



## **PHYSICAL EDUCATION POLICY HELSBY HILLSIDE PRIMARY SCHOOL**

### **Aims of PE at Hillside**

PE is an essential part of our curriculum at Hillside. It develops pupils' physical competence and confidence and their ability to use these to perform in various activities. It promotes physical skill, physical development and knowledge of the body in action. PE provides opportunities for pupils to be creative, competitive and to face different challenges as individuals, in groups and teams. It develops positive attitudes towards an active and healthy lifestyle. Pupils learn to plan, perform and evaluate actions, ideas and performances to improve their quality and effectiveness. Through this process, pupils discover their aptitudes, abilities and sporting preferences.

At Hillside we show a strong commitment to PE and as part of our school sports partnership (FAVSP) endeavour to deliver 2 hours of high quality PE every week. We have strong links with local sports clubs and actively look to promote these in school and signpost children and families to sports outside school.

### **National Curriculum Subject Aims**

The national curriculum for physical education aims to ensure that all pupils:

- 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.

### **PE Curriculum Planning**

#### **Foundation Stage**

During the Foundation Stage, young children are given the opportunities from the Early Learning Goals for Physical Development. Pupils are taught to move with confidence and in safety, with control and co-ordination. Using small and large equipment, they learn how to travel over, under and around obstacles.

#### **Key Stage 1 and 2**

PE is a foundation subject in the National Curriculum. As required, we teach dance, games and gymnastics in Key Stage 1. In Key Stage 2 we teach dance, games and gymnastics plus swimming and water safety, athletics and outdoor adventure activities.



Our long term planning has been developed using 'Complete PE' units of work and linking these to the creative curriculum and competition calendar.

## **Teaching and Learning and Inclusion**

Hillside is a fully inclusive school and we strive to teach PE to all children, whatever their ability. PE forms part of the school curriculum policy to provide a broad and balanced education to all children. Through our PE teaching we provide learning opportunities that enable all pupils to make progress. We do this by setting suitable learning challenges and responding to each child's different needs.

The school identifies pupils who have talents for sport and signpost these children to local clubs. We are fully supportive to children who have been recognised at local or national levels.

## **Assessment for Learning**

Teachers assess children's work in PE by making observations during lessons. Pupils are encouraged to evaluate their own work and to suggest ways in which to improve. At the end of a unit of work teachers record the progress made by children against the learning objectives. These records enable the teacher to report to parents and carers at the end of the year and can be passed on to the next teacher.

## **Extra- Curricular Activities and Competition**

At Hillside we have a wide range of sporting activities on offer to children across the whole school. Some are delivered by members of staff, community coaches or are offered to parents as a paid club by professional coaches.

The role of the PLT (Primary Link Teacher) at Hillside is to develop links with sports clubs in the community. They encourage outside agencies to be involved with sport either through coaching during lessons, extra-curricular activities or through competitions. Our School Sports Partnership commitment has been strengthened over the years and we participate successfully in a wide range of competitions and events throughout the year.

## **Kit requirements**

The kit requirements for PE can be found in the prospectus. This is sent to all new parents and is available for any parent on the web site. Our PE kit consists of a white Hillside T shirt and blue shorts. For outdoor PE a white Hillside T shirt, blue or navy tracksuit bottoms and warm top and trainers are required.

The policy of the governing body is that no jewellery is to be worn for any physical activity and long hair should be tied back. This is made clear in the school prospectus.

## **Equipment and Resources**

There are a wide range of resources to support the teaching of PE across the school. The small equipment is stored in labelled containers in the school hall cupboard. In order to keep the equipment in the best condition it is only accessible to children under adult supervision. The hall contains a range of large apparatus, and we expect the children, from Foundation Stage through to Year 6, to help set up and put away this equipment as part of their work. By doing so, the



children learn to handle equipment safely. The children use the school field for games and athletics and EPSV swimming pool for swimming lessons.

### **Health and Safety**

The general teaching requirement for health and safety applies in this subject. We encourage the children to consider their own safety and the safety of others at all times. We expect them to change for PE into the agreed clothing. The governing body expects teachers to set a good example by wearing appropriate clothing when teaching PE. Further Health and Safety requirements are detailed in the CWAC recommended document ‘Safe Practice in Physical Education and School Sport.’

### **Management and Leadership Roles**

The PE subject leader is responsible for the management and co-ordination of PE within the school and reports to the Head Teacher. She supports colleagues in their teaching, by keeping informed about current developments in PE and providing INSET when necessary. She monitors the planning and delivery of PE lessons. The equipment is kept in an orderly way and the PE co-ordinator liaises with the Head Teacher when purchasing new resources.

The Primary Link Teacher (PLT) attends regular meetings with the School Sports Co-ordinator (SSCO) to ensure Hillside has sports coaching opportunities and participates in a wide range of competitions and extra-curricular activities. She completes an annual survey to maintain the Sainsbury’s School Games kitemark and reports on the effective use of the sports premium to fulfil our aims.

Reviewed by	Adam Khan and Amie Moore	11/01/23
Approved by	Full Governing Board	25/01/23
Next Review Date		January 2026

