

The Hills Academy

# Physical Education

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# POLICY

## **1. Introduction and aims.**

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### Philosophy

At The Hills Academy we believe that Physical Activity should be experienced in a safe and supportive environment, is vital and unique in its contribution to a pupil's physical and emotional development and health.

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### Aims

#### **Key stage 1**

Pupils 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.

Pupils should be 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**

Pupils 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.

Pupils should be 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**

All schools must provide swimming instruction either in key stage 1 or key stage 2.

In particular, pupils should be taught to:

- swim competently, confidently and proficiently over a distance of at least 25 metres
- use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]
- perform safe self-rescue in different water-based situations

Staff are encouraged to participate in and model physical education lessons as a valuable part of life.

## **2. Practice and Intended outcomes**

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### Practice

- The PE curriculum timetabled ensures that every child is offered a minimum of 2 hours of PE per week as well as swimming.
- PE lessons are planned for three days of each week, each term to ensure the provision of a broad and balanced curriculum. Throughout the year all pupils will have participated in Dance, Gymnastics, Athletics and Games based activities to develop fundamental motor skills (Swimming is included for Years 2, 3, 4 and 5 and Y1 for a term and outdoor swimming for year 6)
- The Hills Academy has invested in membership to the SSSCo (School Sports Coordinator) package. This enables more coaching staff to develop pupils's skills in a greater number of sports. The SSSCo package provides inter-school competitions for both Key Stage one and two as well as intra-school competitions for Key Stage 2. It also provides CPD (continual professional development) and support for staff members. The PE Lead will attend all relevant CPD courses and then feedback to staff where necessary.
- Pupils are encouraged to walk to school by regular promotion of the "Walking to school days/week."
- Pupils undertake level 1 and level 2 bike ability training in years 4 and 6.
- Lunchtime supervisory staff undergo on-going training in safe, creative and active play to introduce to the pupils.
- Equipment is available at lunchtimes and at the before and after school care club, to encourage pupils to be active at these times.

- The support of adults other than teachers is enlisted to provide out of school activities and to support class lessons.
- The curriculum is enhanced through involvement in a whole school dance display for grandparents and parents each summer term. Dance features strongly in Christmas and spring productions.
- Sports day takes place during the summer term and EYFS Key stage 1 and Key stage 2 all have different sports days to account for siblings in the school.

#### Intended outcome

- As stated above in aims of National Curriculum.

### **3. Inclusion**

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#### Inclusion and Equal Opportunities

Please see school policies.

The Physical Education provision caters for the needs of pupils of all abilities to ensure that they can take a full and active part in physical activity offered both within and outside the school building.

#### Differentiation

The Hills Academy ensures that appropriate activities are available by setting suitable learning challenges and responding to pupils diverse learning needs. Opportunities for extension and enrichment are built into all our schemes of work. Strategies for supporting pupils with particular needs are addressed further in this subject by following the STEP model (space, task, equipment and pupils) and the 4 Domains model (physical, social, cognitive and affective me approach

### **5. Policies and Monitoring**

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#### School Policies

The following school policies impact on the PA policy and are available in the school policy file in the staff common area and on the governor portal.

- Policy and guideline review
- Monitoring and Evaluation
- Dissemination of the PA policy

### **6. Teaching, learning and Assessments**

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## Teaching and Learning

Please see school policy.

## Assessment, recording and reporting

Teachers are required to update Target Tracker half termly against year group's statements. PSHE statements are also incorporated into the PE targets so teachers need to be aware to update both. Assessment is undertaken to ensure class teachers are being reflective on the pupils progress and attainment and to better their forward planning to ensure this progress and attainment is met.

## **7. Health and Safety and Staffing**

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### Health and Safety

A risk assessment for each area of P.E has been created (appendix 3) which deals specifically with health and safety guidelines for the teaching of PE. The up to date AFPE publication 'Safe Practice in PE' is also available to all staff.

## **8. Extra – curricular, facilities and resources**

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### Extra – curricular activities

- Links with schools through SSCo and clubs exist to provide pupils with information to take advantage of these opportunities
- Increased pupil participation in physical activity is encouraged both within and outside of curriculum time to ensure that pupils are challenged, stretched and supported to raise their attainment and progress within Physical Education. This involvement is monitored to measure the success of the policy.
- Extra-curricular content is varied and includes competitive and non-competitive and team and individual based clubs.
- Activities are appropriate for the age range they are provided for.

### Facilities and resources

- The school playground has various markings to encourage a range of play activities that support the ELG in physical development. A climbing wall and climbing apparatus is available to all pupils too.
- Each of the classes in the Foundation Stage has access to an outside area to encourage physical development linked to the ELG.
- The school playing field has a range of stations around the perimeter to develop flexibility, balance, and strength and control which is stated in the National Curriculum. A new trim trail was installed also that pupils use during their PE lessons and break and lunch times which embeds outdoor adventure activity challenges.
- Each pupil participates in The Hills Academy Desk to a Mile initiative which use the mile a day running track on the field.

- Each pupil has access to the outdoor gym area to support with agility, balance, coordination and strength. This is also used for pupils who are needing a time out from class to support their mental health as well as physical health which links to our PSHE curriculum.
- The school hall has a range of fixed equipment for climbing, hanging, balancing and jumping. This is supplemented with boxes, trestles, tables, benches and mats. There is also a variety of equipment to support the teaching of games, athletics and OAA.
- Pupils in gymnastics are to be trained how to set up their own equipment safely.
- A range of music is available for traditional and creative dance.
- The school environmental area is a focus for gardening throughout the year.
- Pupils in year 2, 3, 4 and 5 have a weekly swimming lesson of 30 minutes at a local swimming pool. Year 1 also swim for a term as well as year 6 completing their outdoor swimming in open water for further safety.