



---

# HIGH LANE PRIMARY SCHOOL

---

## PE Policy

<b>Date policy was agreed with Governors</b>	Autumn 2020
<b>Review Date</b>	September 2023
<b>Person(s) Responsible</b>	R Williams

At High Lane Primary School, we value every child as an individual and believe it is important for all children to reach their full potential in a happy, supportive and exciting environment. We seek to develop independent learners who are equipped with the necessary skills, knowledge and understanding to thrive within an ever-changing world. We seek excellence and enjoyment in everything we do.

*A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.*

National Curriculum: PE Programme of Study (2014)

## **Aims**

At High Lane Primary School we believe that every child has a right to be safe and healthy. We recognise that we play an important role in supporting and promoting the attitudes, practices and understanding which encourage the child to make informed decisions, enabling them to establish and maintain lifelong physical activity habits. In line with the national target, the school ensures a minimum of two hours structured activity per week in the curriculum. Extra-curricular activity clubs are also offered to all pupils.

## **What is important to us in our PE curriculum?**

We think that it is important to:

- Maintain a high profile for physical activity in all aspects of school life.
- Provide appropriate ongoing training for all staff, including teaching and non-teaching staff.
- Encourage all pupils to participate in physical activity during playtimes.
- Embed health related exercise (HRE) principles into the PE curriculum - ensure that knowledge and understanding of fitness and health is integral to all PE lessons and has cross-curricular links to other subjects such as Science, D & T, English and Maths.
- Provide links to other aspects of health, for example by promoting healthy eating, physical activity outside school (e.g. walking/cycling to school) and providing access to water.
- Ensure that all pupils have access to a minimum of two hours curriculum time of high-quality PE and sport each week, along with further opportunities to take part in out of school clubs, and to ensure that PE provision follows the statutory PE curriculum.
- Offer a broad and balanced activity programme which is inclusive to all pupils.
- Work with key partners, including the School Sport Partnership, in helping to promote physical (and, where appropriate, community) activity.
- Promote regular physical activities to all school staff.

## **Curriculum planning**

Our school uses the National Curriculum in England 2014 Framework for PE as the basis for its curriculum planning. Our curriculum aims are to:

- Ensure that all pupils receive two hours curriculum time physical education each week.
- Provide a physical education programme which is broad, balanced and fully inclusive, suiting the needs of all pupils.
- Provide ongoing monitoring of PE lessons, in order to ensure that high-quality outcomes are achieved.
- Ensure that all PE lessons include at least some time in which the children become out of breath (i.e. raised respiration and heart rate, promoting cardiovascular fitness).
- Ensure that all PE lessons include the National Curriculum health-related exercise strand, so that pupils are aware of the need to exercise, the body changes during exercise and know how to warm-up and cool-down.
- Ensure that all PE lessons are structured to include a warm-up and cool-down.

- Promote physical activity and health related exercise within other lessons (e.g. the effect of exercise on the body, anatomy and physiology, in science).
- Provide intra-school activities for pupils, including a sports day.

### **Extra-Curricular Physical Activity**

- Provide a diverse programme of out of school hours activity clubs, which suit the needs of all pupils. This should be developed in consultation with pupils.
- Provide a programme which offers an equal balance of competitive and non-competitive activities.
- All physical activity clubs shall be open to all pupils of all abilities, although some may only be open to certain year groups.
- Activities may vary according to season.
- All children will be given the opportunity to be involved in special events such as Walk to School Week.
- Some clubs may be led by external coaches e.g. lacrosse, tennis and ballet.

### **Playtime Activity**

- Make a range of equipment available to all pupils during playtime and lunchtime periods.
- Use the sports premium to enhance the physical activity of pupils during break times.
- Promote playground activities as specific fitness activities.
- Train older pupils to act as playground leaders – oversee equipment and support activity for younger children.
- Ensure that lunchtime supervisors are able to promote and support playtime activity.
- Develop appropriate and safe playground areas, which have innovative permanent markings, designed by children and staff, which encourage and facilitate activity to all pupils.

### **Role of the subject leader**

In ensuring the quality of provision across the school, the subject leader, Richard Williams, is responsible for the following:

- Detailing how the school will use the school sports premium money and reviewing, on an annual basis, this in the school improvement plan. This will include a budget for resources.
- Providing the school link to the School Sport Partnership.
- Evaluating the implementation of PE across the school through reviewing schemes of work, discussing with members of staff and inviting pupil and parent feedback

### **Equal opportunities**

All PE lessons are made inclusive for all pupils. When planning lessons, teachers take into consideration any ITLPs or EHCPs for children in their class and ensure that their needs are considered and additional resources are sourced if required.

Positive attitudes towards PE are encouraged, so that all children, regardless of race, gender, ability or special needs, including those for whom English is a second language, develop an enjoyment and confidence with PE. The aim is to ensure that everyone makes progress and gains positively from lessons and to plan inclusive lessons.

## High Lane Primary

### What PE looks like in our School



#### Our philosophy

At High Lane, our PE lessons:

- Allow children to develop competence to excel in a broad range of physical activities
- Ensure that children are physically active for sustained periods of time
- Provide opportunities for pupils to engage in competitive sports and activities
- Encourage pupils to lead healthy, active lives.

#### What we do

In order to provide effective teaching and learning opportunities, we:

- Plan lessons that allow pupils 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.
- Provide opportunities for children to communicate, collaborate and compete with each other.
- Help develop children's understanding of how to improve in different physical activities and sports
- Teach children how to evaluate and recognise their own success.

#### How we know our pupils are achieving

We use a range of strategies to ensure our pupils are on track and lessons are effective. We:

- Observe children in lessons
- Use the assessment tools on PE Passport at the end of a lesson or a block of lessons
- Take photographic evidence of activities - where appropriate these can be annotated or linked to assessment objectives in PE Passport
- Share verbal feedback with pupils
- Use self-assessment and peer-assessment within lessons
- Listen to pupil voice