



# NINE ACRES COMMUNITY PRIMARY SCHOOL

South View, Newport, Isle of Wight, PO30 1QP  
www.nineacrespri.iow.sch.uk 01983 522984  
Headteacher: Mrs E. Dyer BA Hons QTS, NPQH


Team Work Respect Aspiration Perseverance Caring Creativity Citizenship Courage Independence

*'Striving for Excellence'*

## Physical Education Policy

### 2022 - 2023

## Nine Acres Primary School

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| Approved By:      |  |
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## Nine Acres Primary Physical Education Policy 2022-2023

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## **1. Introduction and Overview**

### **Rationale**

Physical Education develops a child's knowledge, skills and understanding. It involves the child communicating, collaborating ideas as well as decision making, selecting and applying skills, performing, evaluating and refining their work. It contributes to the overall education of the child by encouraging and helping them apply determination, commitment, fairness, team work and leadership skills through engaging and purposeful physical activities and school sport.

### **Aims**

A high-quality physical education curriculum inspires all pupils to participate in physically demanding activities, succeeding and excelling in competitive sports. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities builds character and helps to embed values such as fairness and respect.

- Are physically active for sustained periods of time
- Lead healthy, active lives
- Develop competence to excel in a broad range of physical activities
- Engage in competitive sports and activities
- Acquire and develop skills, performing with increasing physical competence.
- Understand what it takes to persevere, succeed and acknowledge the success of others.
- Develop a positive attitude to participation in physical activity.
- Develop an understanding of the effects of exercise on the body.
- Develop the ability to work as a team player, taking the lead and learning to work collaboratively with others.
- Promote an understanding and appreciation of the value of safe exercise. Develop a sense of responsibility towards their own and others' safety and well-being.
- Set targets and compete against self and others, both individually and as a team.
- Further develop skills by joining after school sports clubs and clubs in the local area.

## **2. School curriculum**

Physical Education at Nine Acres Primary School is based on the National Curriculum Physical Education 2014 document.

## **3. Teaching and Learning**

A variety of teaching and learning styles are used in PE lessons, including experiential learning and problem solving. Within lessons, children have the opportunity to both collaborate and compete. All classes have children of differing physical ability, therefore teaching strategies cover a range of skills appropriate to their age and ability, including:

- Setting common tasks which are open-ended, differentiating my outcome.
- Setting tasks of increasing difficulty to build skills and challenge physically.
- Providing challenge through differing resources, targeted to individual or group needs.

Every child is praised for their achievements and encouraged to fulfil their potential through continued support and positive feedback.

#### • **Inclusion and equal opportunities**

Planning and teaching are differentiated to ensure all children, regardless of physical ability, are engaged and included in all lessons. Through the support of their peers and staff, they are a valued member of any group or team. They are offered opportunities to take part in intra-school competitions and interschool activities and competitions where appropriate. A wide range of competitive games, both inter-school and intra-school, are offered to all children.

Children missing lesson due to illness or injury on a short-term basis will take on appropriate leadership roles such as refereeing etc. or complete a paper based PE lesson.

#### • **Out of School Hours Learning (OSHL) and After School Club (ASC)**

The aims of the out of school hours learning programme are to extend and enrich the work being done during the PE curriculum, and to provide pupils with opportunities to enable them to develop the skills they need to access the PE curriculum. The programme will reinforce the importance of keeping physically active in order to lead a healthy lifestyle.

The programme will:

Provide a balance of competitive and non-competitive activities through intra and inter school events.

- Provide specific movement/general physical activity clubs, which develop fitness.
- Ensure that every pupil is offered the opportunity to attend a minimum of one ASC activity each week (Key Stage 1 and Key Stage 2).
- Ensure that the school regularly participates in events which promote physical activity, school games sport and supports links to community clubs.

#### **4. Resources**

The PE lead will develop, maintain and renew resources to support the schemes of work. These should be suitable for the activity, age and ability of the children. They should provide opportunities to fulfil all National Curriculum requirements through challenging and engaging activities.

## 5. Assessment

To assist in assessment, teachers use the following:

- Observations of the children's individual and group work, talking to them about what they are doing and listening to them describe their work.
- ICT to capture children's work in physical education, to show progression and quality of performance.
- Peer and self-assessment to help the children analyse their own progression and set their own targets.
- Attainment targets to assess where the pupils are at the beginning of a module and how they have progressed.
- Sport specific tracking and assessment document.

## 6. Monitoring and evaluation

- The school has a Physical Education Lead who will be responsible for document ownership, reviews and updates.
- The PE policy will be reviewed annually or when any significant changes occur with regard to the curriculum or resources available in school.
- All amendments to the school PE policy will be discussed with all members of teaching staff.
- The PE policy has been written by the school PE lead and is current and appropriate for its intended audience and purpose.
- Staff will be encouraged to review their own practise and seek advice. Coordinator should provide CPD opportunities to support teachers and ensure all staff feel confident and competent in their teaching of Physical Education.

## 7. Uniform

Children should have their PE Kits in school every day.

For their PE lessons children should wear:

- Green PE polo shirt
- Blue or Black PE shorts
- Trainers or Plimsolls
- Plain black tracksuit bottoms or leggings (second half of Autumn term and Spring term only)
- Navy PE Hoodie

If a child forgets their PE kit, they will receive a PE Kit reminder text sent home on that day.

If a child forgets their PE kit twice in a half term another PE Kit reminder text will be sent home and the class teacher will speak to parents/carers to discuss further.

If a child does not have a PE kit for three lessons in a half term, then another reminder text will be sent followed by a phone call home.

If a child has forgotten their PE Kit they will still be expected to go outside and take on a leadership or umpiring role during their class's PE lesson. They will be allowed to participate in physical activity if their uniform is deemed safe enough to do so. This decision will be made by sports coach and/or class teacher.

During the second half of the Autumn term (October half term - Christmas) and the first half of the spring term (Christmas - February half term), children MUST have tracksuit bottoms and a hoody/jumper in school. We aim to go outside in all weather conditions so it is important that children are appropriately dressed to participate in their PE lessons.

Tights may not be worn underneath PE shorts or tracksuit bottoms so please ensure your child also has a pair of socks in their PE bags if necessary.

- **Swimming**

Year 3 will participate in swimming lessons for during the summer term. When your child's class is swimming,

Please ensure they have:

- A swimming costume or swimming trunks
- A towel
- Children may also bring swimming goggles and a swimming hat if they wish

- **Jewellery**

Children who wear a watch and earrings to school must remove these before sport or physical activity undertaken in school. No member of staff is permitted to remove a child's earrings so children must be able to remove their own earrings. It is advisable for children to have a small keepsake box, or similar, in their PE bags for them to keep their earrings safe upon removing them. Wearing plasters or tape over the earrings is not permitted.