Policy written Summer 2023

Next Review 2026

Water Orton Primary School – PE Policy

Intent

At Water Orton Primary School, sport and physical education plays a huge role in the development and well-being of our pupils. We also believe that sporting excellence, participation and inclusion go hand in hand with academic and social achievements. We believe that all young people should 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.

At Water Orton Primary School, we believe that 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 also has wider benefits for pupils and schools such as: improving behaviour and enhancing academic achievement.

What the children will learn in PE:

Our aim across the school is for children to:

- develop competence to excel in a broad range of physical activities
- be physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives

Implementation

Children in Year Groups 1 to 6 receive 4 hours of PE over a 2-week period. Children in Reception receive 2 hours of PE over a 2-week period. School employs two dedicated and qualified sports coaches to teach PE and work alongside teachers and teaching assistants when teaching PE. Throughout the week, they work with children in Year 1 to Year 6. This enables them to plan and deliver a scheme of sports that progressively develop and challenge our children. This has worked effectively in previous years and will continue to do so for the foreseeable future.

To ensure subject coverage, the PE curriculum has been divided across a 2-year cycle (A&B). This enables children to be exposed to a broad range of physical activities and enables their skills to develop and progress throughout their time at primary school.

	Year 1 and 2	Year 3 and 4	Year 5 and 6
Subject coverage from the national curriculum	*Cycle A* *Autumn 1 & 2* *Outdoor Adventure* *Netball* *Football* *Tennis* *Spring 1 & 2* *Tag* *Dance* *Fitness* *Gymnastic* *Summer 1 & 2* *Athletics* *Rounders* *Cricket* *Cycle B* *Autumn 1 & 2* *Handball* *Volleyball* *Outdoor Adventure* *Badminton* *Spring 1 & 2* *Dance* *Hockey* *Rhythmic Gymnastics* *Tag Rugby* *Summer 1 & 2* *Athletics* *Cricket* *Ultimate Frisbee* *Traditional Sports*	*Autumn 1 & 2* *Outdoor Adventure* *Netball* *Football* *Tennis* *Spring 1 & 2* *American Football* *Dance* *Fitness* *Gymnastic* *Summer 1 & 2* *Athletics* *Rounders* *Cricket* *Cycle B* *Autumn 1 & 2* *Handball* *Volleyball* *Outdoor Adventure* *Badminton* *Spring 1 & 2* *Dance* *Hockey* *Rhythmic Gymnastics* *Tag Rugby* *Swimming* *Summer 1 & 2* *Athletics* *Cricket* *Ultimate Frisbee* *Traditional Sports*	*Autumn 1 & 2* *Outdoor Adventure* *Netball* *Football* *Tennis* *Spring 1 & 2* *American Football* *Dance* *Fitness* *Gymnastic* *Summer 1 & 2* *Athletics* *Rounders* *Cricket* *Cycle B* *Autumn 1 & 2* *Handball* *Volleyball* *Outdoor Adventure* *Badminton* *Spring 1 & 2* *Dance* *Hockey* *Rhythmic Gymnastics* *Tag Rugby* *Summer 1 & 2* *Athletics* *Cricket* *Ultimate Frisbee* *Traditional Sports*

Extra support for PE:

Our Year 3 children attend swimming lessons for a 6 week block with the aim of them being able to swim 25m. Our Evergreen children also have the opportunity to participate. The children have the opportunity to work on their Water Safety Awards, focusing on keeping them safe in and around water.

We have a number of children who are completing the MOVES programme recommended by physiotherapists. The programme is designed to improve the children's core stability, balance and coordination.

Impact

The impact of PE teaching and learning is monitored throughout the academic year in the following ways:

- Children's verbal responses
- Informal observations/learning walks
- Pupil voice discussions
- Formative assessment during lessons and identifying who needs further support
- We are not performance and results based, but the impact of PE is seen in the success of our teams in competitive NWPSSA events. We are also working alongside the NWPSSA to develop inclusive events and competitions for all.

Regular, ongoing and accurate assessment is used to inform next steps in lessons and planning to ensure that all children make progress. Feedback is used during lessons to support children and en