

## **Threemilestone School**

### **Policy for Physical Activity 2016**

#### Safeguarding

*Threemilestone School is committed to safeguarding and promoting the welfare of all children.  
We expect all our team members to share this commitment.*

This document is a statement of the aims and strategies for the teaching and learning of P.E. and developing physical activity throughout the school.

#### **Definition**

Physical education makes a valuable contribution to the development of the whole child by focusing on the body and what the body can do. It aims to help the children find personal meaning through physical activity and acquire a concern for the value of regular exercise, health and body care which will affect the quality of their lives. It is learning to move and learning through movement.

#### **Coverage**

We cover the EYFS and National Curriculum through a scheme of work called 'REAL PE'. The 'REAL PE' scheme of work emphasises giving all children the physical literacy, emotional and thinking skills to achieve in PE, Sport and life from Foundation Stage through KS1 and KS2. It focuses on the development of the Fundamental Movement Skills - agility, balance and coordination, healthy competition and cooperative learning through a unique approach to learning in PE. Within this scheme the curriculum is mapped showing a clear learning journey for each child through an assessment framework which provides us with evidence and ensures rapid sustained progress.

Foundation stage: Physical development has an equal weighting to the other 5 areas of learning in the Early Years Foundation Stage (EYFS). The emphasis is on creative movement to music, early games and gymnastic skills, the development of gross motor skills and outside play on large toys. The foundation stage children also have more access to the hall timetable. FS children have access to a wide variety of wheeled vehicles.

Key Stage 1: Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Key Stage 2: Pupils 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.

The timetabled curriculum allows 2 hours of PE a week as a minimum for KS1 and 2 with timetabled slots for Hall and outdoor area use. There are additional clubs outside school hours and during lunch time and after school. Wake and Shake takes place each morning in KS1.

There is a wide variety of "clubs" throughout the year that encourage additional physical activity, such as: invasion games, Y3/4 football skills, Y5/6 boys' football skills, Y4/5/6 boys' and girls' football, badminton, Feet beat, multi-skills (KS1), netball, tag rugby skills, hockey, cross country, athletics, street dance, Fun Fit and Go-Ride cycling club. Bikeability training is also available for KS2 children.

### **Encouraging greater general physical activity**

Further details on the school's approach can be found in the PE Improvement Plan.

The school has a Travel Plan.

- Mrs Lobb works closely with Cornwall Council's Travel Co-ordinator.
- Reducing cars is a daily focus at our school and there is a weekly class prize for the least number of cars used.
- We have participated in the National Walk to School Week and also have an annual Walkathon.
- The school also participates in a "Bike it" week. Cycle wise, Wise Bike and Bikeability are also accessed.
- Additional cycle skills are available in the summer for older children in a cycling club with Mrs Lobb called Go- Ride. This trains cyclists in a scheme of skills in accordance with the British Cycling scheme - Go -Ride.
- Waterproof clothing and wellies are available for FS children in order that they can access the outside areas even in wet conditions.
- FS children have a large quantity and a wide variety of scooters, bikes and balance bikes that they have access to virtually weekly.
- Outside organisation have been used in school to widen the sporting experiences offered to the children e.g. Street surfing, yoga, street dance, zorbing, rugby tots and karate.
- All teachers have been trained in 'REAL PE'.
- The PE Coordinator audits staff annually to assess their training needs.
- Staff are encouraged to wear PE kit and to actively demonstrate physical activities during PE lessons/extra-curricular clubs and events.
- Staff are encouraged to walk or cycle to school.

- Fun fit is available to targeted children 4 times per week at the beginning of the school day.
- All EYFS and KS1 children take part in Wake and Shake.
- The school has been awarded 'Bronze' in the Sainsbury's School Games Mark Scheme.

**The aims of our P.E Programme are to:**

- a) Give a breadth of opportunity and activity that allows the development of an interest in and enthusiasm for physical activity.
- b) Promote bodily health and fitness.
- c) Offer the opportunity to acquire the knowledge and skills needed to take part in Physical Activities in a challenging and supportive environment.
- d) Encourage interpersonal skills, positive attitudes and high levels of self esteem.
- e) Ensure safe practice at all times.

**Opportunities will be provided for all pupils to:**

- Promote skilful body management in terms of both fine and gross motor skills and to develop an awareness of health, hygiene and fitness.
- Engage in creative activity and gain an appreciation of aesthetic expression, by evaluating their own and others performance.
- Experience a sense of achievement through physical activity with every child having the opportunity to gain competence in a range of physical skills and activities.
- Work in cooperation with others and competitively in individual, group and team situations.
- With due regard to safety, recognise the importance of correct and suitable clothing and footwear and the correct way to lift, carry, place and use equipment.
- Experience and explore environments that provide physical challenges.
- Recognise the contribution of physical activities to the meaningful use of leisure time.

**Strategies for teaching P.E**

All children will be given the opportunity to participate in all activities. All lessons are taught to mixed groups of boys and girls. The curriculum is delivered by class teachers and our Sports Coach (Miss Yaina Andrew).

The lesson should be a minimum of 45 minutes and a maximum of 1 hour and should consist of a warm up, skill teaching, cooling down and a review activity. With 2 hours of PE to be undertaken each week.

**Equal Opportunities**

All children will be given the opportunity to participate in every lesson with appropriate challenge planned for the high ability/talented children and support for those children that find PE challenging.

## **Special Needs**

Tasks will be modified to suit children with physical and behavioural difficulties. Their teaching assistants will support them if necessary.

## **Resources**

Large gymnastics equipment is stored in the hall. Equipment for indoor PE is stored in storage cages around the hall. Additionally outdoor equipment is stored in two P.E sheds outside beside the KS2 playground and KS1 shed in the KS1 outside area.

Music for dance/Wake and Shake is stored in Mrs Beckett's classroom.

Real PE planning and assessment resources are also stored in Mrs Beckett's cupboard.

Any lost equipment should be reported to the PE Coordinator. Any damaged equipment must be removed and reported to Mrs Beckett. The PE coordinator is always prepared to offer help, information and advice.

The PE Coordinator works closely with Richard Lander School Cluster to share resources, information and opportunities for inter-school competition.

## **Health, Hygiene and Safety**

Safety rules should be taught and adhered to:

1. Equipment should be kept in good condition.
2. Equipment should be stored, carried and positioned correctly to ensure safety at all times
3. Equipment should be used in a safe and controlled manner.
4. Children must change into suitable clothing for P.E lessons - White T-shirt, blue or white shorts. Tracksuits may be worn for outside games. Bare feet for indoor gymnastics and dance and trainers/ plimsolls for outdoors.
5. Hair should be tied back and no jewellery worn.
6. Teachers are encouraged to wear appropriate dress, flat shoes or bare feet, not only for ease of movement, but also to set an example.
7. The floor surfaces, especially indoors should be checked to ensure that they are clean, dry and safe.
8. Be aware of the medical conditions of children taking part in the lesson. Essential medication, such as inhalers, should be available.

## **Evaluation and Assessment:**

The assessment of P.E is an integral part of teaching. It allows teachers to identify what has been learnt and to monitor pupil's progress. Assessment should also diagnose and identify ways of overcoming particular learning difficulties.

## **Success Criteria**

The successful teaching of P.E will be reflected by:

1. Evidence of progression throughout the school.
2. Evidence that the children should be able to 'Plan, perform and evaluate their own and others performances'.

3. The enjoyment and enthusiasm shown by the children for P.E and evidence of self-motivation.
4. The ability to demonstrate skills and physical fitness.

\_\_\_\_\_ Dated \_\_\_\_\_  
Author

\_\_\_\_\_ Dated \_\_\_\_\_  
Headteacher

\_\_\_\_\_ Dated \_\_\_\_\_  
Chairperson of Governing Body

\_\_\_\_\_ Dated \_\_\_\_\_  
Chairperson of Teaching and Learning Committee

**Ratified at Full Governing Body Meeting:**

**Date of next review:**