



PE POLICY

Our Vision

A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It should provide opportunities for pupils to become physically confident and literate in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as our school values of Resourcefulness, Resilience, Respect and Responsibility which are an integral part of all aspects of the PE curriculum.

Intent

In parts of our locality in Norris Green, data shows that there are significant health problems associated with lifestyles/life choices. Therefore, our work to promote a love of sport and healthy lifestyles is crucial. We aim to develop the knowledge, skills and motivation necessary to equip the children for a healthy, active lifestyle and lifelong participation in physical activity and sport.

To enable our intent to actively encourage healthy lifestyles and well-being we will:

- Teach the National Curriculum in PE.
- Enable children to develop fundamental movement skills with control and co-ordination.
- Teach children to recognise and describe how their bodies feel after exercise.
- Encourage enjoyment of PE through creative and challenging lessons.
- Teach children how to evaluate their own and other successes including through competition outcomes.

Our children are encouraged to take part in the competitions we have to offer. We believe it is so important to celebrate our children's talents. Giving our children this opportunity teaches them the importance of self-discipline and the value of hard work. It also allows our children to understand the importance of good sportsmanship and builds resilience.



Implementation:

All students are entitled to a progressive and comprehensive PE curriculum that embraces Statutory orders of the national curriculum and takes into account individual interests and needs.

- At Monksdown, we ensure each child has their PE entitlement by teaching a variety of outdoor and indoor PE sessions throughout the year
- Nursery to Year 6, follow the 'Lancashire Professional Development Service' and the Lancashire Curriculum adapted 'PE Passport App' to support the delivery of the National Curriculum. The scheme focuses on the Fundamental Movement Skills (FMS) of agility, balance and coordination, inclusive competition and broader essential holistic skills.
- Swimming lessons are provided within National Curriculum and Local Authority guidelines to specific year groups. These are provided off site and aim to encourage every participant to be competent swimmers.
- The facility to participate in the 'Daily Mile' is provided at least 3 times a week on average for our children.
- EYFS outdoor learning includes the use of permanent physical development equipment.
- Children at Monksdown are encouraged to participate in outdoor activities as part of our yearly residential visits.
- All children take part in Sports Day.
- Monksdown offers a comprehensive range of extra-curricular activities, plus organized competitions.

PE, Sport and Physical Activity is rarely cancelled. As a school we value regular lessons to develop the skills of the children. If weather conditions make it unsuitable for the planned lesson to take place, alternative arrangements are made such as rescheduling for another day, activity modification to take place indoors or an alternative classroom based session.



Impact:

Children will leave Monksdown equipped with the skills and character values: Respect, Resourcefulness, Resilience and Responsibility, that are implemented across the curriculum. Children will leave Monksdown having had the opportunities to become physically literate and confident in a way which supports their health and fitness as they move towards making their own choices as young adults and will have a long-lasting impact upon the way they apply themselves within physical exercise and the wider aspects of life.

Curriculum

Nursery to Year 6, follow the 'Lancashire Professional Development Service' and the Lancashire Curriculum adapted 'PE Passport App' to support the delivery of the National Curriculum. The scheme focuses on the Fundamental Movement Skills (FMS) of agility, balance and coordination, inclusive competition and broader essential holistic skills.

Our teachers are dedicated to delivering fun and engaging lessons centred around teaching our children new skills and vocabulary that will encourage them to live active, healthy lifestyles. Our lessons are taught in three parts:

Part 1 - revisit prior knowledge during a warm-up relevant to the main activity and weather conditions- new vocabulary/skills taught in the previous lesson or unit, depending on where the class is up to in the school year.

Part 2 - teach new concept or skill in isolation as well as new vocabulary. Children will know what the outcome of the lesson will be and what is expected of them during the lesson.

Part 3 - Apply the skill in a game/uneve number situation. Recap what has been taught - this could be done via a class discussion or a performance of the new concept or skill and consolidate new vocabulary that has been taught. All units will culminate in a CORE task that will enable the children to demonstrate learning in a competitive game.



We are very proud of the work that our children do during each lesson. In fact, there are displays around school showcasing the work the children have been doing in PE for each year group. This helps us to promote PE as a subject and celebrates the successes of our children during lessons and units taught. It is also a visual reminder of how much they progress each year at school. PE also features in our weekly newsletter and during celebration assemblies.

Assessment

Assessment is a vital part of PE as it helps teachers to plan effectively. It also allows teachers to ensure that all children are accessing PE. Using the LCC app, teachers will fill out an assessment form at the end of each unit taught or when the children complete a certain skill. At the end of each unit the children will also complete a self-assessment and summarise their learning experience in PE. This will mean that all children are accounted for and it will allow possible interventions to be put in place to ensure all children are making progress in the subject. Assessment also celebrates the successes of the children in our school and will ensure that children are being consistently challenged during every PE lesson with both the needs of more-able children along with SEND children being met. It also provides teachers with the opportunity of identifying children with particular strengths who may then be chosen to take part in competitions representing our school. In EYFS, staff will be able to assess the children on their accomplishment of the FMS. In lower Key Stage 1, staff will perform a baseline assessment and in Year 2, during the athletics unit, staff will assess the children on the competency of the FMS building on the baseline assessment.

Resources

Resources are kept in two PE cupboards situated in the KSI and KS2 hall. All equipment is organised and regularly reviewed as to its suitability and wear ability to be used in a lesson.

We are very proud of the resources we have available to the children at our school. Each term an audit is carried out to ensure adequate upkeep and the safety and maintenance of our equipment. Our children are taught how to use the equipment properly to ensure the health and safety of themselves and the people around them. Giving children responsibility of tidying equipment away and ensuring it is kept safe gives children a



sense of duty and belonging. They are also encouraged to return equipment tidily and put in the correct place under the supervision of a staff member. Children are also taught safe practice relating to the carrying or handling of resources.

PE Kits

At Monksdown we want our children to feel confident and ready to get involved during every PE lesson. That is why it is vital that children have a PE kit in school. Children should bring in their PE kits at the start of term and leave them in school. Kits should be brought home at the end of each half-term to be washed ready for the next half term. If a child does not bring in their PE kit **they will still be expected to do PE**. Each class has a set of 4 spare kits with more available on request. However, we have found that children often feel more confident if they have their own kits brought in from home. If a child consistently forgets their PE kit the PE lead will intervene to find out why this may be the case and to consult with parents if appropriate. We will use data from the attendance register on the PE app to analyse who these children are and support appropriately.

Outdoor PE - White T-shirt, navy blue shorts + pumps/trainers/

Indoor PE - White T-shirt, navy blue shorts + pumps/trainers

In the event of inclement weather, children can wear a pair of tracksuit bottoms and a hoodie/jacket to keep warm and ensure participation.

Hot Weather - Protection from the sun is required including hat, sunscreen and loose light clothing. The school will also follow risk assessment considerations in extreme heat.

Religious and Cultural Clothing - To ensure safe and meaningful participation, school staff will be sensitive to the respects of the child/parent if any concerns arise from the wearing of certain items of clothing specific to religious requirements.



Safe Practice

All staff work to the accepted codes of practice in PE following PESSPA guidance provided by Association for Physical Education. Risk assessments are in place for PE carried out in the hall and outside on the playground. Children must wear their hair tied back and remove all jewellery for PE. They wear trainers for outdoor PE and pumps or bare foot for indoors. Children who forget their kit should use class spares. There are qualified first aiders in school who are known to staff. Each teacher also keeps a record of children in their class with medical conditions which may affect their ability to participate with careful considerations and adaptations made to ensure safety for the pupil.

Equal Opportunities, Able and Talented and Inclusion

We teach PE to all children, whatever their ability race, gender or background to ensure children at our school receive a broad and balanced curriculum. Activities are adapted using the STEP (Space, Task, Equipment, People) approach accordingly, to enable every child to access the lesson and be appropriately challenged. Where children have specific disabilities or health conditions, the school ensures that they can take an active part in PE by modifying activities, equipment and/or providing adult support where necessary. The school SENCO works closely alongside the PE subject lead to identify extra needs and where further adaptations and considerations need to be made. The subject lead follows guidance from the 'AFPE Safe Practice in School PE, Sport and Physical activity' book. Opportunities for able and talented pupils include tournaments, competitions and links to community clubs to further their sporting progress such as Liverpool Harriers and Liverpool Schools Football Association.



Subject Leader

The subject leader is responsible to the head teacher and will ensure the following tasks associated with the role are considered and carried out where appropriate:

- Developing good classroom practice
- Managing the budget and PESSPA and sport premium based on the needs identified through the monitoring and evaluation of the subject
- Auditing, ordering and reviewing the efficiency of equipment and learning resources
- Attending courses to further their own subject leadership, professional development to then support and continue professional development for colleagues
- monitor classroom practice and planning, audit the needs of the staff to ensure high quality delivery and impact on the children is delivered
- making all resources available to all staff, including health and safety notices, risk assessments, assessment materials and resources to support learning
- carrying out risks assessments in line with employer procedures
- extending relationships beyond school with contacts in the community
- keeping up to date with implementing any national, employer or SSP (LSSP) developments.
- Arranging fixtures, competitions, tournaments for the children to have a wider sporting experience
- Regularly post lesson content and sporting achievements on school website and social media pages.

Date – Spring 2023