



CHURCH HILL
MIDDLE SCHOOL
RSA ACADEMY

PE Policy Document

Aims of Physical Education

- To increase the physical skill of each child, developing versatility, adaptability and the ability to cope with various tasks and situations.
- To encourage and develop controlled movements, Co-ordination and spatial awareness
- To be competent when planning, performing, evaluating and improving performances.
- To help children learn how to co-operate with each other and to work successfully as a member of a group.

- To provide a wide range of opportunities for children to experience a variety of sports.
- To ensure safe practice at all times.
- To encourage healthy lifestyles by increasing awareness of the effects of exercise on the body in the short and long term.
- To develop children's enjoyment of physical activity and to encourage lifelong participation in physical activity.

Teachers of Physical Education

All members of staff teaching physical education will:-

- Be responsible for putting the National Curriculum requirements, schemes of work and PE policy into practice.
- Attend relevant training courses to update their subject knowledge.
- Be responsible for the safety of the children in their lesson, by following the health and safety guidelines.
- Follow the assessment procedures and report to parents according to the school practices/policies.

Time Allocation

- Pupils will take part in 2 hours of high quality PE per week.
- Opportunities will be available to take part in an extra hour per week through the school enrichment afternoon.
- Opportunities will be available to take part in an extra hour per week through extra curricular clubs during and after school.

Non participants

- If pupils are unable to take a practical part in lessons due to injury or illness, a note from a parent or guardian is required. If no note is produced, this will result in a loss of stamp.
- If pupils fail to bring kit on three occasions, they will be required to attend an after school detention (ASD).

PE Kit

To ensure safe practice at all times, teachers of physical education will be responsible for the safety of the children in their lesson and will do this by following the necessary health and safety guidelines.

Girls

Rio/Navy Skort

Rio/Navy polo shirt (school logo)

Trainers

Navy Football Socks

Navy Blue Fleece Top

Boys

Rio/Navy Shorts

Rio/Navy polo/rugby shirt (school logo)

Trainers

Navy Football Socks

Football Boots

- No jewellery
- Earrings to be taken out, if this is not possible, tape must be put over the earrings. No earrings to be worn for rugby.

Curriculum

These are the skills and processes that pupils will be taught in order for them to make progress in PE.

Key Stage 2

All pupils will

- Receive high quality delivery
- Opportunities to develop both a wide range of skills and opportunity to apply them
- Time to reflect on activities and skills in order to make improvements
- Chance to develop positive attitudes towards PE and healthy living
- Develop fundamental skills and apply them in a variety of situations
- All pupils will be challenged

Key Stage 3

2.1 Developing skills in physical activity

- a. refine and adapt skills into techniques
- b. develop the range of skills they use
- c. develop the precision, control and fluency of their skills.

2.2 Making and applying decisions

- a. select and use tactics, strategies and compositional ideas effectively in different creative, competitive and challenge-type contexts
- b. refine and adapt ideas and plans in response to changing circumstances
- c. plan and implement what needs practising to be more effective in performance
- d. recognise hazards and make decisions about how to control any risks to themselves and others.

2.3 Developing physical and mental capacity

- a. develop their physical strength, stamina, speed and flexibility to cope with the demands of different activities
- b. develop their mental determination to succeed.

2.4 Evaluating and improving

- a. analyse performances, identifying strengths and weaknesses
- b. make decisions about what to do to improve their performance and the performance of others
- c. act on these decisions in future performances
- d. be clear about what they want to achieve in their own work and what they have actually achieved.

2.5 Making informed choices about healthy, active lifestyles

- a. identify the types of activity they are best suited to
- b. identify the types of role they would like to take on
- c. make choices about their involvement in healthy physical activity

PLANNING

Planning for PE incorporates the guidelines as detailed in this policy and in the National Curriculum for PE.

Long term - The long-term plan provides us with the units of work split into terms in line with the National Curriculum for PE. It has been developed to ensure that statutory requirements are met and that there is continuity and progression within the subject across the school.

Medium term – These plans give a more detailed overview of units of work. They will specify specific learning objectives, learning outcomes and activities of which they will be taught through.

Short term planning – These plans outline learning objectives, tasks/activities and differentiation where necessary (gifted & talented, SEN pupils)

Assessment

All pupils will be levelled at the end of each unit of work. The levels will be added to each pupil's individual assessment form which in time will be sent to their high school as their transfer document.

OUT-OF-SCHOOL-HOURS LEARNING (OSHL)

The aim of our OSHL programme is to supplement and enhance the curriculum by providing further opportunity to take part in physical activity. Pupils have the opportunity to attend weekly clubs, fixtures with other schools and in some cases district tournaments.

Extra Curricular Activities:

Rugby
Cricket
Football
Basketball
Netball
Rounders
Athletics
Table Tennis
Tennis
Dance
Skipping

PSHE & CITIZENSHIP

Throughout the schemes of work children have opportunities to:

- Work with others, listening to their ideas and treating them with respect.
- Co-operate and collaborate with others, in teams and groups, to achieve a goal together.
- Develop an understanding of fair play through knowing and applying rules.

- Develop a respect for, and positive attitudes towards the environment and their own health, safety and wellbeing.
- Learn to recognise and value physical differences, abilities and aptitudes, and to find ways of accepting and including all.

EQUAL OPPORTUNITIES AND INCLUSION

EQUAL OPPORTUNITIES

In accordance with the school's Equal Opportunities Policy' all pupils regardless of gender, cultural heritage, race, colour, nationality, ethnic origin, religion or special needs, will be given the opportunity to experience and acquire skills according to the National Curriculum.

INCLUSION

For different abilities tasks are differentiated at the short term planning stage. All staff teaching physical education will be made aware of any special needs that pupils may have and will be expected to fully accommodate these needs.

Teachers will:

- Set suitable learning activities and challenges.
- Respond to pupils' diverse learning needs.
- Overcome potential barriers to learning and assessment for individuals and groups of pupils. (Eg. special educational needs, pupils with disabilities)