



# PE Policy

May 2023



### **PE Intent for Ladywood**

The intent of our PE curriculum is to deliver a curriculum which is accessible to all and which will maximise the development of every child's ability and achievement in the area of PE. This will enable them to know more about physical activity and keeping healthy. It is our intention that children at Ladywood learn a range of sporting activities and competitive sports and understand how to use and apply their PE skills and knowledge to impact upon their own physical activity, participation in sport and healthy lifestyle.

### **Implementation**

In EYFS we follow the Foundation Stage Curriculum for Physical Development. The children develop control and coordination in a range of ways and learn about the benefit of exercise and self-care.

In Key Stage 1 and Key Stage 2 we focus on three main elements of PE in each year group; movement, games and health/safety. In year 3/4 children at Ladywood attend swimming lessons at the local pool. Each half term two aspects of physical activity are covered in each year group - please see long term Implementation A attached. Key skills are taught and developed within each unit enabling pupils to engage in a range of physical activities and competitive sports whilst also understanding the benefits of exercise and healthy lifestyles.

### **Participation/Expectations**

Our intent in school is to engage ALL children in regular physical activity as recommended by the government's chief medical officer. ALL children are expected to take part in their timetabled physical activity every week unless they are deemed medically unfit or injured, in which case a note should be provided by either a doctor or

parent. These children, if able will be given some other PE related task to do e.g. observer worksheets, assessing children, officiating or coaching.

We currently have two forty-five minutes sessions weekly, which one will focus on the competition in the next term and the other session will focus on a further area of the PE Curriculum.

### **Impact**

Each half term every child's achievement will be teacher assessed against the key skills taught. We will identify if children are on track for age related expectations in PE. These assessments will enable class teachers to plan future provision for both the whole class and individual pupils.

### **PE Kit**

Our school kit is as follows:

- INDOOR - white t-shirt, black shorts and trainers/ pumps
- OUTDOOR- white t-shirt, sweatshirt depending on the weather (no hood) tracksuit bottoms or black shorts depending on the weather
- Long hair tied up
- No jewellery however small stud earring's can be taped if they can not be removed.

Children who forget their PE kit will be provided with a spare kit (if no kit is available, they will be given a PE related task.)

### **Whole school events**

During the summer term, as part of the National School Sports Week, the pupils participate in the 'Health and Fitness Week'. We teach the children how to be healthy and aim to introduce the children to a variety of sports and activities not usually encountered in school.

Pupils also take part in sponsored events for charities both local and national, when appropriate. (Sports Relief, Cancer research run)

### **Intra and Inter Competitions**

It is our intent at Ladywood to enable the pupils to apply skills gained in PE lessons during organised intra school competitions and inter collaboration school competitions. In order to do these events safely we complete a risk assessment and if applicable we use a locally approved coach company to transport pupils. The teacher/ pupil ratio is always compliant with local authority guidelines and all staff are responsible for the children at the event.

For the 2022/23 year, we have paid for an inclusive competition package with the Grassroots company that will provide both inclusive and competitive events in a range of events.

### **After School clubs**

In our endeavours to increase participation of sport we offer a range of extra-curricular opportunities for our pupils. These generally run between from 3.00 and 4.00 pm. These clubs change every term to provide variety of experiences and also to enable more pupils to have the opportunity to attend them throughout the school year.

When the club is run by outside agencies, the PE coach is fully DBS checked and made aware of any additional needs of our children. For the 2022/23 year, we will have after school clubs based on that half terms competition as well other inclusive clubs run either by Mr Bowering or Miss Goulding.

### **Swimming Provision**

Pupils in year 3 and 4 attend swimming lessons, receiving swimming instruction from a qualified instructor with BPL. They develop their proficiency and aim to swim 25 metres, learning the different strokes. Pupils also perform safe rescue in different water-based situations.

Pupils in year 6, who haven't swum 25 metres consistently will have the chance to attend swimming catch up.

### **Bikeability**

Pupils in year 6, each year, participate in the 'Bikeability' course delivered by Active Barnsley cycling instructors. This is a week long course where children learn how to ride their bikes safely and proficiently on the road.

### **School Residential**

Each year, pupils in Key Stage Two have the opportunity to participate in a 5-day residential adventure to Cober Hill in Year 5 where they learn valuable teamwork skills through activities such as orienteering, long distance walking and forest school tasks including den building and risk assessments.

### **CPD**

For the 2022/23 year we will have CPD provided by Grass Roots each half term which will focus on the different parts of the PE Curriculum.

Each teach also has access to a long term overview for PE and has access to the Complete PE resource to support their teaching.

### **Home/school links**

Parents and carers can help their child be fit and healthy by;

- ensuring their child has a healthy and balanced diet;
- encouraging their child to take part in sporting interests;
- finding out about local sports clubs and teams that their child may be interested in joining;
- walking to school whenever possible;
- ensuring their child brings the appropriate PE kit to school.

The PE Co-ordinator, Mr D Bowering, is available for advice and information regarding local sporting clubs available to primary age pupils.

### **Policy review**

This policy will be reviewed bi- annually by the PE Co-ordinator.

Policy written - January 2023 and updated May 23

Policy review date- May 2025