



*'Individual Growth, Individual People'*

Head Teacher: Mrs M A Tyers

# Physical Education Policy

## Reviewed March 2017

# PHYSICAL EDUCATION POLICY

## Introduction

Here at Newark Orchard School we believe that the teaching of physical skills is crucial to the development of the whole student. In taking part in PE lessons, students develop physical skills which they can apply to a wide range of sports. PE lessons also contribute to the development of both fine and gross motor skills which in turn impacts on other areas of the curriculum. During lessons they will learn about the competitive challenges that individuals and teams may have to face up to. It also promotes positive attitudes towards active and healthy lifestyles.

This policy summarises our approach to the teaching of PE. It is a statement that will ensure consistent practice throughout our school and result in improved skills and students leaving our school as confident, independent and healthy young people.

Our policy recognises the current thinking of the National Curriculum as well as harnessing aspects of other creative and innovative approaches.

## Rationale

Physical education is a statutory requirement of the National Curriculum and an essential contributor to the development of the whole student. Through a high quality physical education programme pupils develop physical competence and confidence and are given opportunities to be physically educated and become physically literate. Through a combination of entitlement and choice of activity, the physical education provision will contribute to the personal development, health and well-being, enjoyment, success and achievement of all pupils across the whole curriculum and beyond.

Physical education provides pupils with the opportunity to be creative, competitive and face up to different challenges as individuals and in groups and teams. It promotes positive attitudes towards a healthy and active lifestyle. Pupils learn how to think in different ways and make decisions in response to creative, competitive and challenging activities. They learn how to reflect on their performance, plan, perform and evaluate actions, ideas and performances to improve the quality of their work.

Physical education helps pupils develop personally and socially. They work as individuals, in groups and teams, developing concepts of fairness and of personal and social responsibility. They take on different roles and responsibilities, including leadership, officiating and coaching.

Through high quality physical education pupils discover their aptitudes, abilities and preferences and make informed choices about how to get involved in lifelong physical activity.

## Aim

In line with the schools mission statement 'Individual Growth, Individual People', we aim to build a climate in our school that supports inclusive PE for all of our students. Through a high quality, safe and challenging physical education programme, the school aims to develop successful learners, confident individuals and responsible citizens who

develop as independent enquirers, creative thinkers, reflective learners, team workers, self-managers and effective participators.

This policy outlines how all adults fulfil their responsibility to achieve this and outlines the roles and responsibilities of key staff.

### **The National Curriculum**

The National Curriculum clearly outlines what must be taught within each Key Stage (excluding Post 16). Through our teaching at Newark Orchard School students will develop fundamental and basic movement skills in a broad range of activities in all key stages. Continuity and progression in the teaching of PE fully supports the National Curriculum to ensure that students:

'enjoy PE and school sport'

'solve problems and overcome challenges'

'apply appropriate skills, tactics and compositional ideas'

'evaluate their own and others' performance in order to improve'

'experience a range of roles - performer/coach/official/leader'

'improved stamina, suppleness, strength and the mental capacity (determination and resilience) to keep going'

'understand the importance of maintaining a healthy, active lifestyle'

### **Leadership and management of physical education**

- The PE Coordinator will have strategic responsibility for sport development in the school and will report to the Head teacher and Governing Body
- The PE Coordinator will have the necessary time and support to carry out the role, including monitoring of the ways in which subject leaders and other middle leaders comply with this policy
- The School PE Coordinator will review the policy within 3 years and discuss this at staff meetings

### **The role of the PE Coordinator**

The PE Coordinator has a strategic and operational role in the development of PE. This role will include:-

- Developing an action plan for PE development in our school as part of the School Development Plan
- Preparing staff for and helping them to implement all National Curriculum recommendations
- Identifying good practice outside the school
- Providing guidance
- Collecting and sharing good practice across our school
- Leading training
- Monitoring compliance with this policy

- Evaluating the impact of the school PE policy

### **Subject specific practice**

- Lessons will be planned to provide appropriate challenge for all pupils, to extend more able and provide appropriate levels of support in order for all pupils to make progress.
- The learning environment will enable all pupils to recognise their own and others' strengths and areas for improvement and provide them with appropriate tasks to improve and succeed.
- A variety of teaching styles will be used to engage the variety learners, providing them with the opportunity to learn from visual, auditory and kinaesthetic activities.
- Lessons will provide appropriate activities which enable pupils to develop as independent enquirers, creative thinkers, reflective learners, team workers, self-managers and effective participators.
- Staff will set an example by dressing appropriately for PE. Trainers, tracksuit bottoms, t-shirts and a jumper should be worn during lessons.
- It is an expectation that ALL students will wear PE kit where appropriate. This should include plimsolls or trainers, tracksuit bottoms or shorts, a change of t-shirt and a jumper if taking part in PE outside.

### **Swimming/Hydrotherapy**

Swimming is a crucial skill and one we highly value here at Newark Orchard School. As a result we continue to offer swimming lessons throughout the whole of the student's time here beyond that required by the National Curriculum. All students will be offered either swimming lessons once a term or hydrotherapy sessions as and when required.

Swimming sessions will be led by instructors provided by the local authority. A number of our students require a more direct approach and in these situations staff will enter the water with the student and work on a 1:1 basis with them. The school staff will still be under the instruction of the pool side instructors but will support the students more closely.

Hydrotherapy sessions will be led by physiotherapists from the NHS. The sessions are highly valuable to the physical development of our students. School staff will be used to support the children in changing into and out of their swim wear.

### **Our Curriculum**

The curriculum here at Newark Orchard School ensures that ALL our students take part in a varied and wide range of different sports and activities. Through our long term planning we have made sure that we cover the requirements of the National Curriculum and, if possible, more.

### **PE Long term planning cycle**

(This is subject to change if class groups are mixed or offers from outside agencies are accepted)

FS/KS1	A	B	C
Yr1	Invasion games	Gymnastics	Rounders
Yr2	Netball	Dance	Athletics
Yr3	Unihock	Aerobics	Short Tennis

KS2	A	B	C
Yr1	Tag Rugby	Dance	Cricket
Yr2	Basketball	Gymnastics	Athletics
Yr3	Bench ball	Volleyball	O&A*

KS3	A	B	C
Yr1	Lacrosse	Gymnastics	Tennis
Yr2	Hockey	Dance	Athletics
Yr3	Badminton	Gym Session	O&A*

KS4	A	B	C
Yr1	Rugby	Dance	Cricket
Yr2	Badminton	Hockey	Athletics
Yr3	Netball	Gymnastics	O&A*

\*Outdoor and Adventure

Can include Kayaking, Rock climbing, mountain biking, team building, orienteering, hill walking, horse riding, sailing, caving, weaselling, coastering, skiing, snowboarding, Archery, Conservation, Scuba Diving, Open Water Swimming - These may be offered on an extended field study trip

PMLD PE curriculum

FS/KS1	A	B	C
Yr1	Body awareness	Sherborne Movement	Playground
Yr2	Kris Nil	Dance	Parachute Games
Yr3	Trampolining	Gymnastics	Boccia

KS2	A	B	C
Yr1	TacPac	Body awareness	Dance
Yr2	Parachute Games	Boccia	Table Cricket
Yr3	Curling	Trampolining	O&A*

KS3	A	B	C
Yr1	Let's Get Moving	Curling	Body Movement
Yr2	Boccia	Parachute Games	O&A*
Yr3	Dance	Boccia	Table Cricket

KS4	A	B	C
Yr1	Body awareness	Sherborne Movement	Playground
Yr2	Kris Nil	Dance	Parachute Games
Yr3	Trampolining	Gymnastics	Boccia

## **Post 16**

Students are encouraged to be physically active and develop an interest in the constructive use of their leisure time. A range of experiences are provided based upon the individuals abilities, needs and wants. They are offered different routes through accreditation and if necessary the use of hydrotherapy sessions.

## **Equal Opportunities**

In line with the school's Equal Opportunities Policy, in PE we aim to give access to the widest range of curriculum experiences. Sometimes it may not be possible for some students to participate in particular activities. If this is the case then all reasonable adjustments will be made to provide an appropriate alternative.

Jim McEwen  
PE Coordinator  
March 2017