



PE and Games Guidance (Whole School including EYFS)

Rationale

Physical education develops the pupils' knowledge, skills and understanding, so that they can perform with increasing competence and confidence in a range of physical activities. These include dance, games, gymnastics, swimming and water safety, athletics and outdoor activities. Physical education promotes an understanding in pupils of their bodies in action. It involves thinking, selecting and applying skills and promotes positive attitudes towards a healthy lifestyle. Thus we enable them to make informed choices about physical activity throughout their lives.

Objectives

- To establish an entitlement for all pupils
- To support the teaching and learning of PE
- To promote continuity and coherence across the school
- To create an environment for success

Aims of PE Teaching

- To enable pupils to develop and explore physical skills with increasing control and co-ordination.
- To encourage pupils to work and play co-operatively with others in a range of group situations.
- To develop the way pupils perform skills and apply rules and conventions for different activities.
- To increase pupils' ability to use what they have learnt to improve the quality and control of their performance.
- To teach pupils to recognise and describe how their bodies feel during exercise.
- To develop the pupils' enjoyment of physical activity through creativity and imagination.
- To develop an understanding of the benefits of being part of a team and to be able to deal with winning and losing in a sportsman-like way.
- To teach pupils the importance of a healthy and fit body. Our aim is to raise children's awareness aligned with the schools PSHEE policy.

Delivery of the PE Curriculum

Our scheme of work offers lesson plans which show the recommended breakdown within a session. This is seen to be best practice and should be followed, although activities within those sections can be altered if seen to better enrich opportunities for the pupils' learning. The Head of PE is responsible for the planning and differentiation of lessons. KS2 swimming is taught by swimming instructors and supported by staff.



Time Allocation

The school provides pupils with a variety of lessons during the school week.

Foundation Stage pupils have one 50 minute PE lesson per week and a 50 minute lesson of music and movement.

Key Stage 1 pupils have a 50 minute PE lesson and a 50 minute skills lesson per week.

Key Stage 2 pupils have a 50 minute PE lesson, a 60 minute games lesson and a 30 minute swimming lesson per week. Key Stage 2 pupils also have team practice and training after school.

The lessons are blocked into units of work which provide a clear progression of skills. There is also a variety of clubs that further extend the time pupils participate in high quality physical education. Pupils are also expected to take part when picked to represent the school in fixtures.

Physical education will comply with three principles for inclusion:

1. Set suitable learning challenges for all pupils
2. Respond to pupils' diverse learning needs.
3. Strive to overcome potential barriers to learning and assessment for individuals and groups of pupils.

Individual needs will be met through differentiation of activities and the use of materials best suited to individual needs of the pupils, in compliance with the SEN code of practice. All pupils have equal opportunity in terms of curriculum balance, use of resources, use of facilities and access to extra-curricular activities.

The school offers a wide range of activities out of the school day, which is open to any pupil in the relevant year or key stage eg tag rugby, hockey, netball, gym and dance. We regularly compete against other local schools in a variety of sports at Key Stage 2. The sports diary is published in our school diary.

Recording and Assessment

Pupils' attainment varies from pupil to pupil according to their particular strengths and weaknesses. Achievement is recorded at the end of term by PE teachers. Pupils who are Gifted and Talented in PE are identified. This is achieved by taking photographs and discussing lessons with the pupils, which will be recorded on classroom monitor and in Early Years in the pupils' profiles. Pupils are encouraged to show achievement to fellow pupils and staff. This can act as an opportunity for self-evaluation, looking towards improvement of skills and achievement. Teachers ensure that when evaluating and improving performance, connections are made between developing, selecting and applying skills, tactics and compositional ideas and fitness and health.



A pupil's achievement in PE is reported to parents through school reports at the end of the academic year. Children also receive sports colours on the basis of good performance and commitment to the sport.

The following six areas of learning are followed where appropriate:

1. Games (invasion and net/wall/racket games)
2. Dance
3. Swimming
4. Athletics
5. Outdoor and Adventurous Activities
6. Gymnastics

Teaching and Learning Styles

We use a variety of teaching and learning styles in PE lessons. Our principal aim is to develop the pupils' knowledge, skills and understanding and we do this through a mixture of whole-class teaching and individual / paired / group activities. Teachers draw attention to good examples of individual performance as models for the other pupils, and we encourage the pupils to evaluate their own work as well as the work of other pupils. ICT is sometimes used to help demonstrate these good examples of performance.

Within lessons we give pupils the opportunity both to collaborate and to compete with each other, constantly reinforcing the importance of fair play and sportsmanship.

In all classes there are pupils of differing physical ability. Whilst recognising this fact, we provide suitable learning opportunities for all pupils by matching the challenge of the task to the ability of the pupil. Also, ensuring that the less able pupils receive the support required to develop their skills and confidence, and the more able are given the appropriate opportunity to excel.

Cross curricular links

Where possible teachers will be encouraged to link PE to other subjects such as; Literacy (recount/report/instructions), Science (body parts/pulse rates), Maths (shape/position/directions/counting/measuring), Geography (reading maps in OAA and graphical representation of data). ICT is also recognised as a potential tool for recording movements and actions to develop children's ideas as well as the appropriate use of audio visual and data logging equipment.



Health and Safety

The general teaching requirement for health and safety applies in this subject.

When using the hall for PE, the teacher needs to ensure that all items are positioned safely at the sides of the hall, paying particular attention to the piano and the overhead projector. We encourage pupils to consider their own safety and the safety of others at all times. We expect them to change for PE into the agreed kit. The teacher is expected to set a good example by wearing appropriate clothing when teaching PE. No jewellery is to be worn for any physical activity.

When teaching PE at The Woodford Wells Club or swimming at Loughton Pool, it is necessary to take a first aid kit (including an EpiPen and inhalers if required), a mobile phone and support staff.

Curriculum Development

At Avon House School we take every opportunity to develop the curriculum for our pupils. This is done through:

- Theme weeks (eg. Walk to School weeks)
- Involvement in external projects, such as the Jump Rope for The British Heart Foundation and Sports for Schools
- Visiting sports specialists
- Visits and outings (eg taking the pupils to outward bound centres to develop adventurous activities)
- Inter house events eg cross country, football and netball
- Involvement in a wide range of inter-school sports in the local area
- Sports days and swimming galas
- Parental involvement and good role models displayed during parent/staff/pupil netball competition

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