



ST MEWAN C P SCHOOL

Policy Co-ordinator – Matt Boynton & Mel Lukey

Physical Education Policy

Date: December 2019

Review Date: December 2021

Physical Education contributes to the overall education of young people by helping them to lead full and valuable lives through engaging in purposeful physical activity. It can:

- ◆ Develop physical competence and help to promote physical development;
- ◆ Teach pupils, through experience, to know about and value the benefits of participation in physical activity while at school and throughout life;
- ◆ Develop an appreciation of skilful and creative performances across the areas of activity

Physical Education can also contribute to:

- ◆ The development of problem-solving skills (e.g., by giving pupils the opportunities to make up and refine their own games);
- ◆ The establishment of self-esteem through the development of physical confidence (e.g., swimming at least 25 metres unaided);
- ◆ The development of inter-personal skills (e.g., by helping pupils to be aware of their roles as members of teams and groups and taking account of others' ideas).

Physical activity is combined with the thinking involved in making decisions and selecting, refining, judging and adapting movements. Through these activities pupils should be encouraged to develop the personal qualities of commitment, fairness and enthusiasm.

Physical Education at St Mewan CP School includes:

- Gymnastics
- Dance
- Games
- Athletics
- Swimming
- Outdoor and Adventurous Activities
- Fundamental Movement Skills



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Our balanced Physical Education programme will provide regular opportunities for all pupils to participate in vigorous exercise.

The activities do not have to be presented to all pupils every week, term or year. Each activity should be provided when it is appropriate, taking into account:

- ❑ Age, interests and ability of the pupils
- ❑ Seasonal climate
- ❑ Range of facilities available
- ❑ Calendar of school events

Physical Education should always be enjoyable. It should introduce pupils to a love of physical exercise and encourage them to adopt an active lifestyle for life!

Physical Education serves St Mewan school life at various levels:

1. As a foundation subject in the National Curriculum;
2. As an extra curricular activity – the clubs and organised activities for pupils which enrich the social life of the school and make links to local community sport and physical activity;
3. As a school representative activity – school teams in football, netball, tag-rugby, cross-country, athletics, cricket and swimming. Several other festivals are run for other sports.
4. Dance is a recognised part of the annual KS2 Drama Production and performances alongside local dance groups are arranged during the year.
5. As a part of the school's contribution to community, educational, recreational and cultural life.

All of these levels are important, both to the pupils and to the school as a whole and play a major role in building the foundation experience upon which future involvement in physical activity, sport and recreation is based.



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ST MEWAN CP SCHOOL AIMS AND OBJECTIVES OF PE

QUESTION: Why Physical Education?

ANSWER: Its purpose is to help all pupils:

1. To develop skilful use of the body, the ability to remember, repeat and refine actions and to perform them with increasing control, co-ordination and fluency (acquiring and developing).
2. To develop an increasing ability to select, link and apply skills, tactics and compositional ideas (selecting and applying).
3. To improve observation skills and the ability to describe and make simple judgements on their own and others' work, and to use their observations and judgements to improve performance (improving and evaluating).
4. To develop an understanding of the effects of exercise on the body, and an appreciation of the value of safe exercising (knowledge and understanding of fitness and health).
5. To develop the ability to work independently, and communicate with and respond positively towards others (working alone and with others in competitive and co-operative situations).
6. To promote an understanding of safe practice, and develop a sense of responsibility towards their own and others' safety and well-being (applying safety principles).
7. To understand and enjoy a range of physical activities, deciding on the most appropriate roles for them to play within a team or as an individual.



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8. To learn to compete fairly and cope responsibly with success and failure. PE can provide success for those pupils who may struggle academically.
 9. To understand and appreciate the contributions of others in team events, the importance of fair play and of abiding by the rules and codes of conduct.
 10. To develop skills, knowledge and understanding for a future life in sport, recreation and dance.
- **The Curriculum time** needed to deliver Physical Education to the standards required is 2 hours per week, as previously recommended by the Government and most professional organisations.

At St Mewan we implement the aspects of National Curriculum Physical Education to the suggested level of 10 per cent, taken as an average over the school year.

- **Who teaches PE?**

Usually, each class teacher is responsible for the Physical Education of their own class, with occasional agreements to change, depending on circumstances, availability of equipment, professional expertise, facilities and, of course, the suitability of the weather. Some lessons are taught by PE specialists.

- **Methods**

Teaching methods vary according to the ability and experience of individual teachers but the aim of all school lessons is to give the children the opportunity to express their own individual talent within the activity. This means maximum participation by, at least, use of one ball between two or one mat per pair etc.

- **Equal Opportunities**

All children, regardless of gender and ethnicity, have free access to all activities on offer (see equal opportunities policy). Pupils with physical disabilities are included fully in lessons, unless they are medically unable to do so. Some pupils achieve inclusion with support from a TA. In PE lessons boys and girls are taught together. In athletics and swimming competitions, there are separate races for



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boys and girls as recommended by the English Schools Athletics Association and ASA. Cross-country races are also run separately.

▪ **Special Needs**

Children with special educational needs are, where possible, allowed access to the Physical Education National Curriculum in its entirety. The amount of participation is at the discretion of the class teacher, in consultation with the child and the parents, bearing in mind all usual safety rules.

▪ **Residential**

KS2 children at St.Mewan have the opportunity of a variety of residential experiences in Years 3,4,5 & 6.

Year 3 children spend 2 days and one night at Eden in the Spring term.

Year 4 children spend 3 days and 2 nights at Porthpean Outdoor Centre in October.

Year 5 children stay at Trelissick campsite in tents for 4 nights during June.

Year 6 children spend a week doing various activities whilst camping on the Isles of Scilly, which includes a return journey by plane. This is in May after the SATs.

▪ **Differentiation**

The Physical Education Curriculum can allow for differentiation by making provision for groups of pupils of similar ability. This means working together or competing against each other stretches the better children and those of lesser ability are not over-shadowed. ARENA resources assist differentiation in individual activities, through STEP principles (space, task, equipment and people).

▪ **Cross-curricular**

There are opportunities for cross-curricular work with the Physical Education curriculum in many other subjects. Some aspects of fitness and health are taught through Science, Maths and ICT. Links are also forged through forest and



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beach school activities. Dance may link with multi-cultural education and geography or history topics.

▪ **Resources**

Resources at St Mewan are varied and extensive. The main areas for Physical Education are the field, the playcourt and the hall. The hall is cleared daily and the field is mowed regularly. The ever-changing equipment is being brought up to a sufficient level for the number of pupils on roll. Small equipment is stored in the PE shed and gym equipment around the edge of the hall.

▪ **Swimming**

Each class from Year 2 upwards is taught swimming at Polkyth Leisure Centre. Pupils are transported by coach and qualified lifeguards/coaches assist with teaching. Most parents contribute £2.50 per session to cover additional costs.

(See swimming timetable)

▪ **Clothing**

For EYFS and Key Stage 1 lessons, changing should be fit for purpose. This may mean changing footwear (sturdy shoes with good grip), or changing into shorts and bare feet rather than a complete change for every lesson. Children should however, change into gold tops, shorts and bare feet when working indoors on mats or gymnastic apparatus. Jewellery must be removed and long hair tied back.

For Key Stage 2 PE lessons, pupils wear a gold shirt and black shorts, with trainers on the playcourt and bare feet in the hall for gymnastics and dance. Jewellery must be removed and long hair tied back. In cold weather, tracksuits may be worn for outdoor lessons.

For swimming, one-piece costumes are expected to be worn and long hair is tied back. Swimming hats are optional.

In football matches and clubs (on the field) children must have boots, socks and shinpads.



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For pupils representing school teams, clothing and equipment is usually provided.

▪ **Out of Hours learning**

A range of extra-curricular clubs are available at lunchtimes and after school (see website). Year 4, 5 and 6 children have regular sports fixtures in the St Austell and District League and local tournaments.

▪ **Safe Practice**

Risk assessments are in place for each aspect of PE (including extra curricular activities) and are updated as required. Gym equipment is inspected annually by an external company and a significant number of staff hold first aid qualifications.

From Reception, children are taught safe procedures for using and/or carrying PE equipment. These are reinforced regularly. Pupils are also made aware of the need to participate in a way that does not endanger others.

▪ **Assessment and recording**

Assessment is linked to planning and follows the Arena schemes of work. PE Leaders keep records of pupil attainment in PE and use this information to inform class teachers regarding report writing and future planning. Children with specific talents in PE may be put onto the gifted and talented register (see gifted and talented policy). To ensure continuity and progression, Key Stage 1 staff also follow Arena planning, which includes a significant amount of Fundamental Movement skills. Key Stage 2 teachers base their teaching on Arena planning, with elements of cross-curricular topics when appropriate.

▪ **Leadership and management**

The PE Subject Leaders have an annual budget for PE and are responsible to the headteacher. Staff inform them of individual needs (e.g., Inset, resources) and, alongside priorities in the School Improvement Plan, these inform PE spending. Some major expenditure comes from other sources such as PSA money.



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- **Monitoring**

The PE leaders observe and monitor teaching when given time to do so. They also check curriculum coverage by mapping the teaching of activities over a year and checking planning and assessment sheets. They are responsible for spending PE premium money to ensure that PE standards continue to improve. A meeting is held with the PE Governor annually to discuss achievements and priorities for development.