

# Mount Primary School



**Physical Activity Policy**  
**Written September 2020**  
**To be reviewed September 2022**

Signed - \_\_\_\_\_  
(Headteacher)

Signed - \_\_\_\_\_  
(Chair of Governors)

## Intent

At Mount Primary School our Physical Education curriculum 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, a range of 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.

## Our PE curriculum is designed to allow each pupil to:



## Our aims in PE are:

### Physical development

To develop physical competence and confidence by acquiring and developing a range of fine and gross motor skills.

To be aware of the different shapes and movements that can be made with the body.

To develop knowledge, skills and understanding, and the ability to remember, repeat and refine actions with increasing control and accuracy.

To promote fitness and a healthy lifestyle by understanding the effects of exercise on the body and the importance of developing strength, endurance and flexibility

### Social and emotional development:

To develop a love of physical exercise.

To develop the ability to work independently and communicate and respond appropriately towards others using verbal and non-verbal communication.

To develop confidence in their own skills and abilities.

To promote an understanding of safe practice and develop a sense of responsibility towards the safety of themselves and others.

To create and plan games and teach them to one another.

To develop a sense of fair play.

### **Cognitive development:**

To develop decision making and problem solving skills.

To develop reasoning skills and the ability to make judgements.

To develop an increasing ability to select, link and apply skills, tactics and compositional ideas.

To develop the ability to communicate non-verbally.

To improve observational skills, the ability to describe and make simple judgements on their own and others' work, and to use this knowledge and understanding to improve their own performance.

To understand that using the correct technique will improve accuracy and individual performance.

To be able to evaluate performance and act upon constructive criticism.

### **Spiritual, moral and cultural development:**

To develop a positive attitude to themselves and others.

To experience a range of differing activities and realise that physical activity doesn't have to be about winning a competition - doing your best is as important.

To be able to encourage others and give praise for their achievements so that when children perform they do not fear failure.

To treat your team, the opposition and the referee with respect.

### **Implementation**

Mount Primary School is committed to meeting the requirements of the primary National Curriculum.

The curriculum planning in PE is carried out in three phases (long-term, medium-term and short-term). The long-term plan maps out the PE activities covered in each term during the key stage. Our medium-term plans, which have been produced by the subject lead purposefully for the children of Mount Primary, give details of each unit of work for each term. These plans define what we teach and ensure an appropriate balance and distribution of work across each term. Class teachers are then able to annotate and adapt plans where they feel necessary for each PE lesson.

The PE activities are planned ensuring that they build upon the prior learning of the children. 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. The way the curriculum is structured means there are regular opportunities for the children to revisit aspects of their learning in order to consolidate their knowledge and understanding.

We use a variety of teaching and learning styles in PE lessons across the school. Our principal aim is to develop the children's knowledge, skills and understanding in fundamental core skills and 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; using and accessing a range of different PE resources.

A range of skilled professionals support the children and staff at Mount primary with PE and School Sport. Teachers have access to continued professional development through PE specialist teachers. This allows staff to enter into a professional dialogue where they are able to identify areas of the PE curriculum they would like support with. Over a 6-week period they will have the opportunity to observe best practice; team teach alongside a specialist teacher; and implement new strategies with the support of the PE specialist.

### **PE for all**

It is important that all our children are able access the benefits of our PE curriculum. In all classes there are children of differing physical ability. Whilst recognising this fact, we provide suitable learning opportunities for all children by following the STTEP principle. Teachers are able to use their professional judgement to differentiate learning through one of the five areas.



## **Organisation and planning**

PE is a foundation subject in the National Curriculum. Our school uses a personalised scheme of work that has been written by the subject lead for the needs of the children of Mount Primary. As required, we teach dance, a range of games and gymnastics at Key Stage 1. In Key Stage 2 we teach compulsory dance, games and gymnastics, plus two other activities: outdoor and adventurous activities and athletics. Swimming and water safety is introduced in lower Key stage 2 and is monitored throughout the school.

## **Early Years Foundation Stage**

In EYFS we encourage the physical development of our children as it is an integral part of their work. As the reception class is part of the Foundation Stage of the National Curriculum, we relate the physical development of the children to the objectives set out in the Early Learning Goals, which underpin the curriculum planning for children aged three to five years of age. 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.

## **Key Stage 1**

In KS1 children should develop core movement, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and co-ordination, individually and with others. They should be able to engage in competitive (both against self and others) and co-operative physical activities, in a range of increasingly challenging situations.

## **Key Stage 2**

In KS2 children should continue to implement 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 succeed in different activities and sports and learn how to evaluate and recognise their own success.

## **Safety**

As with all physical activity, it is important that certain procedures are followed to minimise the risk of injury. Children should dress in shorts and t-shirts. Children will work in bare feet for all indoor and apparatus work. Pumps or trainers are worn for outdoor games, together with tracksuits if it is cold. Jewellery is not to be worn. Long hair should be tied back and rigid headbands should be removed. All staff are aware of where to find AFPE's Safe Practice book and the PE Subject Leader has been trained on Health and Safety in PE. Staff are suitably qualified and competent to deliver the activity they are leading. If necessary, the Subject Leader will arrange support and or training in identified areas. All external staff will have suitable qualifications and experience for the activity they are delivering. A period of observation will take place when a new provider starts working in the school.

## **Extra-Curricular Provision**

Our extra-curricular programme compliments and supplements the range of activities covered in curriculum time. The planned programme for 2020/2021 reflects a breadth and balance across the NC areas of activity, including dance, gymnastics, games and athletics. The extra-curricular content aims to be varied – including competitive and non-competitive and team and individual based clubs appropriate for all pupils. The school participates in regular fixtures against other local schools. This introduces a competitive element to team games and allows the children to put into practice the skills that they have developed in their lessons. These opportunities foster a sense of team spirit and co-operation amongst our children.

## **Swimming and water safety**

Mount Primary School is located on the Wirral peninsular, swimming and water safety is an aspect of the curriculum we consider to be vital in ensuring that the children are adequately prepared to operate safely in their local area.

All children in Years 3 and 4 will take part in school swimming lessons. The National Curriculum states that all children should be able to swim 25m by the end of KS2. To achieve this, we use some of the PE funding to purchase additional swimming lessons. All children must follow the local authority's guidelines regarding swimwear. All children will need a fresh, dry swimming kit and towel each day. Boys must wear swimming trunks, above the knee. Girls must wear full swim suits. Baggy shorts/ bikinis or tankinis are not to be worn (see below for examples of the correct type of swimwear to be worn).



## **Break time and lunch time provision**

All children in Key Stage 2 have the opportunity to take part in structured physical activity during break and lunch times. A timetable of activities includes: Football, Cricket, basketball, tennis and table tennis. Our team of Play Leaders support children in KS1 and KS2 by playing structured and unstructured games, including some friendly competitions. A qualified sports coach actively supports children to be as active as possible during lunch time. This includes setting up and supervising games, demonstrating how to use new equipment and ensuring all children have the opportunity to take part. Staff are expected to set a good example with regards to being active and should be dressed appropriately.

## **Working with external partners**

The school works closely with a number of external partners and agencies to improve the physical activity on offer.

## **Impact**

At Mount Primary School, through our rich and broad PE curriculum we are enabling children to gain the knowledge, skills and understanding they need to apply to their PE learning and development.

Planned learning will progressively build on prior knowledge and understanding and support children in producing outcomes of the highest quality. We will ensure that the curriculum is regularly monitored and reviewed. Senior leaders and subject leaders will review individual subjects. The learning and outcomes will be monitored and feedback will be given around what is going well and what are the ways to grow.