

Leopold Primary School



PE POLICY

2020-2021

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Intent

At Leopold Primary School, it is our intention to expose and educate all pupils to the highest standard of Physical Education that can be provided. A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically demanding activities. 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 build character and help to embed values such as fairness and respect.

Pupils at Leopold will have the opportunity to live healthy and active lives. A positive experience of sport and physical activity at a young age can build a lifetime habit of participation. Physical activity has numerous benefits for children and young people's physical health, as well as their mental wellbeing (increasing self-esteem and emotional wellbeing and lowering anxiety and depression), and children who are physically active are happier, more resilient and more trusting of their peers. Ensuring that pupils have access to sufficient daily activity can also have wider benefits for pupils and schools, improving behaviour as well as enhancing academic achievement.

Leopold has excellent new equipment in a wide range of sports that will be extremely beneficial and fun for the pupils to use and participate in. A new injection of enthusiasm in the PE Department will ensure more students get to participate in Inter-School Sports tournaments (pending regulations from Covid-19), which will see students competing against other schools. Through Physical Education and exposure to physical activities, we hope to improve the lives of the pupils at Leopold and expose them to as much participation in sports as possible.

Implementation

P.E at Leopold Primary School is taught at a minimum of two lessons a week, one taught by a qualified PE teacher and one taught by the class teacher. As of this year, we are now using Complete PE as our curriculum guide. Complete PE provides teachers with comprehensive lesson plans to follow, and also provides interactive videos and games to educate and coach our students. Our PE programme incorporates a wide variety of sports to ensure all children develop the confidence, tolerance and appreciation of their own, and others capabilities. We will continue to introduce different sports and activities, that challenge students and give them every opportunity to grow and learn. Due to Covid-19, after school curriculum activities are currently not available. We will review this in the new year, with the hope of starting this again as soon as possible.

Impact

We will teach PE as a basis of lifelong learning, where children have access to a wide range of activities. Through this, students are able to succeed and continue to promote a healthy and active lifestyle. At Leopold we aim to ensure pupils receive numerous benefits to their physical health. This also includes their mental wellbeing (increasing self-esteem and emotional wellbeing and lowering anxiety and depression), and children who are happier, more resilient and more trusting of their peers. Ensuring that pupils have access to sufficient daily activity can also have wider benefits for pupils and the school, improving behaviour as well as enhancing academic achievement. The impact of Covid-19 and lockdown can-not be underestimated. It is critical now students are back at school, we are able to provide them

with the opportunity to have a healthy and active lifestyle, something that potentially was taken away from them. At Leopold, we will do this and help students at every opportunity fulfil their healthy lifestyle goals.

Teaching and Learning

At Leopold primary school, we use the Complete PE Scheme of work for physical education to support learning. Complete PE provides the opportunity to create effective learning environments that challenge individual students no matter their ability. Children vary, not only in their physical competency, but in their physical development, understanding, attitudes and personal qualities. We plan to ensure all children meet the learning objective.

Each class receives two one-hour PE lesson a week. One is provided by the classroom teacher, and the other by a PE qualified staff member. In order to make sure our we meet our curriculum aims; all PE lessons will contain the following:

- Clear Learning Intention and Success Criteria, given to children at the start of every PE lesson.
- Progression of activities from warm up/introduction to skill development to game/performance.
- Appropriate challenge for children of all abilities.
- Differentiated activities to allow for maximum opportunities for all children to learn and improve their skills
- Sport/Dance/Gymnastics specific vocabulary appropriate to lesson.
- Opportunities for questioning to develop understanding.
- Opportunities for feedback and reflection where appropriate.

Swimming

Swimming is currently postponed due to Covid-19. This will be reviewed in the new year, with the hope for Year 2 and Year 4 children to have access to swimming lessons by fully trained instructors. Children will be encouraged to swim using recognised strokes, developing technique, speed and stamina. They have the opportunity to gain certificates for swimming various distances, water skills and water safety.

Assessment

The main method of assessing achievement for PE is made through the continuous process of teacher observation. This assessment will be based on knowledge of the pupil and the content of work they are completing.

At Leopold, we will gather this data through question and answer, observation, and having the students relay tasks through demonstrations and reciprocal teaching.

PE staff will use Complete PE to record assessment data, with the main focuses being:

- Physical skill and ability of the pupil;
- The way the pupil has selected and organised the response to the task;
- The recognition and appreciation by the pupil of their performance and that of others.

In KS1 and KS2 this assessment process is recorded by the PE teacher on Complete PE and class teachers also have input on their progress. This then goes towards end of year reports. Gifted and talented pupils, emerging groups or causes for concern, will be noted (identified in pupil progress meetings) and appropriate interventions put into action if required. Overall judgements will be transferred onto a class assessment list at the end of each academic year.

Planning and Resources

At Leopold Primary School we use Complete PE for our scheme of work. This has been produced to support the learning and planning of the National Curriculum for Physical Education. Complete PE provides a wide range of activity-based units that demonstrate progressive learning and understanding for students to partake in.

Contribution of PE to the Teaching in other Curriculum Areas

English

PE contributes to the teaching of English in our school by encouraging children to describe what they have done, and to discuss how they might improve their performance. Children are also taught a number of Physical Education and Sport related words and phrases to help increase their vocabulary.

Mathematics

Through discussion pupils are regularly involved in solving problems. They are given open questions to challenge them to find solutions to improving their technique and decision making. Having students also keep their own score, provides an opportunity for consistent numeracy problems to take place. Also, using distances in sports, and sorting groups / teams is another way Mathematics is incorporated into PE at Leopold.

Science

Science is used in KS2 by learning about the different muscle groups when warming up and stretching. Students learn about dynamic stretching Vs Static stretching and what this does to our muscles. KS1 students learn about warm-ups and why they are important.

ICT

Information and communication technology enhance the teaching of PE, where appropriate, in all key stages. In dance and gymnastics, children will observe different dances being

performed and use other movements to inform their own dance. During wet play, and when the hall is occupied, ICT will be used for video demonstrations and research tasks.

Inclusion and Equality

Students at Leopold Primary have the right to access a broad and balanced PE curriculum. The curriculum meets the specific needs of individual students, or groups of students at the same level of learning. As such lessons will be adapted where appropriate to ensure that children with SEN, disabilities, EAL or Gifted and Talented are still able to make progress within lessons and throughout a unit of work. This will be achieved through effective lesson planning, appropriate preparation, and smooth transition between activities and lessons. If students are injured or forget their uniform, they will still be involved in non-performing aspects of a PE lesson. This can include coaching, giving feedback, officiating, or analysing games and tasks from within the lesson.

Health and Safety

Health and Safety this year at Leopold is extremely important in PE. A Covid-19 risk assessment has been created to ensure correct procedures are taken place to limit the risk of transmission. Such measures include:

- Keeping pupils in consistent groups
- Maximising distancing between pupils
- Prioritising outdoor PE
- Thoroughly cleaning PE equipment between each use by different individual groups
- Avoiding contact sports/activities where possible

Leopold Primary School will ensure scrupulous attention is paid to cleaning and hygiene regimes before and after PE lessons or lunch/break time activities.

Teaching assistants are qualified first aiders and will deal directly with minor first aid issues in lesson. If children require further attention, they will be sent to the School Welfare Assistant.

Any EpiPen's/inhalers/medication required by children should be inside the first aid box, inside the first aid room.

Children with minor bumps and bruises will be encouraged to continue to take part in the lesson where appropriate. In the event of any injury above the shoulder, the school's 'Head injury procedures' will be followed. In the event of any major injuries, the PE staff will perform first aid and stay with the child whilst awaiting the School Welfare Assistant or member of SLT. Emergency services will be called immediately if deemed necessary.

If a child visits the School Welfare Assistant, the nature of their visit will be recorded. In the event of any child needing to use an inhaler or EpiPen, parents will be informed, and the child will be monitored in school. Emergency services will be called immediately if deemed necessary.

With regards to illness prior to a PE lesson, in most cases it is expected that if a child is feeling well enough to be in school, they are well enough to take part in all lessons, including PE.