**HIPPINGS METHODIST PRIMARY SCHOOL**

**Physical Education Policy**

‘As a family we do our best with God in our hearts’

I can do all things through Christ who strengthens me: Philippians 4 verse 13

**Our loving school endeavours to provide the best possible all-round education in a Christian setting. We will be a family that does our best with God in our hearts understanding that we are all His children. We aim for all within our school to develop spiritually, morally, academically and culturally.**

Hippings Methodist Primary School endeavours to provide the best possible all-round education in a Christian setting. We provide a safe, supportive and inclusive environment, and encourage children to work hard individually and collaboratively, and try their best at all times to set, meet and exceed targets. We encourage children to recognise and develop their God-given talents and skills, using them for the common good. We encourage children to try their best and develop resilience in overcoming challenges.

PE is a vital part of school life and ultimately children’s future well-being. We believe that PE is essential in supporting their physical, emotional, spiritual, social and moral development. It is therefore our intent to provide an inclusive, broad and balanced PE curriculum that develops the children’s knowledge, skills and understanding so that they can perform and compete with increasing competence and confidence. Our curriculum ensures all children have the opportunity to flourish in a range of different physical activities -these include dance, games, gymnastics, swimming and water safety, athletics and outdoor adventure activities. . We also believe that participation in sporting activity is a key element of developing a school in which pupils are proud of the community in which they belong. Children have the opportunity to compete in sport and other activities that build character and help to embed values such as teamwork, fairness, resilience and respect.

**Aims and objectives**

Our school believes that physical education, experienced in a safe and supportive environment, is a unique and vital contributor to a pupil’s physical development and well-being.  At Hippings, we aim to promote and foster an enjoyment and appreciation of the benefits of a healthy lifestyle as well as supporting the children in working together to develop team building skills.

1.1 Our P.E curriculum is designed to:

* Support the development of flexibility, strength, technique, co-ordination, control and balance through activities such as dance and gymnastics;
* Teach and develop fundamental skills such as running, jumping, throwing and catching;
* Provide the children with opportunities to develop skills and tactics by playing competitive games such as rounders, cricket, tag rugby, dodgeball, netball and football;
* Set outdoor and adventurous activity challenges;
* Ensure that all children leave school able to swim 25 metres, using a range of strokes effectively, and are all able to perform safe self-rescue.

1.2 In addition, we aim to:

* Provide a safe, structured and supportive environment in which children can work individually and in teams to challenge themselves, improve performance and develop skills;
* Promote a healthy diet and regular exercise as an essential part of everyday life;
* Provide the children with access to sports outside their everyday PE experience;
* Develop our children's stamina and general fitness levels (Daily Mile);
* Teach team building and competitive skills;
* Provide opportunities to compete against children from other local schools as individuals and in teams in a wide range of events;
* Develop a lifelong enjoyment of exercise and an understanding of its benefits.

1. **Inclusion**
   1. We recognise the uniqueness of every child by offering individual, targeted support and encouragement to all children, enabling them to participate and enjoy activities, regardless of ability, experience and background. Good practice in P.E. teaching includes:

* setting common tasks which are open-ended and can have a variety of responses;
* setting tasks of increasing difficulty, with some children not completing all tasks;
* grouping children by ability and setting different tasks to each ability group;
* providing resources of different complexity according to the ability of the child;
* using classroom assistants to support the work of individual children or groups of children;
* using the Lancashire Scheme of Work from the New National Curriculum as the basis for our curriculum planning. Foundation Stage and KS1 units of work focus on the development of fundamental skills, which are then developed in KS2 through participation in a variety of activities;
* giving children the chance to consolidate and extend their skills and abilities as they move through the school by building upon skills and knowledge obtained in prior years.

2.2 The school is committed to the inclusion of all children in the full range of activities available, including P.E. Children with specific needs are treated sensitively and encouraged to participate as fully as possible in each unit of work. Where full participation is not possible, teaching staff work to ensure the child is able to make their best effort to develop skills and experience activities to as full an extent as possible.

1. **P.E. lessons**

3.1 P.E. is delivered through two weekly lessons. Children participate in a range of activities across the year, receiving a broad and balanced curriculum which teaches balance, control, co-ordination and stamina, and which builds on skills year upon year. All P.E. lessons are designed to deliver vigorous activity and to improve fitness.

3.2 All children are expected to wear appropriate clothing and footwear, and to participate to their full capacity. P.E. kit comprises of shorts, t-shirt and pumps for indoor activities, and additional trainers for outdoor activities. Jewellery cannot be worn. The children are taught both indoors and outdoors throughout the changing seasons. Cold weather does not limit our curriculum; children are encouraged to get outside as often as they can, and so both pumps and trainers should be available for use.

1. **Sports Premium Funding**

4.1 We receive approximately £16,000 Sports Premium each year. At Hippings, we seek to use this funding to improve the quality of P.E. lessons, replace and renew equipment, develop staff skills and to enable the school to offer children as wide a range of after-school activities as possible at no cost to families.

4.2 In order to provide children with the chance to experience a wide range of activities, external providers may be utilised from time to time. Sporting organisations, such as Sportscool and FUNDA, local clubs, such as Accrington Stanley Community Trust, and specialist coaches (in fencing, archery, basketball and table tennis) may be involved in delivering P.E. and extra-curricular activities. Effective use of the Sports Premium Funding aims to provide children with the opportunity to experience and develop skills in activities outside the usual P.E. curriculum.

4.3 For further information, please see the Sports Premium Funding summary and evaluation on the school website.

1. **Other activities**

5.1 Swimming

Children receive one year’s coaching in Years Four and Five. Swimming skills and water safety are taught in differentiated groups. Children are expected to attend sessions with appropriate costume including swimming caps; goggles may be worn with written consent from parents. Children who do not achieve the targets of swimming 25 metres, using a range of strokes effectively and performing safe self-rescue receive additional small-group booster sessions (funded by the Sports Premium).

5.2 Lunchtimes:

We aim to promote fitness and sport during the Lunchtime break. As such, P.E. equipment is available for the children to use, and external coaches / Lunchtime Leaders (UKS2 children) run team games and other activities on the school playground three days a week, supervised by Welfare Staff.

5.3 Extra-Curricular activities:

We aim to provide the children with the opportunity to experience sports that may be beyond their usual experience. As such, part of our Sports Premium Funding is used to provide after school clubs such as hockey, handball, fencing and street dance. In addition, school staff offer a range of other clubs designed to promote general fitness, including cricket, football, netball, tag rugby and cross country running.

5.4 Inter-school competitions

We are active members of the Church and Oswaldtwistle Primary Schools P.E. Cluster, and work closely with other schools to share good practice and organise events in a range of physical activities, in which children have the opportunity to compete against local children of a similar age. Children are encouraged to be competitive, play fairly, work as a team and make their best effort when representing the school.

5.5 Daily Mile

All classes are encouraged to spend time each day running the Daily Mile. Children are supported in aiming to improve performance and develop resilience.

5.6 Healthy Lifestyles:

In addition to P.E. lessons and other activities, we also celebrate and promote health and fitness in our end of week assemblies, in which sporting successes are celebrated alongside academic and other achievements. Children are also invited to share sporting achievements from outside school and these are actively encouraged.

1. **Staff (including External Coaches)**

6.1 Teaching staff, and external coaches involved in P.E. provision, are expected to dress in an appropriate manner. The minimum requirement is that footwear should be comfortable and suitable for the activity being taught (generally, trainers are sufficient). Sports tops and long trousers (such as a tracksuit) may be worn as appropriate, though the time available for changing before and after lessons may not always allow this.

6.2 Though the use of whistles is considered appropriate for controlling outdoor activities (on the playground or sports field), staff should use other means to control activities and behaviour of children during indoor P.E. lessons. Whistles should not be used indoors for health and safety reasons, as well as showing courtesy to children and adults working in parts of the school adjacent to the hall.

1. **Monitoring and review**

7.1 The P.E. subject leader is responsible for monitoring the standard of the children’s work and the quality of teaching in P.E. The P.E. subject leader is also responsible for supporting colleagues in the teaching of P.E., for being informed about current developments in the subject, and for providing a strategic lead and direction for the subject in the school. The P.E. subject leader gives the head teacher an annual action plan in which s/he evaluates the strengths and weaknesses in the subject and indicates areas for further improvement. The P.E. subject leader is also responsible for working with the headteacher to effectively use the Sports Premium to benefit all children and for monitoring the effectiveness of this expenditure.

**Policy Review**

Subject Lead: Mr S Baldwin