

**Alvaston Infant and Nursery School**

**Physical Education Policy**

**This policy has not yet been agreed and ratified by the Headteacher / Chair of Governors**

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| **Review date** | **Version number** | **By whom** | **Summary of changes made** | **Date implemented** | **Date ratified** |
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**Physical Education Policy**

# Introduction

This policy has been written in response to evolving national priorities and to our affiliation review with the Association for Physical Education. As a school, our PE provision will be guided by recommended by RealPE. We are empowered to are inspired by sport so that they become lifelong sports people.

At Alvaston Infant and Nursery School, we have high expectations of children’s work and celebrate children’s achievements, fostering self-esteem and confidence.

# Aims

At Alvaston Infant and Nursery School, we aim to create a culture of active and healthy learners. We aim to equip them with the knowledge and skills needed to develop their core strength and fundamental skills. This will extend their agility, balance and coordination. The children are then encouraged to apply this to a range of different games and activities. Our pupils have access to a broad range of opportunities throughout the school day and through extra-curricular activities. This ensures that every child is physically challenged, daily and can grow their interest and love for sport. All children engage in competitive and co-operative physical activities, which foster the personal attributes needed to become a successful athlete.

# Objectives

Pupils should be taught to:

* + Master basic movements such as running, jumping, throwing, catching as well as developing balance, agility, and co-ordination, and begin to apply these in a range of activities.
	+ Participate in team games, developing simple tactics for attacking and defending.
	+ Perform dances using simple movement patterns.
	+ Physically challenge themselves to improve on their prior achievements.
	+ Lead healthy and active lives, through acquiring knowledge of health and fitness.
	+ Develop holistically. This will be done through teaching which focusses on personal, social, cognitive, creative and physical development.

# Teaching & Learning

## Our Curriculum

## Our curriculum is developed alongside the National Curriculum objectives and units of work provided through ‘Real PE’. Whilst we have this scheme, class teachers adapt and amend this in order to cater for the bespoke needs. Real PE takes a child-centered approach, which focusses on teaching 6 multi-abilities: creative, cognitive, health and fitness, physical, social and personal. Lessons incorporate audio and visual resources to reinforce learning, extend the children’s learning and to ensure that every child is engaged and included through differentiation guidance. This approach allows children to develop the crucial fundamental skills needed to be successful in sport.

## Real PE lessons are accompanied by discrete teaching, which is tailored to meet each year group’s needs and can be incorporated into other curriculum areas as necessary. As a result, we respond to both our school’s priorities and those on a wider scale.

## Planning

## In order to meet the bespoke needs of the children in our care, and to respond to national and local priorities, planning is adapted from the RealPE scheme. This planning will ensure full coverage of the National Curriculum which will be spread across 6 half-termly units. In EYFS, opportunities are embedded into weekly plans to ensure that physical development opportunities are abundant and to enable children to work towards meeting the Early Learning Goals. This will allow children to show good control and co-ordination and that they can move confidently.

A wide range of resources are used to supplement the teaching of P.E. across Foundation Stage and KS1. Class teachers have responsibility for adapting their planning based on the needs of the children using assessment for learning.

**Time Allocation**

All pupils are **entitled** to a minimum of 2 hours focused sport and P.E per week (including changing time). We meet this entitlement through focused PE sessions each week and initiatives such as ‘Wacky Workout’ and ‘The daily mile’. These initiatives promote activity throughout each day as well as developing their stamina and gross-motor skills which ultimately aid their physical development. the children to be active throughout each day.

At Alvaston Infant and Nursery School, we emphasise a positive culture of active and healthy learners, where we encourage children to walk or cycle to school to increase their daily physical activity. A cycle hub has been bought for the children to securely leave their bikes and scooters, if they choose to ride them to school.

## School Sports Funding

The school a yearly grant from the DfE which is used to improve the teaching of PE for our children. A strategic plan is in place regarding how we spend this money. This plan is formulated upon the school’s needs and the children’s interests. This funding is also used to attend variety of competitive, sporting events out of school and subsidies/ fund extra-curricular clubs. Please see the ‘Evidencing the Impact of the Sport and PE Premium’ grant.

## Monitoring & Assessment

## An initial assessment takes place at the start of each unit of work in order to gain a baseline of the children. After each unit, the children are re-assessed against the fundamental skills they have been taught during the term. This will demonstrate any progress which has taken place and identify next steps in learning. Our assessments aim to be quick and easy for teachers to reduce any unnecessary workload. Ultimately, our assessments aim to provide teachers with knowledge of the children’s capabilities. This subsequently guides future teaching and will enable them to identify any skills which may need to be revisited to secure for all children. In the EYFS, children are assessed against the Development Matters Framework. In EYFS, we use EExAT in order to track the progress and attainment of individuals. This data is used to inform planning and plan the next steps in learning.

# Equal Opportunities

At Alvaston Infant School, we ensure that all children receive equal opportunities. Our teaching reflects this, and we ensure that all children are included in all lessons. Learning is differentiated so that all children are able to reach their full potential.

# P.E Kit

The correct PE kit is a white, round neck t-shirt, blue or black shorts and a pair of plimsolls or trainers.

Children change into their P.E kit in their classroom and all children are expected to undress and dress themselves. There will always be 2 adults in the classroom when the children are changing for PE to comply our safeguarding requirements. If a child has forgotten their P.E kit, they may be able to borrow school kit for indoor P.E sessions. All children are expected to have a PE kit which will stay in school for the half term. Parents may request for this to be taken home to be cleaned at any point throughout the school year.

Staff are expected to wear appropriate clothes when teaching PE in order for them to be able to model activities.

Jewellery worn by children must be taken off when doing PE If a child is unable to take their stud earrings out, they will be required to provide either plasters or tape to cover these, for health and safety purposes.

Children with long hair need to have their hair tied up for all PE sessions.

# Parental/Carers Involvement

Parents/Carers are encouraged to take an active part in promoting physical development with their children. On the school newsletter, parents/carers are made aware of physical activities and events that are happening over the school year. In school, we celebrate all sporting successes and achievements and we ask that children bring any certificates, medals or trophies into school. These will feature on our ‘Hall of Fame’.

# Health and Safety

It is very important that the teaching of P.E meets Health and Safety Standards. P.E equipment is regularly checked by staff before use. Large PE equipment is also assessed by an external company to ensure that it meets safety standards.

Any child who has medical needs or additional requirements will be fully supported in lessons so that are able to take part.

**Monitoring and Review**

This policy will be reviewed in September 2022 or sooner if legislation required.