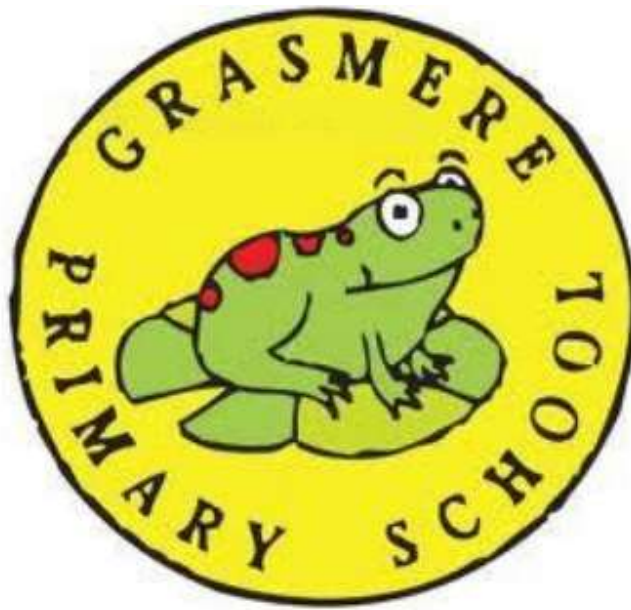


Grasmere Primary School



PE Policy

October 2023

Our Values, Our vision:

We are kind:

Together we make friendships and work with everyone using compassion and humility. We are restorative: we communicate calmly and listen to each other.

We are brave:

Regardless of where we begin, everyone at Grasmere has the courage to aim high and achieve with confidence. We are not afraid to make mistakes and learn from them. We feel safe to take on a challenge and push our talents with determination and a thirst to question and satisfy our curiosity.

We are creative:

We make our learning exciting! We enjoy many enriching opportunities through a broad curriculum. We feel engaged and enthusiastic to discover and enhance our skills and knowledge.

We have respect:

We are a diverse community. Our staff, students and entire school community work in harmony, inclusively shaping the way we behave to grow, understand and celebrate difference and contribute to society in a meaningful way.

Grasmere Primary School:
Growing Minds, Promoting Success

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1. Curriculum Statement

Our vision for all children at Grasmere Primary School is to provide an engaging P.E. curriculum that provides children with a rich experience to explore their physical and sporting skills through a wide range of sports and activities. Ultimately, we aim to equip children with the fundamentals of movement (agility, balance and coordination).

The overall aim of the Grasmere P.E. provision is to allow children a safe space to develop their communication, teamwork and physical skills through their P.E. lessons. Through our scheme of work, children should demonstrate progress within each year group to eventually leave Grasmere in Year 6 with a rich portfolio of sporting achievements and many happy memories.

This is achieved through a broad and balanced curriculum with units that include:

- Ball games and skills (incl. Cricket, Hockey and Football)
- Gymnastics
- Dance
- Swimming (Year 3 and above)
- Kayaking (Year 6)

Each unit is taught across a half-term and builds upon the previous year's learning. The promotion of a healthy and active lifestyle is paramount to a child's success at school. The P.E. provision at Grasmere also aims to embed physical activities across the curriculum where teachers incorporate physical activities in other lessons. Every year group participates in the Daily Mile where children build their strength and fitness levels through fifteen minutes of running every day.

Daily Mile

The Daily Mile is a social physical activity, with children running, jogging – at their own pace – in the fresh air with friends. Children can occasionally walk to catch their breath, if necessary, but should aim to run, jog for the full 15 minutes. We want every child to have the opportunity to do The Daily Mile.

Gymnastics

When teaching Gymnastics at Grasmere, teachers focus on the stage of each child's physical development to ensure the fundamentals of movement are incorporated into each activity in a safe and accessible way. Children are taught how to jump, roll, balance, and navigate an apparatus.

Ball games and skills

Through ball game activities, children learn how to develop the fundamental movement skills to manipulate and control an object successfully. They develop their motor skills and hand-eye coordination skills through a series of throwing and catching drills and games.

Dance

The dance units taught at Grasmere, allow children to explore the various shapes they can make with their bodies to tell a story through movement. By building up their ability to move around the space with confidence, children begin to develop the key coordination techniques needed to express themselves through dance and movement in time to music.

Swimming

KS2 year groups enjoy weekly swimming lessons at Clissold Leisure Centre. In these lessons, they are taught how to use a range of strokes proficiently (including front crawl, backstroke and breaststroke). They are taught important water safety rules. By the end of KS2, all children should be able to swim confidently and proficiently over a distance of at least 25 metres.

Kayaking

In Summer Term 2, Year 6 enjoy weekly kayaking lessons at Laburnam Boat Club in Haggerston.

Bikeability and Bike Around the Borough

In Years 5&6, children can participate in Bikeability lessons with Cycle Confident. The aim of these lessons is to provide children with the necessary coordination and confidence skills needed to ride a bike. Children are taught about cycle safety and are brought out onto the roads to safely navigate the roads around Stoke Newington. At the end of Year 6, we join other schools in Hackney for the Bike Around the Borough event.

INTENT

Grasmere Primary School recognises the value of Physical Education (P.E). We fully adhere to the aims of the national curriculum for physical education 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

IMPLEMENTATION

P.E. is taught at Grasmere Primary School as an area of learning in its own right, as well as being integrated where possible with other curriculum areas. It is taught at a minimum of one PE session a week, and two sessions per week wherever possible. The key knowledge and skills of each topic are mapped across each year group. This ensures that children develop their knowledge of games, dance and gymnastics and (from KS2) athletics and outdoor and adventurous activity progressively. The skills in these areas are also therefore developed systematically, with the programme of study for each year group building on previous learning and preparing for subsequent years. Knowledge and skills are informed and linked to enable achievement of key stage end points, as informed by the 2014 National Curriculum.

We teach lessons so that children:

- develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others.
- engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.
- apply and develop a broad range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement.
- enjoy communicating, collaborating and competing with each other.
- develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success. Lessons are planned to utilise cross curricular links, as well as the context of the school (including school and local grounds and access to facilities and community role models, such as sports coaches, with specialist skills). The varied curriculum is designed to enable all children to enjoy physical activity and to experience success in sport. An extensive extra-curricular provision also provides further challenge and access to a range of physical activity. All children have the opportunity to participate in PE at their own level of development, with teachers ensuring that lessons cater for individual needs. As well as securing and building on a range of skills, children develop knowledge of the basic rules of a range of games and activities. They experience positive competition and a strong focus is placed on developing good sporting attitudes. Children learn in a safe environment and have a foundation for lifelong physical activity, leaving primary school as physically active.

IMPACT

The children complete each key stage with a high proficiency in each aspect of PE. Children are aware of the link between physical activity and good mental health and understand it's significance as part of a healthy lifestyle.

2. Teaching and Learning

The curriculum is mapped to ensure that children participate in a range of activities and evaluate their own performance. Through planning, with year group partners, ensures time is effectively managed to ensure that lessons and activities are well organised and resourced. Pupils experience a range of opportunities to work individually, in pairs or in groups over time.

Typical Lesson Structure:

- Lessons begin with a clear focus on the learning intention of the session. Success Criteria is then shared with pupils in order for them to know how they can achieve the learning intention.
- There may be a 'hook' drawing children into the lesson and to engage and excite them. Lessons then commence with an introduction/warm up to prepare pupils physically for exercise.
- Direct teaching of knowledge and skills precedes subsequent skills practice by the pupils, under the supervision of the teacher.
- The main activity provides an opportunity for children to independently and cooperatively practice the skill(s), in context (such as a game or another related area of PE).
- There may then be a celebration and sharing of individual achievements and a concluding / 'cool down' activity' to prepare pupils to return to a normal-state both physically and mentally.
- Finally, lessons end with a closure discussion linking directly back to the intention and success criteria shared at the beginning. This is an opportunity for children to reflect on their learning and progress.

3. Assessment

Assessment of PE is an ongoing process. As each lesson progresses, the teacher carefully observes and assesses, intervening as necessary, to ensure that each child makes the full progress of which they are capable. Lessons are planned to ensure that lessons are fully inclusive and take account of children's differing needs and physical ability. The assessment of PE at Grasmere is in accordance with the National Curriculum attainment targets for each key stage. Individual lessons and units of work are planned to align directly and enable progress to these:

KS1

Gymnastic Movements	Basic movements and team games	Dance
Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.	participate in team games, developing simple tactics for attacking and defending.	Perform dances using simple movement patterns.

KS2

Athletics	Competitive Games	Gymnastics	Dance	Outdoor and Adventurous Activity	Evaluate
Use running, jumping, throwing and catching in isolation and in combination.	Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.	Develop flexibility, strength, technique, control and balance	Perform dances using a range of movement patterns	Take part in outdoor and adventurous activity challenges both individually and within a team	Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

4. Planning and Resources

P.E. equipment is stored safely in the P.E. cupboard in the hall. The cupboard is regularly checked by the PE Coordinator to check its tidiness and organisation. Staff are advised to inform the PE Coordinator of broken, damaged or lost equipment so that replacements can be ordered.

The key knowledge and skills for each unit are mapped on the whole school progression Map. This also indicates how cross curricular links are being utilised and how resources and local resources will be used. Knowledge and skill sin PE is also informed by the Primary Schools Sports Initiative Planning which teachers also use to inform their lessons.

Primary Sports Funding

The School works as a collaborative unit in terms of taking all decisions; this will include decisions on funding, resourcing and time tabling. Ultimately, decisions on funding will rest with the Head teacher. The 'PE and Sport Premium' is designed to help primary schools improve the quality of the PE and sport activities they offer their pupils. Schools receive PE and Sport Premium funding based on the number of pupils in years 1 to 6. Information about the school's funding allocation and how it is spent each year is published on the Grasmere Primary School website under 'PE and Sport Premium', along with an impact statement.

5. Organisation

Under the 2014 PE Curriculum, PE is a statutory subject to be taught, although there is no statutory requirement for time spent engaging in PE lessons. Grasmere Primary School does however; acknowledge the DfE recommendation of 2 hours per week. Therefore, pupils have access to a minimum of one P.E. lesson a week. This is often supplemented through additional physical activities and projects like The Daily Mile.

The Daily Mile



It takes place in 15 minutes, with most children averaging a mile, or more, each day.



Children run outside in the fresh air – and the weather is a benefit, not a barrier.



There's no set up, tidy up, or equipment required.



No staff training is needed and there is no extra workload for teachers.



Children run in their uniforms so no kit or changing time is needed.



It's social, non-competitive and fun.



The children return to class ready to learn.



It helps to improve fitness and achieve a healthy weight.



It encourages children to be aware of their health.



It's fully inclusive; every child, whatever their circumstances, age or ability, succeeds at The Daily Mile.

Swimming provision

At Grasmere Primary School, children attend swimming lessons at Clissold Leisure Centre. Each class from Years 4-6 participates in 3 half- terms of weekly lessons. Lessons are taught by specialist swimming instructors who assess the children at the start and end of the swimming course. Many of our children will access further extra-curricular activities to enhance the work that goes on in curriculum time. As a result of the unique and specialised learning environment here at the School, we work with a range of outside professionals to ensure our children have access to further opportunities for quality Physical Education provision. For example, we have girls football and cricket lessons for all classes as well as 'Fit For Sport' running our general after-school provision.

6. EYFS

We recognise the importance of Physical development in the Early Years Foundation Stage as a key area of learning. There are two strands under Physical Development; Moving and Handling and Health and Self-care.

Moving and Handling:

- Children learn to develop good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space.

Health and self-care:

- Children learn the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe. Children in the EYFS access time and space to enjoy energetic play daily, using large portable equipment. Furthermore, specific Physical Development lessons give children the opportunity to practise movement skills through games with beanbags, cones, balls and hoops. Children participate in activities where they can practise moving in different ways and at different speeds, balancing, target throwing, rolling, kicking and catching. Children in the EYFS also work with a specialist gymnastics instructor to support their coordination. The above skills and acquired knowledge are then be built on when children enter Key Stage.

7. KS1 and KS2

Key stage 1:

Children should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Children are taught to:

- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
- participate in team games, developing simple tactics for attacking and defending
- perform dances using simple movement patterns

Key stage 2:

Children should continue 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. They should enjoy communicating, collaborating and competing with each other.

They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Children are taught to:

- use running, jumping, throwing and catching in isolation and in combination
- play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
- develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- perform dances using a range of movement patterns
- take part in outdoor and adventurous activity challenges both individually and within a team
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Swimming and water safety

- Pupils are taught to:
- swim competently, confidently and proficiently over a distance of at least 25 metres
- use a range of strokes effectively
- perform safe self-rescue in different water-based situations.

8. Equal Opportunities

At the School we are committed to promoting equal opportunities irrespective of socioeconomic background, gender, disability and ethnicity in all areas of the curriculum. We believe that children should have equal access to and participation in a range of physical education activities. Teachers plan their lessons and make necessary adaptations to ensure appropriate challenge and accessibility for all learners.

9. Inclusion

At the School we are committed to ensuring that all children participate in PE and physical activity irrespective of any special educational need(s) or physical disability they may have. We believe that children should have equal access to and participation in a range of physical education activities in order to reach their own potential. Research has shown that children ALL participating in PE together proves better outcomes for ALL. Teachers have access to the free online resource 'TOP Sportsability' resources and guidance, including strategies, to inform inclusion in line with best practice in their PE lessons.

Targeting

At Grasmere, competitive sporting events via providers such as Young Hackney are released every half term. The PE Coordinator will liaise with staff to ensure that a range of children are selected for events, and that we target PPG children whenever possible. For 7 other events, we target SEN children or those with a recognised talent, pupils where appropriate.

10. Role of the Subject Leader Training

- Provide support and training for staff in-house, including the planning, teaching, assessing, and evaluating of the P.E. curriculum.
 - Provide up-to-date information for teachers on (online) resources in PE and new initiatives/schemes.
 - Seek further training and support from specialist teachers and coaches, Young Hackney Sports Development, and via the SGO (School Games Organiser).
 - Oversee, with support from the curriculum lead, the teaching and learning in PE in line with the Curriculum Map.
 - Timetable specialist teachers and coaches (liaising with Head Teacher).
 - Ensure the PE curriculum resources available to teachers are of a good standard and a quantity.
 - Promote PE and Sport across the school, encouraging children's participation and celebrating both involvement and success.
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- **Organisation**
 - Register the school for various borough sporting events (via YHSD and SGO).
 - To report on school swimming attainment annually and record this online.
 - Complete Risk Assessments for sporting events.
 - Organise Sports Day(s) annually.
 - Report to the Curriculum leader, Head Teacher and Governors on PE. Budgeting
 - To complete the 'Evidencing the Impact of the Primary PE and Sport Premium' document annually (liaising with the Head Teacher).

11. Parents

Parents are encouraged to inform Grasmere if they have a certain expertise in a particular sporting area. In this instance, we can involve a parent in delivery of lessons/clubs or events. Parents are encouraged to attend Sports day to celebrate and promote physical activity, as well as support groups to travel to sporting events as support. In terms of reporting on progress, annual reports are written about each child for parents/carers and PE is listed as a foundation subject in all reports.

12. Health and Safety

Health and good safe practice is always emphasised in each environment, including the handling of equipment. Large equipment is inspected annually. Appropriate clothing is essential and children's attire is checked by teachers prior to undertaking PE activities.

(a) PE Kit

Children are encouraged to wear appropriate PE clothing. Shorts/jogging bottoms, t-shirts and sensible footwear for outdoor activities are recommended. Pupils are encouraged and regularly reminded to bring P.E kits. In Early Years and Key Stage 1, children may wear all 8 or part of their PE kit to school on PE days to make getting changed for PE easier. In KS2, children are encouraged to change into PE kit on PE days. Teachers send polite reminder slips home to remind parents of children who have failed to wear PE kit. This helps to minimise the number non-participants. Please see Appendix 1 for a copy of this slip. Children are bare-footed for gymnastics lessons, though they must bring their shoes to the lesson and leave them at the side in case of a fire emergency.

(b) Jewellery

Children must not wear any kind of jewellery in PE lessons, including watches. Pupils with medium/long hair are reminded to tie it up securely.

(c) Weather

It is encouraged that outdoor PE lessons take place in all seasons and in as many weather conditions as feasible. Classes are timetabled to have an hour in the hall each week, so if the weather is bad, the PE lesson can still go ahead. Children are encouraged to wear clothing in line with the season and weather conditions, maximising access to all lessons.

(d) Hygiene

Pupils are taught about the body changes that occur when they exercise along with recognition of the short and long term effects of exercise on the body. Aspects of hygiene are addressed in upper KS2.

(e) Staff dress

It is important that staff should consider their own and their pupils' safety with regard to their own personal clothing, footwear and jewellery when involved in the teaching of any PE activity.

Policy Agreed: Nov 2022

Policy Review Date: Nov 2024

APPENDIX 1 & 2

Dear parent/carer, _____ was unable to participate in PE today because they did not have PE kit in school and they were not wearing suitable school clothing in order to join in. PE is on a _____. Please ensure your child has t-shirt, shorts/jogging bottoms and trainers/plimsolls in school for PE.

Many thanks
