



# Ashlands Primary School PE Policy

*"Where every child has the chance to shine"*

**This policy embodies our Ethos Statement – Safe Children at Ashlands**

## **1 Introduction**

Our school believes that the delivery of quality physical education, experienced in a safe and supportive environment, is a unique and vital contributor to a pupil's physical development and mental well-being. We aim to promote and foster an enjoyment and appreciation of the benefits of a healthy lifestyle as well as supporting the children in their development of both individual and team building skills.

**Our PE Curriculum is designed to be relevant and purposeful in providing a wide range of opportunities for every child in school, through which they can make progress in their skills, knowledge and understanding.**

- Children will be engaged and motivated to achieve highly, participating willingly and with enthusiasm in physical activity.
- Children will improve their skills of co-ordination, control, manipulation and movement.
- Children will master basic movements including running, jumping, throwing and catching, as well as develop balance, agility and co-ordination.
- Children will have opportunities to apply these skills in a range of activities and participate in team games, developing simple tactics for attacking and defending.
- Children will create and perform sequences of movements, then be able to compare, evaluate and improve their performances.
- Children will take part in outdoor and adventurous activity challenges both individually and within a team.
- By the end of KS2, children will be able to swim competently and proficiently for at least 25 metres.

**In addition, the school aims to:**

- Give children the opportunity to challenge themselves within a safe and structured environment.
- Provide the children with access to quality sports coaching and physical activity outside their everyday PE experience.
- Promote a healthy diet and regular exercise as an essential part of everyday life.
- Develop our children's stamina and general fitness levels.

- Teach team building and competitive skills.
- Encourage children to be confident in physical activities.
- Allow children to understand the positive benefits of physical activity and its impact on confidence, self-esteem, behaviour and attitudes to learning.
- Develop a lifelong enjoyment of exercise and an understanding of its positive benefits both to physical and mental well-being.

## **2. PE Lessons**

PE is delivered through weekly PE lessons taught by the class teacher and by specialist Sports Coaches who work with each class to deliver high quality PE. Children participate in a range of activities across the year, receiving a broad, balanced and progressive curriculum which teaches balance, control, coordination and stamina, building on skills year upon year. Different skills and sports are taught each term and to each year group, and lessons are planned using the SPRIAL PE platform. All PE lessons are designed to deliver vigorous activity, to improve fitness and develop children's fundamental movement skills. In addition to the delivered curriculum, children are encouraged to be aware of their general fitness through active playtimes and active lessons which are not timetabled but happen incidentally.

## **3. Safety and Clothing**

### **3.1 Children**

Children are expected to change into appropriate PE clothing. The children are taught both indoors and outdoors throughout the changing seasons. Cold weather does not limit our curriculum; indeed we encourage the children to get outside as often as they can.

#### **Nursery.**

Nursery children do not require a PE kit as they do not get changed for their PE lessons.

#### **Reception.**

Reception children require an indoor PE kit only. It should be kept in school throughout the week and will be sent home at the end of each half term for washing.

## **KS1 and KS2.**

### **Indoor Kit:**

- Plain, dark PE shorts
- White PE t-shirt
- Black indoor pumps (optional).

Children should keep their indoor PE kit in school. It is sent home at the end of each half term for washing.

### **Outdoor Kit:**

- Plain dark tracksuit/jogging bottoms/ Ashlands outdoor PE kit
- White PE t-shirt
- Trainers

Children in KS1 (Years 1 and 2) should bring their kit in on their outdoor PE day or keep it in school. Children in KS2 (Years 3,4,5 and 6) should come to school in their outdoor PE kit on their outdoor PE day. They will stay in their kit all day and therefore do not require their school uniform on this day. Teachers advise parents of PE days at the beginning of the school year as well as in the Curriculum Newsletters which are sent out ½ termly.

Hair is recommended to be tied up and hair clips/accessories removed if necessary. No jewellery is allowed and earrings will be removed with the exemption of a single pair of ear studs.

## **3.2 Teachers**

All teachers will wear appropriate clothing for PE in order to set the right example for the children.

## **4. Extra-Curricular activities**

We aim to provide the children with the opportunity to experience sports that may be beyond their usual experience. We have an extensive and varied programme of extra-curricular sports running throughout the school year, and clubs which take place both before and after school hours. The timetable for these activities is constantly monitored and reviewed in order to provide all the children with a broad range of opportunities.

## **5. Competitions**

Children in KS2 will be invited to participate in an inter-school mini-league.

The sports and competitions are open to all children and are run in partnership with Ilkley Grammar School.

All children from Reception to Year 6 will take part in a Sports Day and Intra-school competitions are organised termly. Children will be encouraged to take on a leadership role during some of these events.

Competitive events add an extra dimension to the PE and School Sport on offer at Ashlands.

## **6. Sports Funding**

We receive funding each year to use within school to improve the quality of our PE provision within school. This is spent in a variety of ways including staff training, extra-curricular activities, resources, and providing sport at lunchtime.

For further information, please see our PE/Sports funding action plan.

**Agreed by Governors on: October 2019**

**Review Interval:**