipment or differentiating tasks) to ensure they have equal access to the curriculum.
- Recognising the dangers of stereotyping.
- Recognising the need to extend and provide a greater challenge for more able pupils. The more able pupils are given the opportunity to compete against others schools in inter-school tournaments in a variety of different sports.