



# PARK GROVE SCHOOL



## *P.E. Policy*

### **INTRODUCTION**

Park Grove School is committed to promoting the health and well-being of its pupils and staff through physical activity. This policy outlines the organisation, teaching and management of physical activity at this school.

### **AIM**

To provide quality physical activity opportunities both within and outside of the curriculum time which:

- Considers the needs and interests of all pupils.
- Promotes positive attitudes towards participation in physical activity.
- Enables pupils to develop a full range of basic movement and skills.
- Increases pupils' knowledge and understanding of the importance of physical activity.
- Differentiates tasks appropriately according to children's abilities.

### **OBJECTIVES**

The main objectives of our Physical Exercise Policy are:

- To ensure a minimum of two hours of high quality physical education in which a broad and balanced programme is provided.
- A curricular physical education programme that follows the new National Curriculum requirements.
- To provide and promote opportunities for pupils and staff to be physically active throughout and beyond the school day.
- To increase competitive game levels in line with national targets emphasised in the National Curriculum.

### **STATUTORY CONTEXT**

- The new national curriculum from September 2014 has emphasised the importance of competitive games throughout the different year groups. The role of swimming has strengthened and it now must be taught in schools. Other key outcomes are non-statutory but should be used as a guide by schools to emphasise key learning.

### **GENERAL CONTEXT**

#### Teaching

- Each class is timetabled to receive two hours of high quality curriculum P.E. every week. This includes one session delivered by Total Sports who are rated as "Outstanding" and one session taught by the class teacher.

Our teaching and learning reflect the following principles:

- Learning objectives are clearly set and effective teaching and learning styles are adopted in order to promote positive attitudes and increased participation.
- Differentiation – differentiated tasks that are matched to the abilities, needs and interest of all pupils with extra special provision identified for AGT pupils.

- Positive Reinforcement – effort rewarded, improvement acknowledged, pupils praised and positive feedback provided in line with our behaviour policy.
- Appropriate grouping to aid the learning e.g. in contact sport, pupils should be matched physically for partner work.

### Curriculum

- The curriculum has been designed to ensure a broad, balanced and progressive provision across each year group. Each term's P.E. programme has been split between Total Sports and the class teacher to ensure at least two strands of teaching and learning are covered. For example, one lesson of dance and one lesson of games.
- Total Sports are following their own tailored schemes of work produced by Oliver Holliday, a P.E. teacher with 9 years' experience. Teaching staff are using the LCP scheme of work for Key Stage 1 and 2.
- Each half term, a different class from Key Stage 2 will receive one lesson of Swimming a week at Yearsley Swimming pool. This session is in place of the normal session provided by the class teacher.
- Year 6 children have the opportunity to experience outdoor adventure activities through a week long residential visit to an outdoor activity centre.
- The importance of physical activity on the body and as part of a healthy lifestyle is also addressed through science and PHSCE curricular links.

### Out-of-hours

- We aim to provide a range of 'Out-of hours' opportunities for all children in school. These usually take place during the lunch break or after school and are either run by Teaching staff, Total Sports coaches or through our links with School Sports Partnerships (SSP). All adults will have had the appropriate DBS and qualification checks made either by our school, the SSP or their accredited governing body.
- Through links with our SSP our children are also able to access an additional range of out-of-hours activities after school at our link Secondary school (Joseph Rowntree School). Activities led by accredited coaches may require a parental contribution.
- We also encourage children to be physically active during all breaks through the provision of 'playground games' and peer play leaders and skipping ropes.

### Facilities and Equipment

- We are particularly fortunate to have excellent facilities for P.E. and School Sport. Our dedicated staff team believe in the value of physical activity as part of a healthy lifestyle and as a medium for teaching and learning.
- Our facilities include a purpose built gym with a large selection of sports and gym equipment including: mats, balance/climbing apparatus, basketball hoops, table tennis tables, badminton nets, dance boards, parachutes, a range of balls and other small games/target equipment. Additionally, we have specialised equipment for Athletics, Tag Rugby, Kwik Cricket and Hockey.

- We also have two playgrounds, including a marked out netball court; a large playing field with a football pitch (Autumn/Spring) a rounders pitch and running track (Summer). Additionally the grounds are mapped out for Orienteering.

### **MONITORING & EVALUATION**

- Continued impact of Total Sports to be monitored and evaluated throughout the year through observations from Mr Mastrelli and Mr Gardiner.
- Scrutiny of Teachers' planning and teaching of P.E. throughout the school.
- Updated Summative Assessment sheets to be monitored and used effectively to aid further planning and outcomes.

### **LINKED POLICIES**

Behaviour Policy

EYFS Policy

**REVISED BY: Giles Mastrelli and Will Gardiner**

**DATE: July 2016**

**NEXT REVIEW: July 2018**