



Through God We Achieve

OUR VISION AT ST. STEPHEN'S CE PRIMARY SCHOOL

To deliver outstanding education in a caring community, with God at its centre

'Turning your ear to wisdom and applying your heart to understanding'. Proverbs 2:2

OUR VALUES:

Joy - we provide a happy and stimulating environment, rooted in Christian values.

Excellence - we are a church school committed to the highest standards in everything we do.

Relationship – we work hand-in-hand with St Stephen's Church as well as our parents and carers.

Respect - we enable our children to deepen or realise their own faith and respect the freedom of others in their beliefs.

Nurture – our children are cared for spiritually, morally, intellectually, physically, socially and emotionally.

PHYSICAL EDUCATION (PE)

Action	Policy to be reviewed as required and at least annually		
	Owner	Date	Completed
Updated	Zoe Marchant	08/09/23	
Next Review	Zoe Marchant	08/09/24	
Approved	Michael Schumm and SLT	09/09/23	

Our Intent:

Rationale

At St Stephen's CE School, we are aiming to develop the physical and mental health and fitness of our children. We offer the pupils a broad and balanced experience of Physical Education – whether it is through sports lessons, out of school clubs or competitions. As a result, our pupils are able to succeed in physically demanding activities undertaken individually or in groups, being appropriate to boys, girls and to those from different cultures and home backgrounds.

Pupils are taught to become physically confident in a way which supports their health and fitness and exposed to opportunities to compete in sport and other activities which build character and help to embed values such as fairness and respect.

Aims & Objectives

Our PE lessons aim to provide opportunities for the children to:

- Develop competence to excel in a broad range of physical activities,
- Be physically active for sustained periods of time,
- Lead healthy, active lives,
- Develop basic movements which include: running, jumping, throwing and catching
- Enable pupils to become increasingly competent and confident in their physical activity,
- Enable pupils to access a broad range of opportunities to extend their agility, balance and coordination, individually and with others,
- Enable pupils to 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 broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement,
- Enjoy all aspects of physical activity which they can then readily talk about,
- Develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Implementation:

Approaches to Teaching and Learning

We use a variety of teaching and learning styles in P.E. lessons. Our principal aim is to develop children's knowledge, skills and understanding and we do this through a mixture of whole-class teaching and individual / group activities. Specialist sports coaches draw attention to good examples of individual performance as models for the other children and we encourage the children to evaluate their work as well as the work of the other children. Within lessons we give the children the opportunity both to collaborate and to compete with each other, and they have the opportunity to use a wide range of resources.

In all classes there are children of differing physical ability. Whilst recognising this fact, we provide suitable learning opportunities for all children by matching the challenge of the task to the ability of the child. We achieve this through a range of strategies:

- Setting common tasks that are open-ended and can have a variety of results
- Setting tasks of increasing difficulty, where not all children complete all tasks
- Grouping children by ability and setting different tasks for each group,
- Providing a range of challenges through the provision of different resources

In the Early Years Foundation Stage, the activities are organised to promote social skills and the development of core strength. Core strength is children's ability to keep their position and move from the centre of their body outwards. If core strength is underdeveloped, children will struggle with gross motor skills and fine motor skills, stability and balance. This will affect their ability to coordinate more refined movements. Doing day to day activities that focus on building their strength then prepares the children for starting the National Curriculum in Year 1.

Planning

PE is a foundation subject in the National Curriculum. Our school uses the national scheme of work as the basis for its curriculum planning and this is then used to create the plans used by Kick London and Benchmark Gymnastics. These plans are then altered depending on the needs of the learners. As required, we teach dance, games and gymnastics in Key Stage 1. In Key Stage 2 we teach dance, games and gymnastics, plus swimming for those in Year 3. Within the games section, we teach a wide range of other sports that we feel give the children the best opportunities. Some of these sports include: football, netball, tag-rugby, athletics, hockey and cricket.

Our medium-term plans, adopted from the national scheme, give details of each unit of work for each term. These plans define what we teach and ensure an appropriate balance of distribution of work across each term. The subject leader, Zoe Marchant, looks at these plans with the specialist sports coaches.

We plan the PE activities so that the lessons build upon the children's prior learning. While there are opportunities for children of all abilities to develop their skills, knowledge and understanding

in each activity area, there is planned progression built into the scheme of work, so that the children are increasingly challenged as they move up through the school. To ensure the children progress and build upon these skills, each sport is re-visited in every year group – for example in years 2 – 6 in Autumn 1 all children will be doing tag-rugby.

We encourage the physical development of our children in reception and nursery as an integral part of their work. As reception and nursery is part of the Foundation Stage in the National Curriculum, we relate the physical development of the children to the objectives set out in the Early Learning Goals. At St Stephen's, we believe that our nursery and reception children, have plenty of opportunities to play indoors and outdoors as this will help their physical development. They need to be active and use their bodies in as many different ways as possible. As a result, our children not only have their weekly PE lessons, but movement is incorporated into their daily timetable as well. We encourage the children to develop confidence and control of the way they move, and the way they handle tools and equipment. We give all children the opportunity to undertake activities that offer appropriate physical challenge, both indoors and outdoors, using a wide range of resources to support specific skills.

We teach PE to all children, whatever their ability, as PE forms part of the school curriculum policy to provide a broad and balanced education to all children. Coaches provide learning opportunities that are matched to the needs of children with learning difficulties and work in PE takes into account the targets set for individual children in the Education Healthcare Plans or other medical advice, such as occupational therapy or physiotherapy as appropriate.

We also use a cross curricular approach through subjects, linking topics where this provides valuable learning. Maths and English are integrated into PE lessons for example, by learning key vocabulary and working out of scores. Furthermore, each PE unit has a value that the children have to focus on during the lessons – September has the value 'self-control' so this is something also brought into PE lessons.

Assessment

Our sports coaches assess children's work in their PE and Gymnastics lessons through observations. They record the progress made by the children against the learning objectives for the lesson. Immediate feedback is offered during the PE lessons to help the children reflect on their skills and adapt them accordingly.

At the end of a unit of work, the coaches make a judgement against the national curriculum and scheme of work to give them a final grade. This information is recorded and used to adapt future plans which cater to the needs of all the children in the class. These records also enable the coaches to make an annual assessment of progress for each child as part of the end of year report to parents.

The monitoring of standards of children's work and the quality of teaching in PE is the responsibility of the PE subject leader along with the specialist sports coaches.

Monitoring and Review

The PE Coordinator, will complete drop in sessions as part of the school's monitoring cycle as well as have regular meetings/discussions with the specialist sports coaches. Formal observations are also undertaken by Kick London and Benchmark Gymnastics, alongside the PE Lead.

To keep up to date, the specialist coaches receive regular CPD from their external agencies and feed back to the PE Lead. The sports coaches give at least one annual training session to all class teachers to ensure they are comfortable with teaching PE.

The PE lead will monitor the planning at the beginning of each term alongside the specialist coaches to check that all that is being taught coincides with the National Curriculum, identifying key strengths and areas for development. Regular meetings with PE Lead and sports coaches allows time for addressing next steps with regards to planning and assessing.

Resources

There are a wide range of resources to support the teaching of PE across the school. We keep most of our small equipment in the PE store which is kept in our big playground. This store is available for children to use, but only under adult supervision. The hall contains a range of large apparatus and we expect children to help set it up and put it away as part of their work – this apparatus is mainly used in the children's weekly Gymnastics lessons. By so doing, the children learn to handle equipment safely. The children use the school playground for games and athletics activities and the local swimming pool for swimming lessons.

Health and Safety

The general teaching requirement for health and safety applies in this subject. We encourage the children to consider their own safety and the safety of others at all times. We expect them to change for P.E. into the agreed clothing for each activity area. The Governing Body expects the sports coaches to set a good example by wearing appropriate clothing when teaching P.E. The policy of the governing body is that no jewellery is to be worn for any physical activity and long hair must be tied back. If earrings are unable to be taken out, children must cover their piercings with plasters.

Impact:

At St Stephen's we ensure that all children receive at least two hours per week of well-planned, high quality Physical Education. This includes one session every week with Benchmark Gymnastics and one weekly session with our full-time PE teacher from Kick London. In Year 3, the children also receive regular swimming lessons in the first term to ensure they are confident and capable swimmers. In addition, we have extra sessions for rotating year groups in half-termly blocks, including cricket and tennis.

In the Early Years Foundation Stage, the activities are organised to promote social skills and the development of scientific language and understanding. Teaching will be based on the objectives in

the Framework for Reception, working towards the Early Learning Goals. This will prepare children for starting the National Curriculum in Year 1.

Throughout the academic year, our children also have the opportunity to participate in different sports at our before and after school clubs. As well as the sports covered during Physical Education lessons, we have multi-skills, ballet, basketball, dodgeball, martial arts, highly-able gymnastics and mini-football for our school clubs. Children are encouraged to attend these clubs as they help promote a healthy lifestyle, the children can continue to practise and consolidate what they have been learning in class and they have the opportunity to be in teams/groups with children from different year groups.

Enrichment Opportunities

At St Stephen's, we offer a wide range of enrichment opportunities to reinforce, support and develop P.E. skills and appreciation throughout the school.

These include:

- Weekly sports-orientated whole school assemblies – lead by Sports Coach from Kick London
- Whole School Summer productions, which incorporate dance routines
- Gym and Dance performance organised by Benchmark Gymnastics
- Sports Day for all pupils – Ys2-6 have theirs held at an athletics track
- Sports Dinner for all KS2 that have been involved in a sports team
- Every child participates in a number of sporting events per year – this includes friendly matches as well as borough competitions.
- An annual Healthy Schools Week – this includes promoting walking to school
- Involvement with projects in the borough (including cycling schemes)

Equal Opportunities

Our school is an inclusive school. We actively seek to remove the barriers to learning and participation that can hinder or exclude individual pupils, or groups of pupils.

The PE team work closely with the SENCo to understand who the children who may need extra support will be. We recognise that some children who may have additional needs in the classroom, often excel in PE lessons. Furthermore, to overcome gender stereotypes, at St Stephen's we offer a range of sports for all pupils as well as give our children the opportunity to participate in mixed teams within sports lessons.