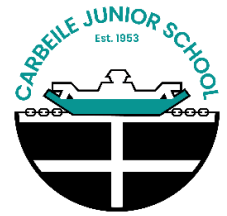


# CARBEILE JUNIOR SCHOOL

## Physical Education Policy



TJ February 24

### PE Curriculum Intent

At Carbeile Junior School we believe Physical Education, School Sport and Physical Activity should give all children the opportunity to improve and achieve physical competence in line with their age and potential. Physical Education, School Sport and Physical activity also enables children, whatever their circumstances or ability, to take part in and enjoy a wide range activities. The wider benefits of PE include the promotion of positive attitudes to health and well-being the development of emotional resilience and a wide range of personal skills including leadership.

### PE Curriculum Implementation

#### **Curriculum aims**

- To teach children to become skilful and thoughtful performers, developing control and co-ordination and becoming physically literate.
- To develop an understanding of what they do in PE, school sport and physical activity and how it contributes to a healthy and active lifestyle.
- To give children the confidence to get involved in PE and school sport, applying and adapting their skills in a wide range of activities.
- To encourage an appreciation of the creative and aesthetic aspects of PE.
- To contribute to children's social and emotional development in promoting their confidence and self-esteem.
- To develop qualities such as commitment, fairness, tolerance and a concern for others as well as individual success.
- To develop personal and social competence and the necessary skills to manage success in competitive and co-operative situations, to cope with losing, and to retain a proper sense of perspective in competition.
- All children are entitled to a progressive and comprehensive Physical Education programme which embraces the statutory orders of the National Curriculum 2014 and which takes account of individual interests and needs.
- All children have access to at least 2 hours high quality PE every week.
- To encourage children to take part in 30 active minutes daily providing a varied menu of activities.

#### **Curriculum Planning**

- The school uses and adapts the Arena PE schemes of work together with Leap Into Life at EYFS and KS1
- PE lessons are planned so that they build upon the prior learning of the children.
- There is planned progression built into the schemes of work so that the children are increasingly challenged as they move through the school.
- Resources are audited on a regular basis and new resources for new sports are to be purchased through Sports Premium funding.
- At KS2, all components of the National Curriculum re taught through Athletics, Dance, Games, Gymnastics, Outdoor Adventure Activities and Swimming are covered throughout the year, so that children receive a broad and balanced curriculum.
- A curriculum map and curriculum provision map are in place to show the progressive stages the children access as they move through the school.
- PE lessons are planned so that they build upon the prior learning of the children.
- There is planned progression built into the schemes of work so that the children are increasingly challenged as they move through the school.

## **Teaching and Learning**

Lessons should be conducted in a secure, supportive and disciplined manner.

High quality lessons should contain the following elements:

- Purpose – lessons should have clear objectives and defined learning outcomes that are shared with the class at the beginning of the lesson.
- Progression – the ability of pupils should be developed with increasing demands made on them both physically and mentally. Building on previous learning is essential, so too is working to achieve successful outcomes through reinforcement, application and refinement of schemes.
- Pace – there should be high levels of activity, tasks need to be easily and clearly explained with high expectations set for individual and group achievement. Children should be active for at least 80% of the lesson.
- Challenge – high expectations should be set for individual and group achievement. Pupils should be extended both physically and mentally through interesting tasks.
- Differentiation – this should be achieved using tasks and equipment that enable the children to be challenged appropriately and which ensures good progress for all ability groups.
- Decision Making – children should be given responsibility for equipment, group organisation and at times their own learning as they practice and refine skills in order to improve the quality of their performance.

## **School Sport**

The school also provides a range of extra- curricular activities; these encourage children to further develop their skills: Netball, Football, Cross Country, Cricket and other sports club are offered throughout the year.

## **Physical Activity**

Children will be given the opportunity to take part in a variety of opportunities to promote physical activity including 30 active minutes, outdoor learning and the opportunity to experience a variety of outdoor and adventurous activities on and off the school site.

## **Equipment and Resources**

There is a wide range of resources to support the teaching of PE across the school. Outdoor equipment is kept in our PE shed and the hall contains a range of large apparatus. The children use the school field for games and athletics. Swimming lessons take place at HMS Raleigh. The YMCA Sports Hall and TCC facilities can be used for club activities and festivals. Pupils have access to a variety of equipment at break and lunch times; this is organised using a rotation system so each class has an opportunity to use equipment. The playground leaders also provide games and activities using the equipment every lunch time.

## **PE and School Sport Premium.**

Sports Premium funding has allowed the employment of specialist PE teachers and coaches to deliver high quality PE lessons across the school in addition to providing professional development for staff. All external specialist are DBS checked and meet the school visitors' policy.

The staff and PE lead regularly access CPD and courses delivered through ARENA and provides them with opportunities for individual and collective Continual Professional Development.

A PE and School sport premium plan is developed annually and the premium spend is reported on the schools web site at the end of each academic year. This includes detail of the intended actions

how they have been implemented and the impact to date. It also reports annually on the number of Year 6 children who can swim 25 metres which is a requirement of the grant.

## **EQUAL OPPORTUNITIES**

All children should be provided with equal opportunities to participate in a curriculum in which there are no barriers to access based on race, sex, culture or ability. PE lessons should aim to provide quality experiences that challenge the children.

In all classes there are children of differing physical ability. We provide suitable learning opportunities for all children through a range of strategies:

- setting common tasks that are open-ended and can have a variety of results;
- setting tasks of increasing difficulty, where not all children complete all tasks;
- grouping children by ability and setting different tasks for each group;
- providing a range of challenge through the provision of different resources;
- fun fit

## **RISK ASSESSMENT and PE KIT**

Safety is paramount when planning PE activities. The learning environment and equipment is maintained and checked regularly with the subject leader being responsible for purchasing and maintaining equipment and resources. The gymnastics equipment in the hall and outdoor gym equipment are checked annually by an independent technician.

- The children are encouraged to consider their own safety and the safety of others. They are taught how to move and use apparatus safely under supervision.
- All children are required to wear PE kit on their PE days – indoor and outdoor (details of which are in the schools prospectus).
- Should a child forget to wear their kit, a letter will be sent to their parents.
- No jewellery or watches are to worn for any physical activity, long hair should also be tied back.

## **Health and Well being**

At Carbeile Junior School we firmly believe that PE is at the heart of a child's health and well - being and we will be working towards ensuring that health education is an integral part of the teaching of PE within our school.

## **Curriculum Impact**

### **Assessment, monitoring and reporting.**

- Teacher's assessment in PE takes place through observation during lessons and follows the Arena bronze, silver and gold assessment scheme.
- Class teachers make an annual assessment of effort and achievement for each child as part of the child's annual report to parents. This information is passed on to the next teacher at the end of the year.
- Teachers are also encouraged to assess children's knowledge and understanding of health and well -being and leadership skills using the Arena statements for guidance in their teaching and assessment.
- The subject leader ensures that the PE curriculum is delivered throughout the school through monitoring, learning walks, lesson observations and discussion with staff and pupils.
- Pupil consultation is carried out on a termly basis with the sports/student council to monitor the impact of PE and identify changes which need to be made for continuous improvement.
- We monitor and track participation in after school clubs, physical activity sessions and competition.

- Children are encouraged to challenge themselves in their PE lessons and if they find something too hard or too easy to use S.T.E.P. (Space/Safe, Time/Task, Equipment, People) to adapt a task/activity.

## **Definitions used in this policy**

### **Physical Education**

Physical education is the planned progressive learning that takes place in school curriculum timetabled time and which is delivered to all pupils.

### **School Sport**

Is the structured learning that takes place beyond the curriculum (ie the extended curriculum) within school settings.

### **Physical Activity**

Physical Activity is a broad term that describes bodily movement, posture and balance. This includes elements of physical education but also includes OAA, indoor and outdoor play, active travel, cycling, scooting and outdoor learning.

### **Related Documents**

Curriculum Policy  
Health & Safety Policy  
Equal Opportunities Policy  
Special Educational Needs Policy  
Manual Handling Policy  
PSHE/Jigsaw Policy  
Assessment, Record Keeping and Reporting Policy  
Teaching and Learning Policy

### **Policy Review**

Unless earlier revision is required, this policy document will be reviewed every two years in line with other curriculum policies. Electronic copies of the document will be retained by the Clerk and Senior Administration Officer. A hard copy will be stored in the Policy file.

Date of next review: Autumn 2026

Signed PE Lead: Mr T James

Signed Headteacher: Mr P Hamlyn

Signed Chair of Governors: Mrs S. Morton

Date: 6<sup>th</sup> February 2024