



## Talavera Junior School Physical Education and School Sport Policy

Talavera Junior School recognises the importance of PE and the role it has to play in promoting long term, healthy lifestyles. The intent of our PE curriculum is to provide all children with high quality, inspiring and engaging PE lessons which are enjoyable, challenging and accessible to all. Our vision is that every pupil will achieve their full potential as well as lead and understand the importance of a physically active lifestyle. We strive for our pupils to succeed and excel in competitive sport and other physically demanding activities. It is our belief that opportunities to compete in sport and other activities build character and help embed our school values of: courage, respect, determination and friendship. Our curriculum provides opportunities for pupils to become physically confident in a way which supports their health and fitness.

### Aims

- Promote physical activity, physical development and a healthy lifestyle
- Develop social co-operation and positive attitudes and the need to compete with a sense of fair play, in order to cope with both winning and losing well
- Explain and reinforce the effects of exercise on the body, and appreciate the value of safe exercising (knowledge and understanding of health and fitness)
- Emphasise an understanding of safe practice, and develop a sense of responsibility towards their own and others' safety and well-being (applying safety principles)
- Ensure equal opportunities for all children regardless of race, gender, background or ability
- Deliver a balanced programme, which provides children with opportunities to promote physical development and competence and to develop artistic, aesthetic and linguistic understanding through movement
- Extend the range of appreciation of the benefit of participation.

Through physical education, we aim to develop interpersonal and problem-solving skills develop personal qualities such as self-esteem, confidence, tolerance and empathy.

### Curriculum and time allocation

The PE National Curriculum is made up of six areas:

- Invasion Games
- Gymnastic activities
- Dance
- Athletic activities
- Outdoor and adventurous activities
- Swimming

**Outdoor and Adventurous Activities and Swimming are covered at points during Key Stage II.**

Children will participate in two 45-minute lessons per week. One of these lessons will be a lesson of dance, gymnastics or yoga whilst the other will be a lesson of games, athletics or outdoor and adventurous activities. Children in Year 3 participate in a swimming programme during the Summer Term (1 hour sessions per week for 6 weeks).

In addition, every child is involved in the golden mile competition within school where they compete against each class to gain the most amount of miles. This is a compulsory event for children on a weekly basis. The school has an extensive field area, school hall fitted with apparatus and marked playground space for two football pitches, two netball court and one basketball court.

Areas of the PE curriculum are divided into units. Teachers produce medium terms for each unit, which are progressive and differentiated.

Teachers are responsible for their own class teaching of both Indoor and Outdoor PE. If class teachers are unable to teach their own Indoor or Outdoor PE due to scheduling clashes, such as PPA, the sessions will be taught by an experience coach or teaching staff (including HLTAs)

### **Equal Access**

Every child is entitled to equal access across the curriculum. By delivering the programme of work as planned, we enable all our children to receive equal access.

- It is intended that pupils, irrespective of their individual ability, will enjoy success and be motivated to further develop their individual potential.
- We will respond to children's diverse needs through choice and use of appropriate apparatus and tasks, along with group sizes and personnel.
- To ensure that children are always participating in lessons, they will be provided with spare PE kit -no children should miss PE.

### **Health and Safety in Physical Education**

Health and Safety issues in PE include:

- Use of equipment, apparatus and techniques in accordance with health and safety requirements
- Appropriate storage of equipment and apparatus
- Teaching pupils to understand the need for safe practice in physical activities and how to achieve this
- All earrings and jewellery (unless worn for religious reasons) must be removed for PE lessons.
- All staff and pupils must wear appropriate PE clothing that is inline within our uniform policy.

### **Cross Curricular Links**

Whilst retaining its unique contribution to a pupil's movement, physical education also has considerable potential to contribute to the wider areas of learning. Opportunities to integrate PE into the whole school's planning for pupils' development is encouraged and acted upon for example, team-building exercises to encourage effective communication and cohesive communities (links with PSHE).

### **Links with Outside Agencies**

We believe that links with outside agencies enrich the PE curriculum through:

- Participation in local sports competitions and matches with other primary schools
- Use of local sports facilities including secondary schools, sports centres and specialist clubs
- Visits from professional sports players/artists
- Liaison with lea PE advisors
- Coaching sessions for children hosted both by school staff and outside agencies
- Being part of the north east Hampshire school sports co-ordinator partnership
- Termly pe events through school and with outside agencies such as charity runs and inter-school competitions.
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Charlotte Horner - Sports and PE Co-ordinator

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**Review date: September 2024**