



P.E
Policy
Spring 2021

Person Responsible: Heather Lane
Governor Committee: Full Governing Body
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1. Rationale

At Courthill Infant School we are committed to supporting all children to achieve and thrive through the development of a healthy and active lifestyle. We endeavour to offer a variety of opportunities which aim to promote a life-long understanding of how to stay healthy by incorporating fitness, movement and health as an integral part of our daily curriculum as well as through explicit PE sessions. We offer experiences which encourage sportsmanship, team work, challenge, knowledge, a sense of self-worth and perseverance. We want our children and staff to respect others and adopt a positive attitude to all new and existing experiences.

As well as introducing new sports' skills and specialist coaching to improve existing skills for both children and staff, we hope to widen the possibilities for all to undertake quality teaching and learning with regards to sport, physical activity and personal health. We hope to develop parental and community links which will support life-long participation and growth.

At Courthill we believe PE and school sport make a significant difference to whole school improvement and we endeavour to promote and embed our learning skills of team work, independence, resilience, creativity, responsibility and problem solving through an inclusive and cohesive provision.

2. Aims

Our aim is to provide an exciting and varied PE curriculum which will nourish and extend children's abilities to, practise, refine and perform skills so that all children progress well from their starting points. Children will be able to challenge themselves within the 'Growth Mindset' ethos and staff will have the skills to enable this to happen. We aim to make physical and mental health, fitness and sport central to each child's life, both in and out of school. Mental health is also supported through well-being activities such as 'Stormbreak' and mindfulness.

2. PE in Practice

Each class will have 2 sessions of PE per week. One session will be indoors and one session will be outdoors.

We concentrate on the fundamentals of physical development (agility, balance and coordination) and extend these skills in accordance with the ability of each child so that they achieve their full potential. In addition to the teacher (and where possible a TA) supporting the session, all classes will have access to specialist coaching (AR). The school's Sports Coach (AR) also drives continuous improvement by leading targeted gross motor interventions for pupil identified with specific gross/fine motor areas of need in class. Teachers will work with our specialist Sports Coach (AR) to develop their skills and improve planning and subsequent learning outcomes and opportunities.

PE at Courthill Infant School extends beyond explicit PE lessons as we incorporate physical and mental health into all aspects of the school curriculum. All classes have access to continuous 'Active Learning' whereby children's gross, fine and core skills are enhanced through movement, balance and coordination activities within the classroom.

Every day, children at Courthill achieve the Government's Chief Medical Officer guidelines that recommend primary school children undertake at least 60 minutes of physical activity a day (30 minutes of total in school). Children achieve at least 30 minutes of physical activity through explicit PE lessons, active playtimes, Daily 'Mile', active core and foundation lessons and online movement activities such as Joe Wicks '5 Minute Moves' and Go Noodle.

PE not only makes its own distinctive contribution to the school curriculum but also makes strong links to the all aspects of the broad and balanced curriculum offered at Courthill Infant School. PE develops literacy and numeracy skills, scientific reasoning, communication, awareness within PSHE topics, thinking and problem solving skills, social and emotional skills and an appreciation of musical components.

We provide opportunities, within the school (intra) and between schools (inter), for pupils to participate in a range of competitive, creative and challenge-type activities, as individuals and as part of a team.

4. PE and the National Curriculum

The learning planned for PE across the school will complement the expectations of the Early Years Foundation Stage Profile and the National Curriculum for Key Stage 1. The Coastal Learning Partnership PE curriculum was developed by a working party of primary teachers in 2019-20. It contains the big ideas that the working party believe underpin the subject of physical education. This document also outlines the progression of conceptual understanding for each of the big ideas.

We provide a progressive curriculum from Early Years through to the end of Year 2, which builds on individual learning needs and goals. We have high aspirations for all pupils and our approach to the curriculum has enabled more skills and knowledge to be committed to long term memory, therefore aiding effective learning throughout the pupil's education.

5. Assessment

Teachers assess children's work through formative feedback as they observe them working during lessons. They assess the progress made by children against the learning objectives for those lessons. The children are encouraged to assess themselves and each other in order to improve their performance and level of skill. Children are encouraged to persevere, to be resilient and to work hard to improve. Planning is carried out in response to the learning and the 'Next Steps' necessary for children to continue to progress and thrive.

6. Health and Safety

At Courthill our PE kit consists of a white T-shirt and black or navy shorts, with a black or navy tracksuit for outdoor activities throughout winter months. Trainers should be worn for outdoor games and activities. Indoor lessons are performed barefoot. All children and adults must wear suitable clothing for PE activities. Jewellery should be removed and long hair tied back.

Teachers ensure that there is sufficient space in which the children can work and that all surfaces are safe to use. The children are taught how to lift and move apparatus safely. They are also taught how to use small apparatus appropriately. All large apparatus is checked at regular intervals by a specialist company and the condition of small apparatus is monitored by the PE leader.

Children are taught to be aware of others in the class when they are moving and working. There are sufficient qualified first aiders in school to support any accidents or medical issues and detailed records are kept of all pupils with medical conditions which may affect their ability to participate.

The PE leads liaise with the school's health and safety representatives, regularly checking the environment to ensure all health and safety regulations are met. The BAALPE publication 'Safe Practice in PE' is used as a reference and is also available to all staff.

In addition, risks assessments are completed termly of the areas where PE is taught and equipment is used, including PE equipment (PE Leader). Risk assessments are in place for all school sporting trips/events and all staff can access these via the school's electronic files.

7. Resources

The school is well resourced and has 2 main storage areas. These are the PE cupboard in the hall where equipment for indoor use is stored and the shed in the playground where outdoor equipment is stored. The resources are available for all staff to access and also for all children to access with adult supervision.

The PE leader will monitor the use and quality of the resources and replenish or update equipment as necessary within the budget set to ensure maximum opportunities for physical activity. Resources will allow all children to access the activities regardless of ability wherever possible.

8. Inclusion and Equal Opportunities

At Courthill, all children are expected to participate in all aspects of PE and school sport. There is no exclusion on the grounds of ability, race, gender or faith. Children needing further support to access PE will be supported by additional adults or with differentiated tasks or resources as

appropriate. There are places available in the after school clubs at a free or discounted rate for those children identified within disadvantaged groups.

9. Parental Involvement

The school has an 'open door' policy and we welcome parental involvement and parental voice. We encourage parental participation and encourage the support of parents who have an expertise that we can utilise.

PE at Courthill is shared and celebrated through the communications meeting, school website, Marvellous Me and school newsletters. We endeavour to hold events such as an annual school sports day/s, charity events and inter and intra team events which parents are welcome to attend.

10. Monitoring and Evaluation

The monitoring and evaluation of the PE curriculum, the PE policy and the spending of the PE and school sport funding premium is carried out by the Headteacher, The Governing Body and the PE leader.

11. Extra-Curricular Activities

All children have the opportunity to join in with the extra-curricular activities and where appropriate, funding is made available to support this. We provide extra-curricular activities such as, karate, dance, dodgeball, football, tennis and multisport. These clubs are led by both our Sports Coach and external providers.

12. The Wider World

As a Multi Academy Trust we endeavour to widen the opportunities available to children and staff by sharing resources and expertise. We liaise with other PE leads within the trust to organise a range of multi skill events.

At Courthill, we pride ourselves in being aware of the needs of others and we support local and national charities through sport and physical activities. We promote positive role models in sport and make children aware of local and national initiatives such as the Poole Park Run, the Olympics/Paralympics etc.

13. British Values

We uphold Modern British Values by showing 'Mutual Respect' when encouraging children to observe and appraise each other's work. We give the children the opportunity to celebrate what others have done well and give constructive feedback to their peers about how they might do things differently. The children are encouraged to understand that there are a range of abilities in the class and to show respect to all.

We provide opportunities for children to experience 'Democracy' through voting for warm ups, the rules for new games and the roles that they take within group work. Children are encouraged to uphold 'Individual Liberty' by being free thinkers and have an inner confidence to express feelings and opinions that may arise in dance, gymnastics and games lessons. We promote 'Rule of Law' by setting rules and expectations of behaviour and good conduct.

14. PE and School Sport Funding:

The annual strategy for the implementation and spending of the PE and School Sport Funding can be found on the school website.

COVID-19 Addendum:

A PE risk assessment has been prepared based on Government Guidelines for schools and advice given by the Association for Physical Education (AfPE). Ongoing, specific Government advice and guidelines will be taken into account as the current situation changes and this risk assessment reviewed and updated as needed.

The intention is that children can participate in purposeful physical education (PE) and physical activity during this time. The teaching of PE, with some adaptations ensures that meaningful learning can be undertaken with the appropriate planning, protective measures and social distancing. The risk assessment is also intended to help staff feel safe and protected delivering both physical education and physical activity opportunities for children.

The key principles for supporting safe PE and physical activity are:

- Clean frequently touched surfaces and equipment between use
- Wash hands frequently as part of a clear hygiene regime
- Minimise contact and ensure respiratory hygiene