

PHYSICAL EDUCATION POLICY

William Lilley Infant & Nursery School

Halls Road

Stapleford

Nottinghamshire NG9 7FS



Governors' Committee Responsible: General Purposes

Policy Originator: Sally Beardsley

Date policy written: May 2022

Reviewed: November 2023

Reviewed: September 2026

Date approved by Governors: Pending

Date of next review: Autumn 2028

Introduction

Known, Nurtured and Proud to Succeed.

At William Lilley school we believe that physical education, experienced in a safe and supportive environment, is a unique and vital contributor to a pupil's physical development and well-being. Physical Education supports our school values by providing a broad and balanced curriculum intended to provide for pupils increasing self confidence in their ability to manage themselves and their bodies. Differentiated and logically developed PE lessons, help pupils, irrespective of their ability, enjoy success and be motivated to further develop their individual potential and take part in lifelong physical activity.

Aims

1. To develop skilful use of the body, the ability to remember, repeat and refine actions and to perform them with increasing control, coordination and fluency.
2. To develop an increasing ability to select, link and apply skills, tactics and compositional ideas.
3. To improve observation skills and the ability to describe and make simple judgements on their own and others work, and to use their observations and judgements to improve performance.
4. To develop an understanding of the effects of the exercise on the body and an appreciation of the value of safe exercising.
5. To develop the ability to work independently and communicate with and respond positively towards others.
6. To promote an understanding of safe practise and develop a sense of responsibility towards their own and others' safety and well-being.

PE and Sports Funding

For a number of years now the Government have allocated funding directly to all primary schools to support the provision of quality PE/sport. We use the PE funding to enhance the quality our PE provision and opportunities for our children which includes the following activities;

- Introduce a daily 30 minutes of physical activity.
- Raising achievement in Physical activities such as dance, Gymnastics, Athletics and Games
- Improve children's physical education through high quality teaching through enhanced assessment and planning procedures.
- Provide children with sporting activities that they can access within the locality.
- Increase participation in in-house and school-to-school competitions.

Our detailed Sports Funding document details how the sports funding is spent each year

Curriculum, planning and delivery

At William Lilley, we aim to provide all of our pupils with at least 2 hours of high quality PE, sport and physical activity each week. We also provide daily exercise, active play and lunchtimes and extra- curricular opportunities.

We use the 'Teach, Learn Grow' www.tlg-pe.co.uk program for our medium term and short term planning in Key Stage one and reception. Children progress through key knowledge and skills as identified in our intent, implementation and assessment document.

See TLG – PE plans		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception		Routine and expectations	TLG – Julia Donaldson unit	TLG – Fairy tales unit	TLG – Celebration unit	TLG – Down on the farm unit	TLG – Countries unit
Year 1/2 Mixed age – see progression as above	Session 1	Gymnastics 1 – Travel and shapes	Gymnastics 2 – Balances and jumps	Dance - England	Year 1 – Ice Skating Year 2 – Martial Arts	Striking and fielding	Sending and receiving
	Session 2	Throwing and catching a ball	Sending and receiving	Attacking and defending	Net and wall	Attacking and defending	Athletics

Planning for both KS1 and FS2 includes detailed lessons summaries that not only show what to teach but are supported with further resources such as video examples.

Each teacher has their own individual log on which links to the class they are teaching. The PE lead and Head have admin rights to the whole system.

In addition to the TLG planning, we provide further opportunities for children to experience different sports. In year 1 the children go to the Nottingham Ice Arena for a 6 week block of ice skating tuition. The ice-skating coaches provide a general report of the achievements of the children and all children are presented with a certificate on completion. In Year 2, the children have a terms delivery of Martial Arts provided by Burnett Academy. The sessions lead towards the children being awarded up to two belts.

Assessment

Teachers in KS1 use the assessment provided on the TLG-PE system. Each unit has its own objectives which link the objectives in the National Curriculum. Where a unit has been taught, teachers need to update the assessment grid at the end of each unit. The assessments are added as not met, met, exceeded. The majority of children should be meeting the objectives taught termly, with a small proportion of children demonstrating 'exceeding' skills.

Children are assessed at the end of the year against the criteria set out in the schools' end-of-year assessment standards.

Daily Exercise

As part of the sports funding, the government have said that in addition to PE lessons, all children should be receiving an additional 30 minutes daily exercise. At William Lilley, this is achieved in the following ways: through Active play and lunchtimes and daily exercise within the class.

Active play and lunchtimes

Each playtime, active play sheds are available on the playground, resources are on rotation and offer children with different resources to encourage active play. The midday team are encouraged and trained to promote active lunchtimes.

Exercise in class

The 'moves' program is used alongside other resources such as 'wake up, shake up' for use in class to increase physical activity for children.

Extra-Curricular opportunities

Extra-curricular clubs are offered each term with the coach. This changes termly. In addition to this, other sporting clubs may be provided during the year by teachers or other organisations. A variety of physical and sporting opportunities are provided during the Friday club afternoons.

Competitive Opportunities for Everyone

There should be a balance between personal activity and self-improvement and competition. This should include teams, groups and competitions, which pupils make up themselves. Additional opportunities in a range of competitive activities will be provided whenever possible through extra-curricular clubs, and through taking part in tournaments etc. against other schools.

The school holds an annual sports day for KS1 and Reception during the summer term.

Equal Opportunities, Inclusion & Differentiation

All children regardless of race, culture, religion, social background, gender or academic ability, have equal access to PE in order to develop their personal, physical capability. We carefully plan, monitor and assess to ensure all of our pupils feel valued. Lessons and opportunities may be adapted to take into account individual requirements. Learning is challenging, yet achievable by all children, whatever their abilities and differentiation is achieved by both work set and outcome. We aim to teach children to uphold where applicable, British Values and a mutual respect and tolerance of those with different faiths and beliefs.

PE kit

Where possible PE lessons will take place all year round with gymnastics and dance activities the only ones being planned for delivery in the hall. Children therefore need to ensure that they have clothing to suit the colder days. The children are encouraged to have a winter and summer PE kit in school at all times. It is brought into school on the first day of term and then taken home at the end of the half term washing,

At William Lilley there is no 'formal' PE uniform but parents are asked to provide the following;

- Shorts or tracksuit bottoms
- T Shirt
- Fleece or jumper
- Girls – spare socks (tights need to be removed)
- Plimsols or trainers (trainers are ideal for when we are outside)
- Earrings should be removed or in the case of ears being pierced, be covered with a plaster (provided by parents) for the first few weeks until they can be removed. Teachers are not allowed to remove earrings so we encourage the children to learn to remove them themselves or ask parents to take them out on PE days.
- Long hair (boys and girls) needs to be tied up for PE lessons.
- PE bag

All items of clothes need to be named

Resources

We use a range of equipment in PE, both digital and sports equipment

Digital equipment includes access to the TLG-PE system, use of large interactive board in hall for video demonstration and moves along with other physical activity links widely available online

Sports equipment is stored PE shed in the playground. Gymnastics equipment is stored in the PE hall.

- It is the responsibility of all staff that equipment is replaced in the cupboard tidily.
- Children should not be allowed in the PE cupboard unless closely supervised.
- The teachers hold responsibility for checking and looking after the equipment and should report any missing or damaged equipment to the PE co-ordinator.

Monitoring

Monitoring takes place regularly through sampling teacher planning and assessment review, through lesson observations and pupil voice.

Safe Practice in PE

We have a range of different resources and procedures to ensure the safety of pupils throughout their physical activities. This includes (but is not limited to):

- Risk assessments
- Regular assessment of equipment and resources
- Taught safety measures
- Good behaviour
- First aid measures
- Appropriate clothing

Other documents and appendices The PE policy should be read in conjunction with the following:

PE intent, implementation and progression

Association for Physical Education Safe Practise handbook

Health and safety policy