



**The Swallowtail Federation of Church Schools**  
**With friendship, trust and kindness we fly!**



*(Love your neighbour as yourself, Mark 12:30-31)*

We welcome all people and encourage everyone to meet their full potential – to love each other, love to learn and learn to live in all its fullness. We love our neighbours – in our school, our federation, the local community, nationally and globally, as Jesus told us to do so.

## Physical Education Policy

This policy will be reviewed in full by the Governing Body every 4 years. This policy was last reviewed and agreed by the Governing Body in May 2021. It is due for review May 2025.

Signature      N.Butcher                      Headteacher                      Date: May 2021

Signature      S.Watts                      Chair of Governors                      Date: May 2021

## **1 Introduction**

- 1.1 Physical Education (P.E) develops the individual pupil's physical competence and confidence, and their ability to use these to perform in a range of activities.
- 1.2 High quality P.E. is achieved by combining the physical activity with intellectual processes such as decision-making, selecting and applying skills, refining, adjusting and adapting. It also teaches the qualities of commitment, enthusiasm, fairness and integrity.
- 1.3 P.E. also contributes to other subjects across the curriculum and can have an impact on children's attainment.

## **2 Aims**

- 2.1 To provide a broad, balanced and relevant education which incorporates the requirements of the National Curriculum 2000 for all children to reach their full potential, regardless of their race, gender, cultural background or physical ability.
- 2.2 To develop the "whole" child through encouraging self-respect and an awareness of strengths and needs of others. That respect for others' levels of ability, better or less than their own should be recognised alongside the acceptance of success or failure on one's own part.
- 2.3 To promote a positive attitude by developing the self-esteem of the child to have confidence in their own abilities.
- 2.4 To promote the enjoyment of physical activity for all. To ensure that a child's entitlement to physical education is realised through other curriculum areas also with an aim of each child achieving between 2-3 hours (including after school clubs and community sports).
- 2.5 To provide personal, social and health education and to promote positive attitudes towards active and healthy lifestyles.
- 2.6 To encourage the child to become a skilful performer, with the acquisition of skills and techniques, and to develop teamwork, co-operation and safe practice within the school community.
- 2.7 To help children to know and to understand risk and how to participate safely.
- 2.8 To develop the appreciation of qualities through creative, adventurous activities and a range of competitive and non-competitive activities.
- 2.9 To develop physical activity from the early years to the end of key stage two by implementing LEA guidelines through a range of sports within each generic activity.
- 2.10 The deployment of external coaching expertise in curriculum time.

## **3 Vision**

- 3.1 Our Federations' overarching distinctively Christian vision for pupils is 'With friendship, trust and kindness we fly'. Our aims for PE clearly support this vision, in particular through our development of the "whole" child and adaptation of our curriculum to support all.

#### **4 Teaching and learning**

- 4.1 The federation provides each child with on average 2 hours of P.E. a week. The halls are timetabled for each class.
- 4.2 Lessons are blocked into units of work and stated on the curriculum map. Teachers and coaches work alongside the P.E. coordinator to ensure correct coverage.
- 4.3 Pupils spend sufficient time on each area of activity as to secure the learning and enough depth to secure their understanding. This is approximately 8 – 12 hours per unit of work in line with guidance from Norfolk County Council.
- 4.4 Children will be presented with opportunities to be creative, competitive, co-operative and to face challenges as individuals and in small groups or teams. They will learn how to think in different ways to suit the different challenges.
- 4.5 They will be given the opportunity of demonstrating their learning, using a range of communication styles, allowing for effective assessment. This assessment will be used to inform planning and promote greater learning.
- 4.6 At key stage 2, swimming is taught by the Swimming Instructor with support from the staff. Information on progress, assessment of attainment is provided by this person in consultation with the lead TA.
- 4.7 Specialist sports coaches are used at some schools within the federation. Class teachers will also teach a session a week following an agreed scheme of work.
- 4.8 Early Years follow the Early Learning Goals for Physical Development.
- 3.9 The PE Subject Leader will conduct sampling of lessons across the year. Using the subject specific exemplification material from Ofsted or other agreed criteria, they will look at what they observe and compare that with the exemplification material to ensure standards of teaching and learning and pupil achievement are high.

#### **4 Curriculum Planning**

- 4.1 Where appropriate PE is organised in themes to promote greater cross-curricular planning, teaching and learning.
- 4.2 Contribution of PE to teaching to wider curriculum

##### ***English***

*PE contributes to the development of Speaking and Listening skills by encouraging children to:*

- *follow instructions*
- *understand and respond to instructions*
- *understand the task and terminology used to express it*
- *act on advice given*
- *learn from others*
- *ideas exchanged, team tactics, peer evaluation*

##### ***Personal, social, health and citizenship education (PSHE)***

- *Children are taught the benefits of exercise, healthy eating, and how to make informed choices about their lifestyle.*
- *In PE children are encouraged to work cooperatively across a range of activities and experiences. They learn to respect the views and abilities of others.*

##### ***Numeracy / Maths***

- *Children learn to apply numeracy skills when counting, measuring and timing.*
- *They are also encouraged to use mathematical terminology for shapes, space and position.*

***Links to other curriculum subjects are made where meaningful.***

4.3 The school follows a progressive scheme of work provided by \*Val Sabin scheme of work in Gymnastics, Dance and Games at Key Stages 1 and 2 and Real PE, Get Set 4 PE. Teachers confidently adapt plans to best suit the children's needs.

4.4 Relevant units will be made available to all staff who teach them and they will be expected to evaluate these units, feeding back to the subject leader. This allows for curriculum review in relation to content, progression, continuity, teaching and learning.

4.5 Teachers and staff will also be asked to feedback via a skills audit on their confidence, competence to teach PE to facilitate the planning of staff CPD in line with the national indicator (NI3) associated with the PE and Sport Premium.

4.6 Individual lessons should be evaluated to inform planning and ensure differentiation.

4.7 At key stage 2, swimming is taught by the Swimming Instructor with support from the staff. Information on progress, assessment of attainment is provided by this person in consultation with the class teacher.

4.8 Teachers must ensure that when evaluating and improving performance, connections are made between developing, selecting and applying skills, tactics and compositional ideas and fitness and health.

## **5 Assessment**

5.1 Pupils' work will be assessed throughout each unit of work using formative, summative, peer and self-assessment methods.

5.2 Pupils' progress will be monitored and recorded by the individual class teacher to set realistic targets for the individual pupil, based on their strengths and weaknesses and in line with national guidance and expectations.

5.3 At the end of each unit an indication of whether children are working below, at or above age related expectations will be recorded – this is reflected as having achieved the expectation, gone beyond it or working towards it.

5.4 Pupils will also use ICT where appropriate to record their achievements and to enhance learning. This should include digital photography/ video and data handling.

## **6 Sports Premium**

6.1 Each school receives £16K PE and sport premium. The school uses this funding to meet the following requirements, reporting back annually on the impact of its plans:

- KI 1 - The engagement of **all** pupils in regular physical activity (30 mins/day)
- KI 2 - The raising of the profile of PE and sport across the school
- KI 3 - The increased confidence, knowledge and skills of **all** staff teaching PE
- KI 4 - The broader range/experiences of sports and activities offered to **all**
- KI 5 - The increased participation in competitive sport

6.2 Our PE coordinator is Natalie Fiske.

6.3 Our detailed action plans are available on our website, [http://www.swallowtailfederation.co.uk/pe\\_s.html](http://www.swallowtailfederation.co.uk/pe_s.html)

## 7 Equipment and resources

7.1 All resources are recorded on the resources for PE list (available from the PE coordinator). These are regularly reviewed in order to ensure they are appropriate to the range of activities undertaken, pupil ages, abilities and needs of the children in order to enhance learning.

7.2 Resources are kept in the store cupboard in the hall or sports shed.

7.3 Resources should be counted out and counted in, returned in good condition and working order. The pupils should be encouraged to:

- Look after resources
- Use different resources to promote learning
- Return all resources tidily and to the correct place (staff should oversee)
- Be told of any safety procedures relating to the carrying or handling of resources.

**7.4 Any damage, breakage or loss of resources should be reported to the PE Coordinator as soon as possible. Any damage observed done to a piece of apparatus which could cause subsequent injury must be isolated from use, and reported. No other groups or individuals should be able to access the resource until such time as it is made safe.**

## 8 Safe Practice

8.1 All teachers should make themselves aware of the health and safety arrangements for the areas of activity that they are teaching.

8.2 This school follows the “Safe Practice in Physical Education, Physical Activity and School Sport” (2016) guidance provided by the Association for Physical Education (afPE). A copy of the afPE manual is located in the staffroom.

8.3 The School employs the P.I.E. model extolled by afPE – ‘Prevent, Inform, Educate’.

All pupils must be taught how to handle and carry apparatus, resources appropriately. They should be taught to recognise hazards, assess the consequent risks and take steps to control the risks to themselves and others.

**8.4 Specific guidance on all areas of activities is given by afPE- additional local authority guidance is available on the website. The PE Coordinator will provide all staff teaching PE with the appropriate guidance and access to the risk assessments.**

8.5 The afPE Safe Practice Posters are displayed where staff teaching PE will be able to study it.

8.6 Staff who lack confidence in teaching areas of activities will be supported by access to INSET training either in school or on appropriate courses.

## 9 Equal opportunities and inclusion

- 9.1 Every pupil has equal access to national curriculum physical education.
- 9.2 Learning experiences are differentiated in such a way as to meet the needs of all pupils.
- 9.3 The school will take care to ensure potential barriers to any group, such as gender stereotypes will be removed.
- 9.4 All pupils in the school have equality of opportunity in terms of curriculum balance, curriculum time, use of resources, use of facilities and access to extra-curricular activities.

## **10 Staff CPD**

10.1 All staff should take part in professional development to ensure secure subject knowledge, awareness of health and safety procedures and up to date knowledge. Staff should be confident and competent in the area of activity being taught. Staff should indicate where they feel they need support so that appropriate support can be given by either the subject leader or the PE Adviser through INSET.

## **11 Foul weather and loss of teaching time/space**

11.1 In the event of weather conditions making it unsuitable to participate in the activity planned, alternative arrangements should be made. These may include class based activities around the objectives, or rescheduling the activity for another day. If the indoor space is available, the activity could be taught inside with modification or adaptation still allowing the learning intentions to be achieved.

11.2 Whenever it is impossible to teach the planned PE lesson, this should be recorded and teachers should endeavour to revisit the learning as soon as is practical.