



Respectful, Responsible, Resilient Learners.

Physical Education Policy.

Subject Lead: Amanda Lamb

Policy Updated: March 2021

Intent.

At Abingdon Primary School, we believe that Physical Education should be fully inclusive to every child. Physical education (PE) is a compulsory part of the curriculum for all pupils at every Key Stage, from age four to 16. At our school we view PE as a fundamental component of the creative curriculum. A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities.

At Abingdon we aim to provide opportunities for pupils to become physically confident in a way which supports their health and fitness. We provide opportunities to compete in sport and other activities which build character and help to embed values such as fairness and respect.

We aspire for children to enjoy PE and develop a love of sport and physical activity which becomes part of their future life outside of primary school. Children are encouraged to represent the school at sporting events at a local level. Alongside this, we share sporting achievements both in and out of school in our Celebration assemblies, so that we are promoting sports and activities, as well as celebrating all levels of success. We aim for all Year 6 pupils to leave school with the skills to competently swim at least 25m and to have the skills to self-rescue in the water, which are key life skills.

We aim to provide two hours of PE per week per year group with a focus on sporting activities as a vehicle for self-development. This should maximise the potential of PE and school sport to improve children's performance in the classroom as well as their physical, social and emotional wellbeing.

Our aims are to:

- fulfil the requirements of the National Curriculum for Physical Education,
- provide a broad and balanced curriculum,
- ensure the progressive development of knowledge and skills,
- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives.

Implementation

PE at Abingdon Primary School provides challenging and enjoyable learning through a range of sporting activities including; invasion games, net & wall games, strike and field games, gymnastics, dance, swimming and outdoor & adventure.

Provision and Delivery.

Pupils participate in two high quality PE lessons each week, covering two sporting disciplines every half term. Games and athletics lessons are provided by Stockport County Football Club coaches as part of our PPA cover. Teachers provide PE lessons in Dance, Gymnastics and outdoor and adventure.

The PE and Sports premium is used to provide quality resources for all areas of PE which are centrally stored and regularly audited by the PLT.

Swimming lessons are provided by Grand Central Swimming baths. Children in Year 3 and 4 swim once a week for 18 weeks during the Autumn Term and the first half of the Spring Term. Year 5 and 6 swim once a week for 18 weeks during the second half of the Spring Term and the Summer Term.

Planning.

The long term plan sets out the PE units which are to be taught throughout the year and ensures that the requirements of the National Curriculum are fully met. This is tracked by the PE Co-ordinator and used as handover for transition at the end of the academic year so that the new class teacher is aware of what the class has already been taught and to identify any areas that need further development.

The progression grid shows the progression of skills across the Year groups in each area of PE. Teachers use and adapt planning and resources to ensure lessons across years show progression.

For Medium-Term planning and half termly assessments for each class we use Primary PE passport. All teachers and SCFC coaches can access this via teacher iPads.

Extra-Curricular.

In addition to timetabled PE sessions, children are encouraged to participate in the varied range of extra-curricular activities. Lunch time sports clubs are available each week and children can attend after school sport clubs which include a variety of sports.

Children are invited to attend competitive sporting events within the local area as part of the provision we buy into by SHAPES. This is an inclusive approach which endeavors to encourage not only physical development but also mental well-being. These events also develop teamwork and leadership skills and are very much enjoyed by the children.

Abingdon is also part of a Reddish PE cluster where the PLT's from each school arrange friendly competitions between schools.

30 Active Minutes.

In addition to PE sessions, at Abingdon we strive to ensure our children are active for at least 30 minutes per day. Children in KS1 take part in a 'Daily Dash', to help meet the government target. At lunch times children are provided with different physical activities run by our Young Ambassadors. We aim to make lessons as active as possible when appropriate.

Children participate in workshops covering a variety of sports throughout the year. For example Freddy Fit and skipping, again providing the children with an opportunity to develop, improve their fitness and to try something new.

Each year a small group of Year 5, Year 4 and Year 2 children are invited to become Young Sports Ambassadors for the school. They develop into sporting role models for the younger children, assisting with lunch-time clubs, our annual Sports day and any other Sporting activities. Children in Year 3 and 4 are invited to be Change 4 Life Champions and help to run activities at lunchtime for children who are less active.

Continued Professional Development.

CPD is provided by SHAPES as well as courses for NQT's. School has a Specialist Teacher of PE assigned to the school by SHAPES. They provide in house CPD for teachers in Dance and Gymnastics as well as supporting the schools PLT.

Impact

At Abingdon Primary School, we ensure that our PE curriculum is progressive and allows children to develop fundamental skills and apply them to a variety of sports and activities. All children are provided with the necessary skills and given opportunities to demonstrate improvement to achieve their personal best. Our pupils are physically active, and this has a positive impact on their learning in the classroom. Children understand how to lead a healthy lifestyle and understand the importance of regular exercise.

Subject Leader Role.

The role of the PLT is to;

- Review and develop the PE policy on a two year cycle.
- Support teaching and support staff through staff meetings, training sessions, 1:1 support for planning, CPD provision and the provision of quality resources.
- Monitor the quality of teaching and learning in PE across the school through learning walks and lesson observations.
- Liaise with the SCFC coaches to ensure the delivery and progression of skills.
- Monitor assessment data.
- Maintain a good knowledge of current thinking in PE through research, attending subject leader meetings and liaising with the Specialist Teacher of PE.
- Provide and maintain a PE noticeboard.
- Ensure the PE and Sports premium is used appropriately and sustainably to provide high quality teaching of PE, engage all pupils in regular physical activity, provide opportunities for a broader range of activities on offer and for competitive sport, and to raise the profile of PE and whole school improvement.
- Evidence and publish the impact of the PE and Sports premium.

SEND and Inclusion.

Using the SEND code of practice, Local and National guidance to inform our curriculum enables personalisation and equitable delivery of learning for all children regardless of need.

March 2021