



**Newall Green
Primary School**

Aiming High To Reach Our Goals

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PE, School Sport and Physical Activity Policy



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Intent

The curriculum that we teach has been planned to developed the **five key skills for life** of: Problem solving, Teamwork, Self-management (initiative, organisation, accountability) Self-belief (confidence, resilience, positive attitude) and Communication.

At Newall Green Primary we place high priority on physical fitness and constantly reinforce the link with mental well-being. We develop the children’s knowledge, skills and understanding through a mixture of whole-class teaching and individual/group activities. Teachers draw attention to good examples of individual performance as models for the other children as well as modelling excellent practice themselves. We encourage pupils to collaborate and compete, and to evaluate their own work as well as the work of others. Suitable learning opportunities are provided for all children by matching the challenge of the task to the ability of the child and stretching them to their potential.

Aims

Physical education at Newall Green aims to develop the children's knowledge, skills and understanding so that they can perform with increasing competence and confidence in a range of physical activities. In accordance with the national curriculum for physical education we aim to

- develop competence to excel in a broad range of physical activities
- ensure that pupils are physically active for sustained periods of time
- enable pupils to engage in competitive sports and activities
- guide pupils to lead healthy, active lives and understand the importance of physical and mental fitness

Curriculum

Foundation Stage

We encourage the physical development of our children in Nursery and Reception classes as an integral part of their work. We relate the physical development of the children to the objectives set out in the Foundation profile, which underpin the curriculum planning for children aged three to five years of age. We encourage the children to develop confidence, control of the way they move, and care in the handling of tools and equipment. We give all children the opportunity to undertake activities that offer appropriate physical challenge, both indoors and outdoors, using a wide range of resources to support specific skills.

Key stage 1

Pupils develop fundamental movement skills, enabling them to become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They are expected to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Pupils should be taught to:

- Master basic movements including running, jumping, throwing and 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.

Key stage 2

Pupils continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They will work towards developing their communicating and collaborating skills and attitudes to competing with each other. They will also develop an understanding of how to improve in different physical activities and sports, and learn how to evaluate and recognise their own success.

Pupils should be taught to:

- Use running, jumping, throwing and catching in isolation and in combination
- Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
- Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- Perform dances using a range of movement patterns.
- Take part in outdoor and adventurous activity challenges both individually and within a team.
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

As part of the school's sustainable PE professional development strategy, all teachers are offered the support of the head of PE as well as teaching alongside audited local coaches. Teachers also have access to our agreed scheme of work.

All pupils are offered the opportunity to participate in daily sporting and physical activities, organised by our Sports Coaches and Lunch-time Organisers. Teachers also have the 'Five a Day' Fitness and Cyber Coach Programmes available to them.

Intra-School tournaments are held once every term throughout the school, from Reception to Year 6. There is a balance between individual and team victory, and between victory through improving and victory through winning. Trophies for achievement are presented at whole school assemblies.

Swimming and water safety

All schools must provide swimming instruction either in key stage 1 or key stage 2. At Newall Green pupils in Years 3,4 & 5 take part in swimming lessons termly, throughout the year. The Scheme of work detailed below in Year 4 Spring 1 will be applied to each cohort undertaking swimming, whether in Year 3,4 or5. Teaching is differentiated to meet the ability of each child and outcomes may vary according to starting points.

In particular, pupils should be taught to:

- Swim competently, confidently and proficiently over a distance of at least 25 metres
- Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]
- Perform safe self-rescue in different water-based situations

All pupils are offered access to non-gender specific changing facilities.

Health and Safety

The general teaching requirements for health and safety apply to this subject. We encourage the children to consider their own and others' safety at all times. In addition:-

- Pupils are expected to change into a PE Kit or agreed clothing for each activity
- Teachers are expected to set a good example by wearing appropriate clothing when teaching PE
- No jewellery or unfixed attire (eg.watches/fitbits) is to be worn for any physical activity. Medical aids (eg. hearing aid/glasses) are permitted.
- Staff pay particular attention to any medical needs or medication a pupil may need

Staff teaching Physical Education are made aware, and have access to the Safe Practice guidance set out by PESSPA (Physical Education, School Sport and Physical Activity)

Extra-curricular activities

Newall Green strives to ensure that our children are increasing the amount of time that they spend being active and to ensure that the children are offered a wide range of lunchtime and after school clubs. All children who apply for a club are offered a place or placed on a waiting list and prioritised the following half term.

The school also plays regular inter fixtures and tournaments against other schools, in a range of sports. This introduces a competitive element to team games, and allows the children to put into practice the skills that they have developed in their lessons. These opportunities foster a sense of team spirit and cooperation amongst our children.

We work with various sporting organisations where PE specialists come in to the school to support teachers and pupils in their PE lessons. Teachers have the opportunity to work with these specialists, whilst pupils also have the opportunity to attend extra-curricular activities and sports clubs provided by these organisations.

Sports Premium Funding

Newall Green uses the entirety of our allocated funding to make additional and sustainable improvements to the quality of PE and sport that we offer. The sports premium funding is used exclusively to:

- engage all pupils in regular physical activity – kick-starting healthy active lifestyles
- raise the profile of PE and sport across the school as a tool for whole school improvement
- increase the confidence, knowledge and skills of all staff in teaching PE and sport
- broaden experience of a range of sports and activities offered to all pupils
- increase participation in competitive sport

Full details are published on our school website

Modifications

Newall Green's community relies heavily on school to facilitate sports and healthy lifestyles. Local rates of morbidity and illness due to heart disease, addictions, obesity and poor mental health are higher than average. Therefore: -

- Children who are assessed to not engage in P.E or whom are not as fit and healthy as their peers are offered support from the head of PE via our 'Healthy Heart Healthy Brain' and 'Change for Life' clubs.
- The 'Healthy Schools' Strands are woven into teaching across several subjects including PE (Science, PSHE, Literacy, Numeracy)
- Extra staff are deployed to ensure that even in the absence of parental support, pupils can attend sporting events and inter school competitions.
- Whole school initiatives around physical and mental health are championed by all staff eg. Walk to school week/rethink your drink etc

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception Theme: all about me	All about their own bodies: Running, hopping, walking.	Target games: directional throwing. How to catch a ball.	Gymnastics. Jumping off a bench. Rolling.	Dance: following step sequences: Hokey Cokey. Saturday Night.	Moving a ball with a hockey stick, foot and throwing and catching.	Dodging and avoiding games.
Year 1 Theme: knowing how to play simple games	Athletics – basic throws, types of run, and types of jump	Dance Great fire of London dance theme	Net ball and bench ball. How to pass, throw and score a goal.	Football: passing, dribbling, shooting. Directing the ball.	Gymnastics: mirroring, balancing, sequencing movements.	Forehand, backhand and serve in tennis
Year 2 Theme: sequences of moves	Athletics: throw, spring, long jump, increasing their personal bests.	Football: passing, dribbling, shooting. Directing the ball.	Gymnastics: sequences of rolls, leaps, balances in floor programmes.	Wall and ball games and bench ball	Hockey and boccia Learn weight off object to throw	Badminton, tennis: rally and forehands and backhands
Year 3 Attack and defence	Athletics: Long jump run up and take off; glide and rotation methods in throws; sprint drills. Cricket – batting and bowling.	Football: attack and defend Small sided games Rules	Gymnastics: leaps, rolls and balances to portray attack and defence.	Dance: contrasting dynamics to capture character and narrative in Theseus and the Minotaur	Target game drills. Working as a team to make decisions in orienteering.	Tennis: volleys, rallies, serve and groundstrokes.
Year 4 Footwork and zones	Athletics: hang and hitch kick techniques. Triple jump. Hurdles, High jump.	Rugby and netball. The zones, the players and how to pass.	Swimming – the 3 main strokes and basic water safety	Dance: using props, footwork and motifs to replicate 'singing in the rain'	How to play crazy golf and putt a golf ball. Orienteering.	Badminton and tennis: the rules, the zones and the line markings.
Year 5 Theme: tactics	Athletics: throwing events discus, javelin, shot putt.	Basketball. How to pass the ball, score and play small-sided games.	Cricket -different bowls fast/spin -different strokes with a bat	Invasion games -attacking space -defending space	Tennis: how to lob, smash, drop shot an opponent and use tactics	Rounders -batting -fielding -bowling -tactics
Year 6 Theme: competition	Competitive football games	Competitive netball games	Lacrosse- develop skills	Orienteering Outdoor adventure	Athletics: All jumps, all throws	Athletics: All jumps, all throws

	Competitive hockey games		-dribbling -passing -shooting -rules	Team building games	Sprints and relays	Sprints and relays
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