

'Individual Growth, Individual People'

Head Teacher: Mrs M A Tyers



Physical Education Policy

Reviewed March 2023

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 Policy 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 school's 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
- Develop competence to excel in a broad range of physical activities
- Are physically active for sustained periods of time'
- Engage in competitive sports and activities
- Lead healthy, active lives.

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 for a term or hydrotherapy sessions as and when required up until the end of KS2.

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. Copies of our long-term planning can be found on the website and if you would like to know more speak to the PE coordinator.

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 individual's 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
January 2023