



# ST MEWAN C P SCHOOL

*Policy Co-ordinator – Matt Boynton*

## Physical Education Policy

**Date: September 2023**

**Review Date: September 2024**

Physical Education plays a pivotal role in a child's overall education due to its unique ability to focus on all of the different aspects of learning – these being the physical, social, cognitive and emotional elements of learning. At St Mewan, our PE Curriculum ensures that these are embedded through structured and progressive sequences of learning for all key stages. Additionally, we aim to develop the resilience, confidence and independence of every pupil by providing them with an extensive amount of sporting opportunities and encouraging them to lead a healthy and active lifestyles both in the present and in their future lives.

Physical Education can:

- ◆ Develop physical competence and help to promote physical development;
- ◆ Teach pupils, through experience, to know about and value the benefits of participation in physical activity while at school and throughout life;
- ◆ Develop an appreciation of skilful and creative performances across the areas of activity
- ◆ The development of problem-solving skills (e.g., by giving pupils the opportunities to make up and refine their own games);
- ◆ The establishment of self-esteem through the development of physical confidence (e.g., swimming at least 25 metres unaided);
- ◆ The development of inter-personal skills (e.g., by helping pupils to be aware of their roles as members of teams and groups and taking account of others' ideas).

Physical activity is combined with the thinking involved in making decisions and selecting, refining, judging and adapting movements. Through these activities pupils should be encouraged to develop the personal qualities of commitment, fairness and enthusiasm.

Physical Education at St Mewan CP School includes:

- Gymnastics
- Dance
- Games
- Health and Fitness
- Athletics
- Swimming
- Outdoor and Adventurous Activities
- Fundamental Movement Skills



# ST MEWAN C P SCHOOL

*Policy Co-ordinator – Matt Boynton*

## Physical Education Policy

**Date: September 2023**

**Review Date: September 2024**

Our balanced Physical Education programme will provide regular opportunities for all pupils to participate in vigorous exercise and develop a wide range of skills, knowledge and understanding.

All pupils will be focus on the different areas within the PE curriculum at some point throughout the year. Each focus area will be covered in accordance with our whole school PE planning which has been designed by the PE Lead. This curriculum map accounts for the follow:

- ❑ Age, interests and ability of the pupils
- ❑ Seasonal climate
- ❑ Range of facilities available
- ❑ Calendar of school events
- ❑ National Curriculum Objectives

Physical Education should always be enjoyable. It should introduce pupils to a love of physical exercise and encourage them to adopt an active lifestyle for life.

Physical Education serves St Mewan school life at various levels:

1. As a foundation subject in the National Curriculum;
2. As an extra curricular activity – the clubs and organised activities for pupils which enrich the social life of the school and make links to local community sport and physical activity;
3. As a school representative activity – school teams in football, netball, tag-rugby, cross-country, athletics, cricket and swimming. Several other festivals are run for other sports;
4. As a part of the school's contribution to community, educational, recreational and cultural life.

All of these levels are important, both to the pupils and to the school as a whole and play a major role in building the foundation experience upon which future involvement in physical activity, sport and recreation is based.



# ST MEWAN C P SCHOOL

*Policy Co-ordinator – Matt Boynton*

## Physical Education Policy

**Date:** September 2023

**Review Date:** September 2024

### **ST MEWAN CP SCHOOL** **AIMS AND OBJECTIVES OF PE**

**QUESTION:** Why Physical Education?

**ANSWER:** It provides every child with the opportunity to develop their physical, social, cognitive and emotional skills as well as improving their health and fitness.

1. To develop skilful use of the body, the ability to remember, repeat and refine actions and to perform them with increasing control, co-ordination and fluency (acquiring and developing).
2. To develop an increasing ability to select, link and apply skills, tactics and compositional ideas (selecting and applying).
3. To improve observation skills and the ability to describe and make simple judgements on their own and others' work, and to use their observations and judgements to improve performance (improving and evaluating).
4. To develop an understanding of the effects of exercise on the body, and an appreciation of the value of safe exercising (knowledge and understanding of fitness and health).
5. To develop the ability to work independently, and communicate with and respond positively towards others (working alone and with others in competitive and co-operative situations).
6. To promote an understanding of safe practice, and develop a sense of responsibility towards their own and others' safety and well-being (applying safety principles).
7. To understand and enjoy a range of physical activities, deciding on the most appropriate roles for them to play within a team or as an individual.
8. To learn to compete fairly and cope responsibly with success and failure. PE can provide success for those pupils who may struggle academically.
9. To understand and appreciate the contributions of others in team events, the importance of fair play and of abiding by the rules and codes of conduct.
10. To develop skills, knowledge and understanding for a future life in sport, recreation and dance.



# ST MEWAN C P SCHOOL

*Policy Co-ordinator – Matt Boynton*

## Physical Education Policy

**Date: September 2023**

**Review Date: September 2024**

- **The Curriculum time** given to each year group is one afternoon each week. This ensures that all pupils receive at least one high quality PE lesson each week. At St Mewan we implement all aspects of National Curriculum Physical Education. We ensure that all of our pupils are taught the required objectives and are given the opportunity to develop the outlined skills within the National Curriculum.

- **Who teaches PE?**

Usually, each class teacher is responsible for the Physical Education of their own class, with occasional agreements to change, depending on circumstances, availability of equipment, professional expertise, facilities and, of course, the suitability of the weather. Some lessons are taught by PE specialists. Our PE specialists will also use provide CPD for teaching and support staff where appropriate.

- **Methods**

Although Teaching methods can vary depending on the strengths and expertise of individual teachers, all staff will ensure all pupils are provided with equal opportunities to be active and develop a range of skills and improve their understanding within PE. These lessons are supported through the use of the 'Move' PE Lesson plans which provide a supportive and consistent approach throughout the school. However, if teachers or outside organisations have a particular expertise within an area of our curriculum, they may carry out different activities to what is in the planning but will always enable children to meet the given objectives.

- **Equal Opportunities**

All children, regardless of gender and ethnicity, have free access to all activities on offer. All children within the school are encouraged to attend at least one after school sports club every year and will also be invited to represent the school at a sports event. In PE lessons, boys and girls are taught together and our extra-curricular clubs are available for both boys and girls unless the sport recommends that the children are split via their gender.



# ST MEWAN C P SCHOOL

*Policy Co-ordinator – Matt Boynton*

## Physical Education Policy

**Date: September 2023**

**Review Date: September 2024**

### ▪ **Special Needs**

Children with special educational needs are given access to the Physical Education National Curriculum in its entirety. However, teachers will use STEP guidance to ensure that this level of access is appropriate for the individual's needs. The amount of participation is at the discretion of the class teacher, in consultation with the child and the parents, bearing in mind all usual safety rules and the physical ability of the child. This is a factor that is considered for some pupils with physical disabilities as their health may be affected by too much physical activity. Some pupils with additional needs will be given 121 support (Key Worker). Others, may be given adapted equipment or are set different objectives and activities to complete. All of the above is part of the STEP guidance that Teachers use to ensure that all pupils are involved within PE.

### ▪ **Residential (Specific details will be sent out to parents each year).**

KS2 children at St.Mewan are provided with a variety of residential experiences. We review our residential every year therefore the details may change.

- Year 3 spend 2 days taking part in land based OAA activities within the local area during Summer Term 1.
- Year 4 spend 3 days and 2 nights at a residential facility, taking part in a range of OAA activities and staying in dorms during the Spring term 2.
- Year 5 spend 3 days and 2 nights away in a city, taking part in a range of activities that are only found in an urban environment, staying in hotel style accommodation within a city centre during Summer term 2.
- Year 6 spend 5 days and 4 nights away, taking part in water-based activities, staying in tents during the Summer term 2.

### ▪ **Differentiation**

The Physical Education Curriculum can allow for differentiation by either making provision for groups of pupils of similar ability or within their lessons teachers will provide differentiation ideas in individual activities, supported by the STEP principles (space, task, equipment and people).

### ▪ **Cross-curricular**

There are opportunities for cross-curricular work with the Physical Education curriculum in many other subjects. Some aspects of fitness and health are taught through Science, Maths and Computing. Links are also forged through forest and beach school activities and our residential experiences. Some of our Dance units link with multi-cultural education and geography or history topics.



# ST MEWAN C P SCHOOL

*Policy Co-ordinator – Matt Boynton*

## Physical Education Policy

**Date: September 2023**

**Review Date: September 2024**

### ▪ Resources

Resources at St Mewan are varied and extensive. The main areas for Physical Education are the field, the play court and the hall. The hall is cleared daily and the field is mowed regularly. The ever-changing equipment is being brought up to a sufficient level for the number of pupils on roll. Small equipment is stored in the PE sheds and cupboards, gym equipment around the edge of the hall and a large container is used to store equipment needed for field-based activities.

### ▪ Swimming

Throughout the year, Year 3, 4, 5 and 6, will receive 5 consecutive swimming lessons during 1 school week. During this week of swimming both classes will have an hour lesson each day. Teachers will attend these sessions with their own class. During this session, children will be assessed by the Swimming instructors to ensure that children are provided with the appropriate level of coaching and activities. The children assessed as being in the top group for Y4,5 and 6 may be selected for swimming events that take place during the year. Children who find swimming challenging, will be given the opportunity to develop their water confidence and basic swimming ability as part of our Aqua Seals club.

### ▪ Clothing

For EYFS, in the Autumn and Spring term changing should be fit for purpose. This may mean changing footwear (sturdy shoes with good grip), or changing into shorts and bare feet rather than a complete change for every lesson. EYFS children should come to school in their St Mewan PE kit (black polo/gold top, black shorts and suitable footwear for the given area) in the Summer term on their PE day. For Key Stage 1 and 2 PE lessons, pupils wear a black polo/hoodie or gold shirt and black shorts, with trainers on the play court and bare feet in the hall for gymnastics and dance if applicable. All pupils must have Jewellery removed or earrings taped if recently been put in (6 weeks) and long hair tied back. In cold weather, tracksuit bottoms and the school jumper or black hoodie can be worn for outdoor lessons. Children come into school wearing their PE kit on their PE day.

For swimming, one-piece costumes are expected to be worn by the girls and plain swimming trunks by the boys with long hair being tied back. Swimming hats are optional. In football matches and clubs (on the field) children must wear shin pads. This is the same for hard ball hockey matches and clubs. For hardball cricket matches and clubs, children must wear cricket pads, gloves and helmet when batting as well as a cricket box for boys. For pupils representing school teams, clothing and equipment is usually provided.



# ST MEWAN C P SCHOOL

*Policy Co-ordinator – Matt Boynton*

## Physical Education Policy

**Date: September 2023**

**Review Date: September 2024**

- **Out of Hours learning (Extra-Curricular Clubs)**

A wide range of extra-curricular clubs are available at lunchtimes and after school (Parents to book via School Gateway). These change each half term to ensure that the children are given the opportunity to develop their skills and ability within as many different sports and physical activities as possible. Year 4, 5 and 6 children have regular sports fixtures as part of the St Austell and District League, ESFA tournaments, Poltair School Sports Partnership events and Cornwall Cricket competitions. Throughout the year, we ensure that all pupils are given the opportunity to represent the school within at least one sports event or fixture. It is common that most children take part in more than one sports event by the end of the year.

- **Safe Practice**

Risk assessments are in place for PE lessons (which include extra curricular activities) and are updated as required. A significant number of staff hold first aid qualifications. From Reception, children are taught safe procedures for using and/or carrying PE equipment. These are reinforced regularly. Pupils are also made aware of the need to participate in a way that does not endanger others.

- **Assessment and recording**

Assessment is linked to planning and the objectives found within the 'Move' lesson plans, as well as using the National Curriculum PE objectives. Class teachers are supported by the PE Lead in carrying out these assessments. Our PE Lead keeps a record of pupil attainment in PE and uses this information to inform class teachers regarding report writing and future planning for interventions or sports events. Children with specific talents in an area with PE will be given an opportunity to represent the school within this area when an appropriate competition arises. Children assessed as either Working Towards or Working Below within an area will be provided with intervention activities or will be chosen to attend the Cornwall School Games events which aim to improve the engagement and ability of 'inactive' pupils across the county.

- **Leadership and management**

The PE Subject Lead has an annual budget for PE and is responsible to the headteacher. Staff inform them of individual needs (e.g. CPD, resources) and, alongside priorities in the School Improvement Plan, these inform PE spending. Some major expenditure comes from other sources such as FOSM (PSA) money.

- **Monitoring**

The PE leader observes and monitors teaching when given time to do so. They also check curriculum coverage by mapping the teaching of activities over a year and checking planning and assessment sheets. These can be adapted if an area of need or improvement is identified. They, alongside the Headteacher, are responsible for spending PE premium money to ensure that PE standards continue to improve. A meeting is held with the PE Governor each term to discuss achievements and priorities for development.