



Forest of
Dean Trust

Physical Education Policy

FOREST VIEW SCHOOL

Policy name	Physical Education Policy
Version date	September 2023
Owner	BL
Approval date	September 2023
Approver	Local Governing Board
Review frequency	To be reviewed and updated upon curriculum changes
Review date	To be reviewed and updated upon curriculum changes

Introduction

All stakeholders at Forest View Primary believe that Physical Education, (P.E.) experienced in a safe and supportive environment, is vital and unique in its contribution to a pupil's physical and emotional development and health. Our P.E. curriculum aims to provide for pupil's increasing self-confidence through an ability to manage themselves successfully in a variety of situations. A balance of individual, team, co-operative and competitive activities aim to cater for individual pupil's needs and abilities. Our planning is based on progressive learning objectives outlined in the National Curriculum, which combined with varied and flexible teaching styles, endeavour to provide appropriate, stimulating, challenging and enjoyable learning situations for all pupils.

Please refer to the school's teaching and learning policy for detailed information regarding planning, marking and monitoring. Please also refer to the school's subject leader policy which provides clear guidelines on the role of the subject leader(s).

Aims and objectives

- To offer participation and evaluation opportunities that are appropriate to the needs and age of pupils.
- To develop an ability to remember, adapt and apply knowledge, practical skills, vocabulary and concepts in a variety of movement based activities.
- An environment which promotes positive attitudes towards health, hygiene and fitness.
- Practices that encourage safe practice.
- To develop communication skills, encouraging the use of correct terminology to promote effective co-operation.
- To develop a sense of fair play and sportsmanship.
- To foster an enjoyment, and positive attitude to the subject and to provide the pupils with a variety of experiences in this subject area.
- Opportunities are given to enjoy and succeed in the subject as well as being stimulated and challenged.
- To be aware of simple physiological changes that occur to their bodies during exercise.
- Be given the opportunity to develop areas of activity of their choice in extra-curricular time.
- Make full use of the facilities at Forest View and other settings to prepare a child mentally and physically for Key Stage 3 and beyond.
- To use the Sports premium money to impact positively on the physical literacy of all pupils.

Assessment/Recording

Teachers will assess the children in their class by observation as a natural process in their teaching. The following guidelines will be used:

- Assessment for learning should be part of normal teaching to inform the next learning steps.
- Assessments focus on clear learning intentions and track outcomes.
- Give feedback to the children before, during and after the lesson.
- Children should be encouraged to use self-assessment and opportunities given to them to observe, evaluate and communicate their own and other's performance.
- Summative assessments should be recorded on the SPTO and this will then be used to monitor progress across the school.

Differentiation

Children with SEND have an entitlement to a broad and balanced P.E. programme relevant to their needs. If a programme needs to be adapted then the teacher in charge will do this in consultation with the P.E. co-ordinator(s) and the Inclusion Manager. We recognise that individual pupils in a class will vary in their stages of development and in their capacities to meet and respond to the challenges with which they are presented. We feel that it is important therefore that lessons are provided which cater for children of all abilities to increase their confidence and chances of progress.

Role of the P.E. co-ordinator(s)

The curriculum co-ordinator(s) is/are expected to provide subject expertise which will assist the school in preparing and reviewing policy documents, developing learning objectives, leading and supporting colleagues and monitoring and evaluating the overall provisions. Refer to the Subject Leadership policy for more details.

Health and Safety

It is the duty of all members of staff to ensure that activities related to physical education on and off the school premises are carried out with the safety of the children being of paramount importance. All staff members have access to risk assessments which meet AfPE guidance for different sporting activities as required on the t-drive. One of the PE leads has completed training to AfPE standards.

At Forest View it is our aim to teach Physical Education in a safe and secure learning environment, using the following guidelines:

- Teachers should be aware of the dangers involved when using various surfaces, for example slippery, mossy etc.
- All reasonable care should be taken to ensure the pupils' working area is free from any dangers.
- In the interests of health and safety the appropriate footwear and clothing should be worn. All jewellery must be removed.
- All members of staff should check equipment and apparatus at regular intervals. Any faults found should be reported immediately to the curriculum leader.
- Pupils should be taught how to carry and use the equipment correctly.
- A first aid kit should be readily available.
- Teachers should make themselves aware of any medical conditions that any children in their care may have.
- A high standard of discipline should be maintained at all times.

Health and Fitness

At Forest View School the children take part in a Daily Move. Every day for fifteen five-ten minutes the children do laps around the playground and or field. The idea is that they keep moving the whole time and this could be completed with a combination of running, jogging, skipping, jumping and walking. The aim is that they cover more distance and can run for longer as their fitness increases. Certificates are given out in Celebration Assembly for children who have improved greatly or are showing lots of effort and enthusiasm. In a range of subjects such as PSHE and Science children are taught about what constitutes a healthy lifestyle. Children are educated and informed so that they can make healthy lifestyle choices. Fruit is available for KS1.

Development of Personal Learning and Thinking skills (PLTs)

- Developing thinking – pupils will be given opportunities to engage in planning how to design and make progress in their performance, how to develop their ideas and strategies and reflect on how they might further improve their own and others' performance.
- Developing communication - learners will be given opportunities to communicate through the selection and use of key words related to their activity to help them analyse and improve their own and others' work. They will be encouraged to ask questions and communicate their ideas using different forms depending on the audience and purpose of their activity. They will be encouraged to listen to others' contributions, identify possible problems, suggest alternative approaches, and help to develop group activity.

Swimming and water safety

At Forest View School the children in Key Stage 2 are given the opportunity to go swimming each year for a period of one term. Pupils will be taught to swim competently, confidently and proficiently over a distance of at least 25 metres, use a range of strokes effectively and perform safe self-rescue in different water-based situations.

Extra-Curricular Activities

Forest View Primary School provides many extra-curricular activities, which we feel reinforces the many skills being acquired through P.E lessons during the school day. Extra –curricular activities include after school clubs and organised lunch time activities. Children in Y3 and Y5 are given the chance to go on a residential visit.

Sports Premium Monitoring

Sports Premium funding is closely monitored. Expenditure and impact is published on the website once a year (September).