



# St Hilary's School

## Physical Education Policy

### including EYFS

We actively promote democracy, the rule of the law, individual liberty and mutual respect and tolerance of those with different faiths and beliefs. These are fundamental British Values which underpin all that we offer, as does our School Motto 'Not for oneself but for all.'

#### **Rationale**

Physical Education develops pupils' physical competence, confidence and their ability to use these life skills to perform in a range of activities. It promotes skilfulness, physical development and knowledge of the body in action. Physical Education provides opportunities for pupils to cooperate, be creative and competitive thus enabling them to face up to different challenges as individuals and in groups and teams. It promotes positive attitudes toward healthy and active lifestyles.

From EYFS, through Pre-Prep and Prep, pupils enjoy being active and using their creativity and imagination in physical activity. They learn new skills, find out how to use them in different ways and link them to make actions, phrases and sequences of movement. They enjoy communicating, collaborating and competing with each other. They develop an understanding of how to succeed in different activities and learn how to evaluate and recognise their own success.

Teaching should ensure that when 'evaluating and improving performance', connections are made between 'developing, selecting and applying skills, tactics and compositional ideas' and 'fitness and health'.

#### **National Curriculum; Physical Education**

St Hilary's seeks to provide a full, varied and interesting Physical Education curriculum which challenges, engages and excites staff and pupils alike. We see Physical Education as a vital part of the education experience as a whole.

#### **Aims**

- To provide an inclusive, broad and balanced programme that encompasses 'Sport for all'.
- To promote positive attitudes towards health, hygiene and fitness.
- To develop an ability to apply knowledge, practical skills and concepts in a variety of movement based activities.
- To promote physical competence and self-esteem through challenge, interest and fun.
- To develop an appreciation of skilful and creative performance.
- To develop a sense of fair play and sportsmanship.

- To foster an appreciation of safe practice.
- To develop a firm foundation for life-long participation in sporting activity
- To prepare children with the skills and knowledge required for their senior schools.

### **Objectives**

- Children will participate in a range of psycho-motor / movement activities in order to develop personal physical skills. (Practical attainment)
- Children will be made aware of their body in relation to others and their immediate environment and aim to promote quality of movement. (Kinaesthetics)
- Children will be made aware of simple physiological changes that occur to their bodies during exercise. (Physiology)
- Be given opportunities to develop imagination and co-operation to achieve shared goals. (Teamwork)
- Be given opportunities to develop personal characteristics like initiative, self-reliance and self-discipline (Self-knowledge)
- Be given opportunities to enjoy and succeed in the subject as well as be stimulated and challenged. (Problem solving)
- Be given the opportunity to develop areas of activity of their choice in extra-curricular time.
- Make full use of the facilities here to prepare a child mentally and physically for Key Stage 3 and beyond.

### **Staffing**

The Director of Sport is responsible for the overall co-ordination and monitoring of Physical Education and Games. Department staff will be deployed by the Director of Sport.

### **Training**

Training is always available to the staff to ensure that standards of delivery are high. Staff attend annual training courses as well as INSET training. Specialist members of staff always aim to keep abreast of new movements and initiatives. Local coaches are often invited in to work alongside teachers and this has helped enormously to raise the standard of learning and teaching in these specialist areas.

### **Methods of teaching**

The delivery of Physical Education will use a variety of teaching methods and resources. The following are recognised methods for the effective delivery of Physical Education:

- Direct teaching, through the whole class and small group sessions.
- Opportunities for pupils to demonstrate, practice and apply their learning, both on their own and with others.
- Opportunities for pupils to solve problems, use their imagination and be creative.
- Opportunities for pupils to reflect on their own learning.
- Opportunities for pupils to lead others in a variety of situations including warm ups, officiating and coaching.

## **Resources**

A wide variety of resources are available in school. Shared resources are stored in the PE office and in the planning folder. The equipment shed is an area for practical equipment for all to access and returned after use. More resources can be found on the teachers shared area of the computer which all members of the PE department have access to for their own use.

## **Assessment & Monitoring**

Physical Education can be assessed in a variety of ways. At St Hilary's School the following are used:

- Observations of the pupil or group on task with photographic / video evidence.
- Questioning to check their understanding.
- Peer feedback.
- Self-assessment
- Assessment and tracking document used by all members of the PE department to track progress throughout the year.
- Timing/recording performance throughout unit of work to monitor progress e.g. swimming and Athletics.
- Performance in school teams at inter-school matches, county and regional tournaments.

## **Differentiation**

All children are allowed access to the different activities in the curriculum, regardless of their ability, sex or ethnic/cultural background. Pupils are catered for through a broad, balanced and relevant programme of physical education. The philosophy of the department, 'Sport for All', allows groups to be taught in a mixed ability setting as well as in some conditioned drills / games appropriate to their level and ability to ensure suitable challenge for all.

## **More Able and Talented pupils**

Pupils will be taught and challenged through whole class interactive teaching. Practical activities will be appropriate to a pupil's ability. Pupils will be divided into small groups or pairs with others of a higher level of ability. Pupils will be given more challenging activities, such as more advanced progressions of a whole class activity. Observations of more able pupils should assess that the work produced is of an appropriate quality. More able pupils will be provided with opportunities to compete/represent the school at higher levels of performance, such as at district, county, regional and national levels. Pupils will also be encouraged to develop their sporting interests outside of school, via links with local clubs. A log of More Able pupils is accessible on the teachers shared area for all to access and amend as appropriate.

## **Inclusion/Special Educational Needs**

Teachers will include all pupils fully in their teaching. Most pupils benefit from watching and listening to other pupils demonstrating and explaining their ideas. Different styles and methods of teaching will be needed to enable pupils to develop their ability level with greater confidence. However, a pupil whose difficulties are severe or complex will need to be supported with an individualised programme. (See SEND policy) General access to facilities and changing would also need to be considered carefully. Disabled access is available in the Hiorns Centre (sports changing facility).

### **House System**

All pupils are provided with opportunities to participate in house matches for the major team games: hockey, netball and cricket, at the end of each term. Additionally, all pupils participate in Sports Day races and Swimming Gala events from EYFS through Pre-Prep and Prep. The more able children in gymnastics represent their House in a set Floor and Vault competition during the Summer Term.

### **Health and Safety**

All teachers are expected to provide a safe working environment in which children may work. All swimming staff familiarise pupils with the pool safety rules. Qualified lifeguard cover is provided for all swimming lessons/water-based activities.

Clear instructions regarding the safe use of any equipment is provided by all teaching staff. Demonstration is always used to ensure that general and specific skills are acquired and practised safely. Good sportsmanship and fair play are promoted within house matches and inter-school sport.

### **Monitoring and Evaluation of Physical Education**

The Director of Sport is responsible for:

- Producing flexible schemes of work, with lesson ideas to support its implementation.
- Supporting colleagues in all aspects of the curriculum.
- Ensuring areas for lessons are safe.
- Ensuring standards remain high in each year group through effective monitoring of the subject.
- Monitoring the use of teaching materials.
- Maintaining and replacing equipment.
- Evaluating the effectiveness of the scheme of work.
- Regular discussion with the Headmistress regarding the progress of Physical Education.
- Attending meetings and courses, which will inform future development of the subject and ensure other Staff are aware of courses themselves.
- Working co-operatively with the Lead SENCo.
- Organising fixtures, tournaments and match teas.

### **Extra Curriculum – Tournaments and Fixtures**

Please refer to the Sports Department Policy for further details regarding the extra-curricular commitment and provisions for the PE department.

Please see below the curriculum impacts that PE often has throughout the school year and details of organisation of this. This information is cross referenced in this policy as well as the Sports Department Policy.

Pupils are permitted to miss curriculum lessons for the day or afternoon one per half term, per sport. This can only be deviated from should the Headmistress agree it in advance. All staff affected should be notified in good time, prior to the lessons being missed.

## **Policy Review**

This policy will be reviewed as part of the school's development plan regularly.

**Review Date: June 2019, June 2020**

**Next Review: June2021**

**Person Responsible: Lisa McGuigan (Director of Sport)**