



Skegness Junior Academy

Physical Activity and Education Policy

Inspiring Excellence

Skegness Junior Academy is committed to safeguarding and promoting the welfare of children and young people and expects all staff, volunteers and stakeholders to share this commitment.

Physical Activity and Education Policy

Terminology

PA – physical activity

PE - physical education

SSP – School Sports Partnership – the local Family/cluster of schools which make up this group

1. Aims and objectives

1.1 Physical education develops the children's knowledge, skills and understanding, so that they can perform with increasing competence and confidence in a range of physical activities. These include dance, games, gymnastics, swimming and water safety, athletics and outdoor activities. Physical education promotes an understanding in children of their bodies in action. It involves thinking, selecting and applying skills and promotes positive attitudes towards a healthy lifestyle. Thus we enable them to make informed choices about physical activity throughout their lives.

1.2 The aims of PE are:

- to enable children to develop and explore physical skills with increasing control and co-ordination;
- to encourage children to work and play with others in a range of group situations;
- to develop the way children perform skills and apply rules and conventions for different activities;
- to increase children's ability to use what they have learnt to improve the quality and control of their performance;
- to teach children to recognise and describe how their bodies feel during exercise;
- to develop the children's enjoyment of physical activity through creativity and imagination;
- to develop an understanding in children of how to succeed in a range of physical activities and how to evaluate their own success.

- to educate children about healthy eating and lifestyle.

2. Teaching and learning style

2.1 We use a variety of teaching and learning styles in PE lessons. Our principal aim is to develop the children's knowledge, skills and understanding and we do this through a mixture of whole-class teaching and individual/group activities. Staff draw attention to good examples of individual performance as models for the other children and we encourage the children to evaluate their own work as well as the work of other children. Within lessons we give the children the opportunity both to collaborate and to compete with each other, and they have the opportunity to use a wide range of resources.

2.2 In all classes there are children of differing physical ability. Whilst recognising this fact, we provide suitable learning opportunities for all children by matching the challenge of the task to the ability of the child. We achieve this through a range of strategies:

- setting common tasks that are open-ended and can have a variety of results
- setting tasks of increasing difficulty, where not all children complete all tasks
- grouping children by ability and setting different tasks for each group
- providing a range of challenge through the provision of different resources

3. Contribution of PE to teaching in other curriculum areas

3.1 Information and communication technology (ICT)

We use ICT to support PE teaching when appropriate. This is often through collecting data during PE sessions. Older children compare each other's performance from recordings and use these to improve the quality of their work.

3.2 Personal, social and health education (PSHE) and citizenship

PE contributes to the teaching of personal, social and health education and citizenship. Children learn about the benefits of exercise and healthy eating, and how to make informed choices about these things. Pupils are educated about the importance of drinking water.

3.3 Spiritual, moral, social and cultural development

The teaching of PE offers opportunities to support the social development of our children through the way we expect them to work with each other in lessons. Groupings allow children to work together and give them the chance to discuss their ideas and performance. Their work in general enables them to develop a respect for other children's levels of ability, and encourages them to co-operate across a range of activities and experiences. Children learn to respect and work with each other, and develop a better understanding of themselves and of each other.

4. Health and safety

4.1 The general teaching requirement for health and safety applies in this subject. We encourage the children to consider their own safety and the safety of others at all times. Skegness Junior Academy expects pupils and staff to change for PE into the agreed clothing for each activity. If pupils do not have their PE kit then they should borrow a kit and be given a reflection as this is against the Academy rule "Wear full Academy uniform with pride". If pupils do not have a kit the next week the expectation is that parents are informed by the class teacher. **No jewellery** is to be worn for any physical activity.

4.2 All external coaches and providers are CRB checked/list' 99 prior to starting.

5. Extra-curricular activities

5.1 The school provides a range of physical activities including netball, football, golf and dance for children at the end of the school day. These encourage children to further develop their skills in a range of the activity areas. The school sends details of the current club activities to parents at the beginning of each term. The school also plays regular fixtures, organised by the SSP, against other local schools and participates in area knockout competitions. This introduces a competitive element to team games and allows the children to put into practice the skills that they have developed in their lessons. These opportunities foster a sense of team spirit and co-operation amongst our children.

5.2 During the school day Year 6 are offered a Bikeability course which is delivered by trained staff over a 2 day period. This is to encourage pupils to bike to school and the importance of a healthy lifestyle.

6. There is a statutory requirement of 2hrs of PE each week.

6.1 As a school we provide 1 hour of indoor PE and 1 hour of outdoor PE. The activities are timetabled to show progression during Key Stage 2.

6.2 The children in Year 5 are trained by our secondary PE staff at Skegness Academy as Young Leaders, who will be timetabled each lunchtime, and deliver physical activities to the other year groups.

6.3 Each term two classes will go to the local pool and be taught how to swim by trained life guards. This means that every year all children will be taught swimming as part of their PE.

6.4 Staff have been trained to deliver Outdoor Adventure Activities and this has now been added to all year groups PA.

7. Organisation

7.1 Hall timetabled for indoor PE.

7.2 Outdoor areas timetabled for outdoor PE.

7.3 Calendar of activities for all year groups.

7.4 Swimming timetabled for all year groups.

8. Monitoring/Professional Development of staff.

8.1 Named person will update staff of any changes and training availability.

8.2 Policy review annually.

8.3 Skegness Junior Academy have secured the delivery of high quality PE coaching for all staff through a different secondary trained PE specialist working with each teacher for 6 weeks delivering their PE session.