



Gwladys Street CP and Nursey School

Physical Education Policy

Approved by:	Full Governing Body	Date: January 2025
Last reviewed on:	January 2024	
Next review due by:	January 2028	

Physical Education at Gwladys Street

Intent

In Physical Education we would like strive to ensure that all children leave with an enthusiasm and love for Physical Education, developed through practical learning to develop a fun, high-quality physical education curriculum that inspires all pupils to succeed and excel individual's abilities in competitive sports and other physically-demanding activities. Physical Education is an integral part of the curriculum that is inclusive and engages all pupils. We want to ensure that all children are physically active for sustained periods of times, which inspires all pupils to achieve their personal. All children will be able to participate in competitive support. We aim to building a passion for the subject that will lead them to fulfil happy and sustainable lives through being physically active.

Implementation

Through focussed teaching, we ensure that our children show the following characteristics:

- An understanding of the importance of working as a team player, through the sports they participate in.
- Show respect and high aspirations through playing and appreciating sport in competitive and non- competitive situations.
- A passion and love of learning to strive to be the best learner they can be.
- Apply and transfer fundamental skills to show adaptability and versatility across all areas of Physical Education.
- A range of vocabulary, that builds on prior learning, allowing children to draw upon these when learning in Physical Education.
- For children to show support and respect for others and ensure this through our school motto of TEAM.
- Provide a variety of extra-curricular activities to develop and encourage a love of sport.
- Teachers ensure two hours a week of physical education are taught through discreet PE lessons; active learning taught once a week; the daily mile.
- Teachers use other tools in the classroom such as Supermovers and Go Noodle
- Children have the opportunity to be taught by specialist PE coaches/teachers.
- Inter school competitions across the year as well as competitions within school each term in a variety of sports.

- We encourage children to be involved in after school sporting clubs eg. cricket, tennis, badminton, yoga, football.
- Termly swimming sessions for Years 4, 5 and 6.
- Residential visit is planned each year.
- Healthy lifestyle is taught and celebrated.
- Teachers use the scheme Real PE to teach PE elements.
- Sports Premium funding supports the CPD of staff to teach high quality lessons, which includes lunchtimes and empowering pupils as play leaders.
- Children take part in Healthy and Wellbeing initiatives eg. Walk to School

Impact

Our curriculum aims to improve the wellbeing and fitness of all children at Gwladys Street C P and N School, not only through the sporting skills taught, but through the underpinning values and disciplines PE promotes.

Within our lessons, children are taught about self-discipline and that to be successful you need to take ownership and responsibility of their own health and fitness. Our impact is therefore to motivate children to utilise these underpinning skills in an independent and effective way in order to live happy and healthy lives.

We want our pupils to have a love of physical education to increase their well-being.

Children are able to swim at least 25 metres by the end of year 6 and self-rescue skills.

Funding

Schools receive PE and sport premium funding based on the number of pupils in years 1 to 6. This funding must be used to make additional and sustainable improvements to the quality of PE and sport we offer. We use the premium to:

- Develop or add to the PE and sport activities that we already offer;
- Build capacity and capability within the school to ensure that improvements made now will benefit pupils joining the school in future years.

There are key indicators that we should expect to see improvement across:

- The engagement of all pupils in regular physical activity - the Chief Medical Officer guidelines recommend that all children and young people aged 5 to 18 engage in at least **60 minutes of physical activity a day**, of which 30 minutes should be in school;
- The profile of PE and sport is raised across the school as a tool for whole-school improvement;
- Increased confidence, knowledge and skills of all staff in teaching PE and sport;

- Broader experience of a range of sports and activities offered to all pupils;
- Increased participation in competitive sport

As part of the funding criteria, we are required to publish details (on our website) of how we plan to spend the monies and a review of the impact on pupil outcomes.

Teaching and Learning

At Gwladys Street, PE will be taught through:

- Exposition (demonstration, explanation and instruction) by the teacher to the class, groups or individuals
- Practical activity and related discussion
- Co-operative group work
- Consolidation and practice of fundamental skills
- Opportunity to discuss and reflect on their work through a plenary
- Use of professional/qualified coaching to enhance current provision within school (Team Teaching with specialist teachers)
- Links made to Mental Health and Healthy Schools (EITC, LFC Foundation)
- Extended high-quality provision through after school activities making use of professional / qualified coaches (LFC Foundation)
- Use of community facilities - local swimming baths

Planning

At Gwladys Street, we follow the National Curriculum (2014) alongside using Real PE and lessons planned by the PE Co-ordinator to assist in the teaching and delivering of the PE curriculum. Teachers are provided with a breakdown of each area that is to be taught, teachers then use this planning to deliver each lesson in sequence. Real PE provides step- by- step high quality lesson plans, images and videos to support teachers and also to share with the children during the lesson. Also providing structured games and activities that progress at the lessons move on to support all children.

The long-term overview is set by the PE Co-ordinator to provide full coverage of the whole curriculum for each Key Stage to also ensure that Teachers and Coaches follow this.

Curriculum

The areas of physical activity (games, gymnastics, dance, athletics, swimming and outdoor activities) are set out in the Statutory framework for the Early Years Foundation Stage.

Areas of activity

Foundation Stage:

- Games
- Dance
- Gymnastics

In Foundation Stage children should be provided with opportunities to be active and interactive in order to develop their co-ordination, control and movement. Children should be able to show good control and co-ordination in large and small movements. They should move confidently in a range of ways, safely negotiating space.

Key Stage One:

- Games- participate in team games, developing tactics for attacking and defending and basic movements including running, jumping and also throwing and catching.
- Gymnastics-develop balance, agility and co-ordination.
- Dance- perform dances using simple movement patterns.

In Key Stage One children should develop fundamental movement skills, become increasingly competent and confident access a broad range of opportunities. This will help to extend their agility, balance and co-ordination individually and with others. Children should be given opportunities to engage in competitive and co-operative physical activities in a range of increasingly challenging situations.

Key Stage Two:

- Games
- Gymnastics
- Athletics
- Dance
- Outdoor Activities
- Swimming

In Key Stage Two children should continue to apply 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 improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Swimming in KS2

All schools must provide swimming instruction in KS2.

In particular, children should be taught to:

- Swim competently, confidently and proficiently over a distance of 25 metres
- Use a range of strokes efficiently
- Perform safe self-rescue in different water based situations

It is a requirement that all children should be able to swim 25 metres by the end of KS2. As a school, we also provide top up swimming sessions in Year 6 for children who have not yet achieved a swim of 25 metres.

Health and Safety

Everyone has a duty under health & safety guidelines to ensure PE activities are carried out with due regard to the safety of staff and pupils in line with school, Local Authority and Health & Safety Policies. Advice can be sought from the Local Authority's adviser, or the staff members responsible for Health & Safety. Reference should be made to the school's Risk Assessments.

- Staff should carry out risk assessments with the children at the start of all PE lessons.
- All equipment, apparatus and environment should be checked before the start of every lesson by teacher and is the responsibility of the teacher
- Children should be given health and safety guidance through the lesson
- All jewellery should be removed and stored safely before each lesson
- All long hair should be tied back
- Suitable clothing should be worn for each lesson. Children should not engage in physical activity without suitable kit
- For indoor PE children should walk to the hall with suitable footwear on (pumps/trainers or school shoes)
- All children taking part in indoor/outdoor PE should have suitable footwear for PE (pumps or trainers)
- For gymnastics when the apparatus is being used suitable footwear should be worn (barefoot or use of grip socks which have been purchased by school)

- Every child must have a school PE kit. Children should come to school wearing their full correct kit on their allocated day for PE, no other items will be acceptable other than the stated PE kit.
- Teacher's/SLT responsibility to challenge incorrect kit and to ask parents/carers.

Correct PE Kit

For every PE lesson children from FS2 to year 6 all children should wear:

- White T-shirt with school badge or plain white T-shirt
- Blue PE shorts
- Blue tracksuit top and bottoms (if you wish to purchase)
- Trainers

Swimming (KS2):

- Girls- one piece swimming costume with swimming cap
- Boys-swimming trunks with swimming cap

Earrings to be removed by parent on the morning of the swimming lesson.

Parents are expected to write names in P.E. kits. Football kits are not acceptable.

Parents may purchase P.E. kits themselves, but they will also be available in school to buy through Parent Pay.

Cross-curricular teaching in PE

At Gwladys Street, we aim to provide all our children with a rich and well-balanced curriculum. Throughout each year group children are exposed to a variety of opportunities and also through external providers who come and deliver workshops in our school.

PSHE

PE contributes to the teaching of personal, social and health education and citizenship. Children learn about the benefits of exercise and healthy eating and also how children can make informed choices about these things.

Science

PE has strong links with a range of Science topics covered across KS1 and KS2. These include healthy eating, growing and moving, keeping healthy and the bones and muscles that build up our skeleton. All these units focus heavily on the need for a balanced lifestyle including physical exercise and healthy eating to ensure good health.

LFC Foundation and EITC

We are very lucky at Gwladys Street to work closely with the LFC Foundation and EITC who come in to school and work with our children each week. LFC Foundation and EITC provide PE lessons for each year group throughout the school year focusing on the Fundamental Movement Skills, Teamwork and Social Skills and also deliver targeted interventions to smaller groups of children.

Extra-Curricular

At Gwladys Street, we aim to provide a wide range of extra-curricular sports for all children from Year 1 to Year 6 to access. At the start of each academic year a timetable should be set for Parents/Carers and children so they can see the range of sports on offer throughout the year. Teachers/Sports Coach and External Providers provide the extra-curricular sessions throughout the week.

All clubs should be offered to all children in the intended year groups the club is offered in the form of a letter, which should be checked by a member of SLT. Slips should be collected and places should be allocated accordingly. Children who receive a place will be sent an acceptance letter to inform parents/carers, non-acceptance letters should also be sent to children who have not received a place in the club this time. These children should be placed on a reserve list and if a place becomes available it should be offered to the list of reserve children.

All sessions should run for a term when possible and children are expected to attend each week. If the child cannot attend then it is the Parents/Carers to inform school as to why their child cannot attend.

Each extra-curricular club should have a register of the children selected and children are marked off each time they attend the session, it is the leader of the clubs responsibility to ensure this is completed each session.

A club register should also be sent to the School Office by the leader of the after school club also, along with the after school club letter and all reply slips.

Clothing for Extra-Curricular Clubs

- Suitable clothing depending on the sport (e.g. Football kit for football club, t-shirt and leggings for Dance club)
- Trainers with good grip on the soles
- Jacket/fleece if the club is completed outdoors

Children should not be wearing their school PE Kit for Extra-curricular clubs; PE Kits are not to be worn.

Role of Curriculum Subject Leader

- With the Head teacher, to share a role in the monitoring and evaluation of the PE curriculum throughout the school. (Seesaw)

- To encourage other members of staff in their teaching of PE and to give support where appropriate.
- To encourage staff to work within the guidelines laid down in the PE policy.
- To keep up to date with current good practice and with national changes within the PE curriculum.
- To evaluate and update the Policy and Scheme and resources on a regular basis.
- To assist the Head teacher and Governors in the development of the School Improvement Plan.
- To manage a budget to purchase in line with the school's needs.
- To support members of staff in the use of effective planning, assessment and recording systems.
- To oversee an annual inspection of all PE equipment.
- To maintain a high standard of PE teaching in his/her own classroom and ensure that PE keeps a high profile within the school, through sports activities, external support, etc.
- Attend CPD and additional training to support their role as a subject leader within the school and share this through staff meetings when required.
- Offer CPD to any staff who need further support or training.

Assessment and Recording

Seesaw is the only monitoring system to be used within our school to record and track children's progress at Gwladys Street. Seesaw is to be used within every lesson of Physical Education taught and is vital in showing progress in each domain of Physical Education taught throughout the year.

During the lesson:

- Teachers should take photographs and videos to show evidence of the lesson and also what children have done within the lesson.
- Children should be 'tagged' by their name in the photograph or video, which then builds their individual portfolio for the year.
- Teachers should comment on the lesson taught (including what worked well, the learning that took place, also any next steps) This then builds towards a bigger

picture of the overall child and their development for the whole year. This will then inform the teacher whether the child is WTS, EXP or GD for Physical Education.

- Teachers should also tweet each lesson on Twitter to show parents/carers lessons that are happening in school using hashtag #GSPSPE

Monitoring and Review

Policy dated: January 2025

Policy to be reviewed:

Policy written by E. Beckwith