**Physical Education Policy (updated 2021/2022)**

**Intent**

Cam Woodfield Junior School 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 children: 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 and active lives. Throughout the teaching and learning of Physical Education, we spend time on the Retrieval of Knowledge from prior learning before accumulating more Sticky Knowledge, enabling children to progress in their Physical Education knowledge and skills by knowing more, remembering more and being able to do more.

**Implementation**

P.E. is taught at Cam Woodfield Junior School Primary School as an area of learning in its own right as well as 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. We teach lessons so that children:

Have fun and experience success in sport. Have the opportunity to participate in P.E at their own level of development. Secure and build on a range of skills. Develop good sporting attitudes. Understand basic rules. Experience positive competition. Learn in a safe environment. Have a foundation for lifelong physical activity, leaving primary school as physically active.

**Impact**

P.E is taught as a basis for lifelong learning, where the children have access to a wide range of activities in the belief that if taught well and the children are allowed to succeed, then they will continue to have a physically active life. A high-quality physical education curriculum inspires all children to succeed and excel in competitive sport and other physically demanding activities. At Cam Woodfield Junior School, we provide opportunities for children to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.

Covid Requirements:

To ensure the safety of the children and staff, new measures for teaching Physical Education have been put in place since March 2020 in relation to Covid, that have altered the usual implementations for teaching Physical Education at our school.

These new measures include:

* Children to have access to individual equipment during Physical Education lessons. Where this is not possible and shared equipment is used, this is cleaned using specified cleaning products **before** the next class use it.
* Borrowing of equipment from external providers, to support the delivery of units, is not possible at the moment.
* Visitors and external links are to be contacted via online systems and are unable to run workshops and talks within the school.
* Trips (including sports events) for classes and the whole school are to take place virtually only.
* Assemblies and whole school events are unable to take place, unless completed virtually.
* All Physical education takes place outside with this being timetabled to ensure all classes still have the facilities to deliver 2 hours of PE a week.
* The Physical Education timetable has been amended with Gymnastics moved towards the end of the year- ensuring that no indoor Physical Education takes place.

**Teaching and Learning**

Teaching and Learning Teaching styles and strategies provide opportunities for children to participate in a range of activities and evaluate their own performance. Careful planning ensures time is spent in organising and resourcing lessons and activities. Children experience a range of opportunities to work individually, in pairs or in groups over time.

At the beginning of each lesson, the teacher explains the intention of the lesson and informs as to how the children can be successful in achieving the lesson aims. 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 children physically for exercise.

There is direct teaching of skills and subsequent skills practice by the children, under the supervision of the teacher. Children are then provided 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 children 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.

**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 Cam Woodfield Junior School is in accordance with the National Curriculum 2016 attainment target for each key stage. KS2 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.

**Planning and Resources**

P.E. equipment is stored safely in the P.E. cupboard. The PE cupboard is locked and only members of staff have access. The cupboard is regularly checked by the PE subject leader to check its tidiness and organisation. Staff are advised to inform the subject leader of broken, damaged or lost equipment so that replacements can be ordered.

**Organisation**

Under the new 2014 PE Curriculum, PE is a statutory subject to be taught, although there is no statutory requirement for time spent engaging in PE lessons. Cam Woodfield Junior School Primary School does however; acknowledge the DfPE recommendation of 2 hours per week.

Therefore, children have access to 2 hours of PE a week. This may include swimming, gymnastics, dance or games activities incorporating areas of athletics, outdoor/adventurous and team activities. Swimming provision At Cam Woodfield Junior School Primary School, children attend swimming lessons at The Pulse Leisure Centre. 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 football, netball and badminton clubs.

**KS2 Attainment Target**

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 and perform dances using simple movement patterns.
* 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 Children are taught to: swim competently, confidently and proficiently over a distance of at least 25 metres and use a range of strokes effectively. Perform safe self-rescue in different water-based situations

**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.

**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 than not being inclusive. Teachers can access resources, guidance or strategies on TOP Sportsability (free online resource) for better including all children in every PE lesson.

**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, and via the SGO (School Games Organiser). Over the course of an academic year, ensure all teachers can observe/team teach with specialist teachers, in order to make their contribution sustainable.

Complete the Curriculum Map annually. 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.

To complete the ‘Evidencing the Impact of the Primary PE and Sport Premium’ document annually (liaising with the Head Teacher).

**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.

**PE Kit**

 Children are encouraged to wear appropriate PE clothing. Shorts/jogging bottoms, t-shirts and sensible footwear for outdoor activities are recommended. Children are encouraged and regularly reminded to bring P.E kits. In all years, children are encouraged to change into PE kit for PE lessons to support transition to secondary school and to promote good hygiene. 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.

**Jewellery and Hair**

Wearing jewellery is not allowed at Cam Woodfield Junior School Primary School. Children must not wear any kind of jewellery in PE lessons, including watches. Children with medium/long hair are reminded to tie it up securely.

**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 not appropriate for outdoor PE, 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.

**Hygiene**

Children 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.

**Staff dress**

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