

Carnforth Community Primary School's PE Policy



Intent

At Carnforth Community Primary School we believe that Physical Education (PE), experienced in a safe, supportive and fun environment, is essential to ensure children achieve optimum physical and emotional development and good health. We intend to deliver high-quality teaching and learning opportunities that inspire all children to succeed and excel in competitive sport and other physically demanding activities, as well as promoting physical confidence and learning lifelong skills. We want to teach children skills to keep them safe such as being able to swim and assess risk effectively. We also want to teach children how to cooperate and collaborate with others as part of an effective team, understanding fairness and equity of play to embed life-long values and sportsmanship qualities. Our curriculum aims to improve the wellbeing, fitness and physical skills of all children at Carnforth Community, not only through the sporting skills taught, but through the underpinning values, personal characteristics and disciplines PE promotes. Children at Carnforth Community will enjoy being physically active as part of their everyday life, as well as in PE lessons.

In line with the National Curriculum, our aims within Physical Education at Carnforth Community are for all children to:

- Develop confidence in their physical ability,
- Be able to sustain physical activity for long periods of time,
- Engage in intra and inter school competitive sports,
- Understand how to lead a healthy and active lifestyle,
- Master the fundamental movement skills,
- Participate in team games, using defending and attacking skills,
- Participate in, enjoy and perform dance movements,
- Develop a love, enjoyment and confidence when completing outdoor adventurous activities,
- Be able to stay safe when using a variety of equipment and participating in different physical activities or sports,
- Swim confidently and competently,
- Perform safe self-rescue in a variety of water-based situations,
- Find an enjoyment in one or more sports, or ways of being active by the end of year 6.

Implementation

At Carnforth Community Primary School children undertake two hours of PE lessons within school each week and are encouraged throughout each day to be active during breaktimes and lesson time. Children are also given opportunity to participate actively in extra-curricular clubs during lunchtimes or after school. Children in KS2 attend swimming lessons in each year with the focus being put in Year Three and Four, who attend swimming lessons for two full terms, and then follow up their learning for half a term in Year Five and Six. Children in the early years are given plenty of opportunity outside of their PE lessons to be physical active inside and outside developing fine and gross motor skills as well as focusing on the fundamental movement skills.

Children in Year Five are given the opportunity to become part of the Sport's Council, a role that continues into Year Six and incorporates being one of two team captains across school. This role supports children in having an opportunity to help develop physical activities and experiences in school as well as support children in their team across school.

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Our Young Leaders help to encourage children to be active during their lunchtimes by running small clubs/sporting activities for children across school, helping them develop their skills. Our Young Leaders organise and lead activities and often make up their own games.

At Carnforth Community we utilise the Lancashire PE Passport app, giving us access to the Lancashire scheme of work, allowing us to ensure full coverage of the National Curriculum. Class teachers adapt each lesson for the cohort of children accessing it, where appropriate, and support is always given to all children. We use a variety of lesson styles to help support all learners.

EYFS

Physical Development:

- Negotiate space and obstacles safely, with consideration for themselves and others;
- Demonstrate strength, balance and coordination when playing;
- Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.
- Hold a pencil effectively in preparation for fluent writing – using the tripod grip in almost all cases;
- Use a range of small tools, including scissors, paint brushes and cutlery;
- Begin to show accuracy and care when drawing.

KS1

Pupils in KS1 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

KS2

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



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- 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
- 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

To participate in PE safely and effectively all children and staff must be dressed appropriately for the P.E. activity and must wear suitable footwear. No jewellery is permitted. All pupils must remove their own piercings before P.E. or have them removed at home if this cannot be done independently. Hair that is long enough to fit in a bobble should be tied back (this is not gender specific) for all physical activities, including swimming.

Summer pupil P.E. kit

- Black / navy shorts
- School T-shirt of their team colour (yellow, red, blue or green)
- Plain black, navy or grey trainers or pumps.

Winter pupil P.E. kit

- Black / Navy jogging pants or tracksuit pants
- School PE hoody or school jumper
- Plain black, navy or grey trainers

Swimming kit

- Fitted trunks or one piece swimming costume
- Named towel
- Swimming bag
- If goggles are to be worn a goggle letter must be signed by a parent or guardian.
- Verruca socks must be worn if a child has verruca.
- Swimming caps can be worn but are not compulsory.

On children's PE days they will come to school wearing their PE kit. During gymnastics and dance activities pupils will be asked to have bare feet, verruca socks must be worn if a child has verruca.

Impact

At Carnforth Community Primary School the impact of PE is demonstrated in different ways:

- Through pupil voice, children will be able to talk about ways to stay physically active and healthy, and the skills they have learnt within lessons.

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- Photo and video evidence of lessons will demonstrate ability and skill within each unit.
- Outcome assessment at the end of each unit will demonstrate skills learnt.
- Unit data collaboration at the end of each year will show progress, attainment and areas for improvement for the following year.

The impact of PE at Carnforth Community will be shown in the way pupils enjoy being active in their daily lives, enjoy and participate with enthusiasm during PE lessons, try new physical experiences in the form of lunchtime and after school clubs as well as experiences away from school such as joining a football team, doing swimming or dance lessons, going to a trampoline park. Children will know the link between being active and their mental wellbeing. By the time children at Carnforth Community are in Year 6 they will be physically confident as part of their holistic attributes.