

Intent

'Physically educated persons are those who have learned to arrange their lives in such a way that the habitual physical activities they freely engage in make a distinctive contribution to their wider flourishing.' – James MacAllister

Robsack Wood Primary Academy believes that physical education - experienced in a safe and supportive environment - is vital and unique in its contribution to a pupil's physical and emotional development and health. The physical education curriculum aims to provide for pupils' increasing self-confidence through an ability to manage themselves successfully in a variety of situations. A balance of individual, team, co-operative and competitive activities aims to cater for individual pupil's needs and abilities.

All lessons endeavour to provide appropriate, stimulating, challenging and enjoyable learning situations for all pupils. Physical education is considered as a vehicle to facilitate access to cross-curricular themes, skills and dimensions, rather than a subject concerned exclusively with the acquisition of motor skills and techniques.

It is our expectation that all pupils are active for 60 minutes a day to improve health and fitness. This is facilitated through the use of well-planned lessons, extra-curricular clubs, organised play and lunchtime activities, and additional sessions for pupils who require extra support. We also celebrate our pupils' achievements outside of school and actively encourage parents/carers to add to their child's active lifestyle.

We believe a high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically demanding activities. Opportunities to compete in sport and other activities helps to build character and embed values such as fairness and respect. PE will provide opportunities for pupils to become physically confident, provide opportunities to pursue additional hobbies and interests (e.g. swimming and biking), and promote correct choices regarding how to lead a healthy lifestyle.

All pupils at Robsack Wood will be encouraged to:

- develop competence to excel in a broad range of physical activities
- be physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives.

The Early Years Foundation Stage (EYFS) will use the Curriculum Guidance for the Foundation Stage Stepping Stones and Early Learning Goals.

The framework for Year 1 through to Year 6 consists of 6 areas, these are as follows:

- Dance
- Games
- Gymnastics
- Athletics
- Outdoor Adventurous Activities (OAA)
- Swimming
- Bikeability

We strongly believe that each and every pupil should be encouraged to grow and progress in a variety of ways. Through our PE curriculum, we intend to foster and develop the potential of every pupil by promoting resilience, confidence and independence in PE.

We also recognise the integral value of PE in supporting and developing the wellbeing of each of our pupils but particularly the most vulnerable.

Implementation

PE should be taught for two hours a week in each and every age group in the academy and all aspects of the PE Progression map should be taught to each year group. Where appropriate, we adopt a cross-curricular approach and interlink art with the wider curriculum e.g. dance linked to another culture being studied. We do not create artificial links and art will then be taught as a stand-alone subject.

At Robsack Wood, we also have the expertise of a sports coach to work alongside class teachers. This not only aids the progress of our pupils in the lessons he teaches but increases the knowledge and development of staff in the rest of the academy allowing them to apply what they learn in their own PE lessons.

We also offer a wide-range of extra-curricular activities to encourage active lifestyles and provide additional support for the least active pupils to encourage a more active and healthy lifestyle. In addition, healthy eating is promoted throughout the academy so that health and fitness becomes a lifestyle.

All children should be dressed appropriately for PE sessions, the schools agreed uniform for PE is shown below and children should be encouraged to wear the following only:

- Plain white t-shirt (with logo optional).
- Green shorts, tracksuit bottoms for outdoor sessions,
- Plimsoles or trainers.

PE kits should be kept in a named bag in the designated place in individual classrooms, or in cloakrooms. They should come into school on the first day of each term and be sent home on the last for washing.

Long hair must be tied up securely and no jewellery is permitted during sessions.

Impact

By the end of each key stage, pupils are expected to know, apply and understand the matters, skills and processes specified in the national curriculum. Pupils are always encouraged to strive to improve; comparing their performances with previous ones and demonstrating improvement to achieve their personal best.

It is also hoped that exposure to a wide variety of sports and physical activities, alongside lessons on healthy eating/lifestyles and celebration of pupils' achievements outside of school will encourage all children to pursue sustainable healthy lifestyles.

Meeting the needs of all pupils

All pupils regardless of race gender, ability, social origins or size are entitled to be included and be successful in physical education. All pupils have equal opportunity in regards to accessing a balanced curriculum, curriculum time, extra-curricular involvement and use of resources and facilities so that each pupil can progress and achieve in PE. Sensitive and informed grouping of pupils will ensure all pupils will contribute, be actively and physically involved and be challenged appropriately. Resources are appropriate for a wide range of abilities. Sports and activities will be amended where necessary to ensure all children can participate and make good progress.

When planning and selecting materials, tasks, resources and teaching styles, we will take into account the needs of all pupils in terms of abilities and stages of development. All pupils needs, will be entitled to the same access to physical education as their peers. In planning lessons, teachers will identify challenge for all pupils; allowing pupil to modify and adapt the task and/or equipment to include the least able child and stretch the most able.

Policy status and Review

Written by:	PE Subject Leader
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