

MARWOOD CHURCH OF ENGLAND V.C. INFANT
SCHOOL
GREAT AYTON



PHYSICAL EDUCATION AND ACTIVITY POLICY

Document Status	
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Marwood is a small Church of England Voluntary Controlled Infant School where the Christian Ethos is central to the life of the school community. Our Vision Statement reflects those Christian values. There is no hall in the school so the children walk to the Parochial Hall through the vicar's garden for PE lessons. There is a walled playground with activity zoned areas.

Rationale

- Physical Education and Activity in a safe, supportive and stimulating environment develops physical literacy, confidence and the ability to use these in performing a range of activities.
- It promotes physical skill, physical development and a knowledge of the body in action.
- Physical Education and Activity provides opportunities for pupils, staff and visitors to be creative, competitive and to face up to different challenges as individuals, in groups and teams.
- It promotes self-esteem, respect for others and fosters a spirit of co-operation.
- It promotes positive attitudes towards active and healthy lifestyles.

Aims and Objectives of Physical Education and Activity

- To value the importance of an active lifestyle as part of a healthy lifestyle and help pupils to develop an active and healthy lifestyle by providing activities that develop positive attitudes towards exercise;
- To value the place of challenge and develop a desire to set and achieve personal goals in physical exercise, activity and sport;
- To develop mobility and flexibility, stamina and strength through active participation;
- To appreciate the place of physical exercise in developing self-esteem and self-confidence;
- To develop and improve observational skills and be able to describe their work and that of others;
- To develop the ability to remember, repeat and adapt practical skills and improve their performance;

- To provide all children with an equal opportunity regardless of gender, religion, race and ability;
- To provide inclusive and equal opportunities for all pupils by setting open-ended tasks with a variety of results; setting tasks of increasing difficulty to challenge more able pupils, grouping children by ability and providing a challenge or making a task achievable by providing modified resources; and providing practical support;
- To provide lessons and activities that are fun and ensure pupils are active for the majority of time;
- To ensure all pupils have access to a complete range of curriculum/activity areas;
- To teach lessons and provide activities in a safe, secure environment;
- To develop the understanding of the need to practice working safely by showing self-discipline and awareness of others;
- To help pupils to deal with winning, losing and sharing;
- To challenge pupils and encourage them to learn from success and failure;
- To create opportunities for pupils to develop thinking, communication, leadership and responsibility skills;
- To provide all children with at least 120 minutes per week of high-quality physical activity
- To provide links between the school and the wider community and across cultures;
- To consult pupils and parents through annual questionnaires with regard to planning, the benefits of Physical Activity and the impact it has on their children and families;
- To provide staff support and training as identified;
- To actively encourage walking/cycling to school (provision of parent shelter and bike racks.)
- To provide/promote any appropriate out of school hours activity. (local sports groups/clubs)

PE Curriculum Planning

- **Areas of Activity**

Each KS 1 year group will be taught the knowledge, skills and understanding of the National Curriculum through dance, games and gymnastic activities using PESSCL core task cards, TOPS resources, as well as other (online) resources. Athletics and Health and Fitness activities are taught and then practised in relation to the Sports afternoon and Sports Week activities.

- **Early Years Foundation Stage**

Dance, gymnastics and games skills are taught with a focus on fundamental movement skills, using Val Sabin, PESSCL core tasks and BBC dance tapes and additional planning resources.

- **Range of Themes**

Gymnastics and Dance is often linked to topic work - wherever possible. These include both cultural and traditional dancing, eg Maypole and Chinese New Year. A range of specialist visitors also work with the children to add breadth to their experiences, e.g Red Shoes of Dance, Natalie's Fitness and Freddy Fit Workshops, James Lofthouse, Jen Barrow (Tennis coach)

- **Time Allocation**

As the school has no P.E. hall or suitable grassed area timetabled lessons in the Parochial Hall bring about the following arrangements:

- Within the Foundation Stage Curriculum, Reception has 1 lesson per week. They also have additional Outdoor Play physical opportunities each day.
 - Within the KS1 curriculum, Years 1 and 2 have 2 hours of PE in one single block

- Outside the curriculum all pupils also have the opportunity to take part in a minimum of 90 minutes of more structured physical activity at lunchtime play using regularly updated school resources. We also have the timber trail/climbing wall for all to use in the playground.
- The five-a-side pitch is also timetabled between Year 1 and Year 2 each playtime/lunchtime during fine weather, with the rules displayed clearly. Teaching staff and lunchtime staff support this rota.
- All classes use a daily dance routine session to enhance the provision of physical literacy at Marwood alongside online videos to encourage active brain breaks.
- Multiskills club is run on a weekly basis, where all Year 1 and 2 children are invited and pupils with pupil premium are encouraged to attend.

Assessment

- In Reception, the children are assessed using the EYFS 'Physical Development' strand or gross motor and fine motor skills
- In KS 1, the children are assessed with observations against the PESSCL core task/core skills from learning objectives at the end of each unit. AFL is used throughout PE lessons to focus on skills and improving performance and feedback on skill development is given to children in lesson time. Pupil Voice is also used.
- The pupil's Annual Report to parents includes information on progress and attainment of pupils in physical activity in the 'Other curriculum areas' section.
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Community Links/Wider school physical activity

- The SSCO encourages the school to participate in local events with other schools and virtual competitions (Multi-skills and Rounders events - in addition to our curriculum time).
 - Parents and pupils are informed of additional sports activities available out of school hours, (e.g. tennis coaching and football provided by sports coaches at other schools or local clubs/amenities providing training sessions - Stokesley Cricket Club and Leisure Centre).
- Year 2 children are trained up to play lead physical activities on the playground in the autumn term. They sign up for, organise and manage their own activities according to a timetable which changes termly.

Health and Safety

- **Clothing:**

For P.E. lessons pupils will come to school in appropriate clothing (shorts/T-shirts) for P.E. and wear lightweight P.E. shoes (as the church hall is used for other activities). Teachers will change into suitable footwear to teach P.E. Pupils will remove watches. Clothing should not be loose or flapping. For Gym tights will need to be removed and t-shirts tucked in.

- **Hair:**

Long hair should be tied back, (school has a supply of elastics for this); take care with hard hair bands and accessories as these may need to be removed for certain activities.

- **Apparatus:**

Children are taught how to lift and carry small pieces of apparatus safely, alone or in co-operation with others, e.g. carrying a floor mat - two children per mat.

P.E. lessons are taught in a safe, secure environment and large P.E. apparatus is checked annually for safety by an outside contractor.

- **Medical Emergencies:**

During P.E. lessons a second adult is always present. During EYFS Outdoor Play a member of staff is always present with an additional adult close at hand. Any pupils who have inhalers kept at school will take them to P.E. lessons and have them available in the cloakroom or classroom for use at other times as needed. First Aid kits are taken to the hall for PE lessons. Mobile phones are taken to the hall so that help can be summoned, if necessary.

Resources

These are mainly kept in the Parochial Hall and two outdoor stores on our playground. Some supplementary equipment is stored in the Outdoor Store with the Reception class outdoor play equipment. The PE equipment is kept separate to the playleading equipment.

Monitoring and Evaluation

This policy forms an integral part of the SDP and promotes our policies on Equal Opportunities, Racial equality and Cultural Diversity, SEN and Inclusion and The School Travel Plan. It will be reviewed and monitored by staff and Governors to ensure it remains effective, workable and continues to meet requirements and the needs of our pupils.

Date of Policy :	Spring 2001
Reviewed:	Spring 2004
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