

Misterton Primary and Nursery School

Physical Education

2023-2024



1 Introduction

Physical education develops the children's knowledge, skills and understanding, so that they can perform with increasing competence and confidence in a range of physical activities. These include dance, games, gymnastics, swimming and water safety, athletics and outdoor adventure activities. Physical education promotes an understanding in children of their bodies in action. It involves thinking, selecting and applying skills and promotes positive attitudes towards a healthy lifestyle. Thus we enable them to make informed choices about physical activity throughout their lives.

Misterton Primary School recognises the vital contribution of physical education to a child's physical, cognitive, social and emotional development as well as the role it can play in a child's spiritual, moral and cultural development.

Through the Government funding for sport, the school provide opportunities for pupils to work with PE specialists. The funding will support PE training by providing opportunities for teachers to work alongside specialist teachers, as well as sending teachers on courses. The funding has also been used to purchase specialised equipment for children with additional physical needs.

2 Aims and objectives

Pupils are encouraged to: -

- Enjoy physical activity.
- Become skilful and intelligent learners.
- Acquire and develop physical fine and gross motor skills with increasing competence and confidence.
- Learn how to select and apply skills, tactics and composition ideas to suit activities.
- Develop their ideas in a creative way.
- Set targets for themselves and compete against others, individually and as members of a team.
- Understand how (and be able to) persevere, succeed and acknowledge others' success.
- Respond to a variety of challenges in a range of physical contexts and environments.
- Take initiative, lead activity and focus on improving aspects of their own performance.
- Discover their own aptitudes and preferences for different activities.
- Develop positive attitudes towards participation in physical activity and recognise the importance and value of exercise in their daily lives.
- Develop positive self-esteem through achievement.
- Appreciate and demonstrate fair play, honesty in competition and good sporting behaviour.
- Be given a firm foundation for life-long participation in sporting activity.
- To promote a healthy lifestyle by understanding the effects of exercise on their body and the importance of developing strength, endurance and flexibility.

Medium and short term planning focuses on opportunities for pupils to: -

- Acquire and develop skills.
- Select and apply skills.
- Evaluate and improve their performance.
- Increase their knowledge and understanding of fitness and health.
- Improve their wellbeing through physical activity and developing peer relationships through team building activities.

3 Organisation

There should be a minimum of two hours per week for both key stages (this includes changing time). At Misterton Primary School, this includes a weekly swimming lesson of 30 minutes taught by two qualified swimming instructors.

P.E is taught by the class teachers and our school's health mentor.

Many children also take part in events / festivals organised by Retford Oaks High School including:

Key Stage 1:

- Race for life
- Gymnastics

Key Stage 2:

- Cricket
- Basketball
- Athletics
- Cross-country
- Tag Rugby
- Tennis
- Dance
- Netball
- Football

A range of extra-curricular school clubs are offered over the year including netball and football with teachers, and coaches. School football and netball teams are actively involved in local leagues.

A number of children take part in the annual inter-school swimming gala.

4 The curriculum

P.E planning in Key Stages 1 and 2 is based on the requirements of the National Curriculum.

The following units should be taught in Key Stages 1 and 2 during the year:

- Gymnastics
- Dance
- Athletics
- Games

At Key Stage 2, games activities should include one net/wall, one striking & fielding and one invasion theme.

Key Stage 2 pupils also take part in outdoor and adventurous activities including orienteering and a range of activities in year 6 at an outdoor adventure centre.

The Foundation Stage children are taught the knowledge, skills and understanding through the Early Learning Goals. Opportunities to develop coordination, control and movement with a range of equipment are available on a daily basis in addition to structured lessons.

Coverage is monitored by the P.E co-ordinator and a wide range of activities are included.

5 Teaching & learning style

We use a variety of teaching and learning styles in PE lessons. Our principal aim is to develop the children's knowledge, skills and understanding as well as promoting good wellbeing, we do this through a mixture of whole-class teaching and individual/group activities. Teachers draw attention to good examples of individual performance as models for the other children and we encourage the children to evaluate their own work as well as the work of 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.

Competition: There should be a balance between personal activity and self-improvement, and competition. This should include teams, groups, and competitions, which pupils make up themselves. Additional opportunities in a range of competitive activities will be provided whenever possible through extra-curricular clubs, and through taking part in tournaments, swimming galas, etc. against other schools.

6 Assessment

Assessment in P.E. is made against the key objectives identified for each block of work. Attainment and progress is judged against the end of year grade descriptors.

This is achieved via Teacher assessment through: -

- Practical tasks directly observed by the teacher, assessing learning objectives.
- Small group discussions related to a practical task.
- Videos on iPads at the beginning and end of each term.

Parents receive a detailed annual end of year report, which includes references to achievement, progress and areas for development. Two formal parents meetings in the Autumn and Spring terms provide opportunities for discussion.

7 Monitoring & review

We monitor teaching and learning in the same way as we do all the other curriculum areas that we teach in the school. The headteacher also reports to the governing body on the progress of children in P.E in the same way as any other subject. The governor's curriculum committee has a responsibility for monitoring the success of the teaching in P.E.

8 Safety

Indoor and outdoor PE kits to be worn as appropriate. Indoor PE is done in plimsolls or trainers. Trainers must be worn for outdoor sports and long socks and shin pads should be worn for football, hockey, rugby. Trunks or one piece swimming costumes should be worn for swimming in compliance with the authorities' policy.

All items of jewellery **must be removed** for swimming, PE, games and any other physical activity. **Children need to be able to remove these themselves.**

All PE equipment must be regularly inspected and maintained.

9 Links to other policies

- Foundation Stage Curriculum
- Teaching & Learning
- Assessment
- SEN / Inclusion
- PSHE

10 School Games Mark

Misterton are in the process of gaining a silver School Games Mark, in order to achieve this we must:

- Complete a personal best as a school
- Hold at least 5 intra school sports competitions/matches/games within school.
- Hold at least 5 intra school sports competitions/matches/games against another school.
- Engage at least 35% of pupils in extracurricular sporting and physical activities every week.
- Have targeted provision for those least active young children at school.
- Have an A and B team entered into a sporting event.
- Promote the School Games inclusive of physical activity to parents and the local community at least once every half term.
- Engage a representative group (10%) of students within and beyond the curriculum in leading.
- Engage students in the planning and development of School Games activity through student voice.
- Have a plan in place to increase physical activity provision.
- Utilise sports coaches to support school sport and physical activity that compliments our School Games Organiser (SGO) School Games provision.
- Have active links with at least three local community and pathways sport/physical activity and leisure providers.

Misterton's SGO is Kate Voice.