

# Hartford Infant and Preschool



## PE Policy

Lead person: Mrs Claire Booth

Adopted by Governors:

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## **Vision and values**

**We believe** in bringing out the best in everyone.

**We want** all our children to be curious, confident learners who can communicate effectively.

**We want** all children to be;

- Articulate, using a rich vocabulary
- Independent, active learners who are self-motivated
- Happy, with a love of learning
- Resilient problem solvers
- Respectful members of the community, with high standards of behaviour

**We offer** high standards of teaching and learning in an enabling, inclusive environment where each child is nurtured and valued as an individual and encouraged to reach their potential.

**We value** six fundamental characteristics of learning that encourage the children to be the very best version of themselves.

These are our **Hartford Heroes** which focus on:

- aiming high
- involvement
- perseverance
- problem solving
- reflection
- teamwork.

## **Intent**

At Hartford Infant and Preschool our intent for Physical Education is to develop the passion and lifelong engagement of children's healthy, active lifestyles. We aim to increase the children's knowledge and understanding of the benefits both physical and mental well-being have on their daily lives, by developing their physical skills, motivation and confidence.

We are committed to enabling our children to develop healthy, active lifestyles and promote physical, social, emotional and mental well-being. We believe physical education gives our children the opportunity to practice and achieve our school's value. We also provide a broad and balanced curriculum which develops skills in a range of different activities.

Throughout physical education we want to foster, instil and develop healthy habits which encourage children to become physically confident in a way which supports their health and well-being.

The policy should be read in conjunction with the key aims from the programme of studies.

These are to ensure all children:

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

## **Teaching and Learning in PE**

All classes receive 1 lesson of PE and 1 lesson of Forest School a week.

At Hartford Infant and Preschool an effective PE lesson will have:

- the Learning Objective (WALT- We Are Learning To) shared and referred to throughout the lesson so that children can verbalise what they are learning;
- KTP (Key Teaching Points) as set out in the Get Set 4 PE Scheme of Work;
- lessons provide children with the skills to complete the core task as set out in the Get Set 4 PE Scheme of Work;
- high quality teaching which will encompass good subject knowledge, clear modelling and high expectations for all;
- high quality dialogue and questioning from all stakeholders (teachers, Teaching Assistants (TA) and children);
- children actively involved in their learning at all times;

- teachers who will foster the characteristics of learning (Hartford Heroes-Team Work Tiger, Perseverance Parrot, Involved Iguana, Aim High Hippo, Problem Solver Snake and Reflective Rex);
- children who are able to make good or better progress over a unit of work;
- children who are encouraged to work independently and collaboratively through the use of partner and group work;
- continual assessment throughout the lesson which builds upon prior knowledge;
- engaging resources appropriate to the lesson this will include technology where possible;
- differentiation planned throughout the lesson including the use of the Teaching Assistants/Teachers for targeted support;
- lessons that have a good pace and be pitched accordingly;
- positive relationships between the adults and children to allow teachers to manage behaviour effectively through the use of the school behaviour policy;
- plenaries that are flexible, respond to the children's needs, revisit and consolidate learning objective, tackle misconceptions and provide the opportunity for all children to reflect on their learning.

### **PE curriculum**

At Hartford Infant and Preschool we use the Get Set 4 PE Scheme of Work which provide comprehensive plans which allow teachers to provide structured lessons. The schemes of work go across all year groups including preschool allowing for consistency of teaching and development of new skills.

### **EYFS and Key Stage 1**

The children will develop their physical competence through the following:

#### **Active learning (daily)**

- Active play
- Fine and gross motor skills (EYFS and interventions)
- Fitness equipment (EYFS and Key Stage 1)
- Classroom based activities e.g. Cosmic Yoga, Go noodle and activities suggested by Get Set 4 PE

#### **PE lessons**

- 1 session per week to cover fundamentals, dance and gymnastics and games.

#### **Forest School**

- 1 session per week to cover development of levels of confidence, independence, teamwork, resilience and perseverance to achieve challenges set and to become committed and reflective learners, to develop fine and gross motor skills, to encourage children to enjoy active outdoor activities and to understand the importance of outdoor activities linked to well-being.

### **PE and inclusion**

Inclusion at Hartford Infant and Preschool means meeting the individual needs of children. This may mean that reasonable adaptations are made to the curriculum and provision without compromising the learning of other children. If you walk around our school, you will not see all children doing the same thing at the same time.

Our staff have high expectations for all children. They work hard to ensure that barriers to inclusion are removed. The aim is for all children to be offered access to every aspect of school life.

Staff work with commitment to help all learners at Hartford Infant and Preschool become independent, engaged learners who have great self-esteem.

### **School uniform and participation in PE**

PE kits should be worn to school on the specified class PE day. Hartford Infant and Preschool PE kit consists of:

#### **Indoor PE kit:**

- plain white t-shirt
- navy blue or black shorts
- bare feet for gymnastics and dance

#### **Outdoor PE kit:**

- plain white t-shirt

- navy blue or black shorts
- sweatshirt or additional jumper
- tracksuit trousers
- spare pair of socks
- sensible trainers
- hats and gloves in cold weather

We ask that all items are named clearly. If needed, the school has a limited supply of spare PE kits for the children to borrow. If a child persistently does not have a PE kit in school, the class teacher will contact home.

Following the safe practise in PE guidelines [[Safe Practice in Physical Education, School Sport & Physical Activity - UK Coaching](#)] children are not permitted to wear any jewellery including earrings for any PE lesson. If children are unable to take out earrings, parents should do this at the start of the day. Teachers are not permitted to remove earrings and taping of earrings is not allowed. A headband which covers the child's ears may be worn where earrings cannot be removed. Hair must be securely tied back, parents are asked to make a note of PE days to ensure children come into school with hair tied back and jewellery removed and PE kit worn.

If a child is ill and deemed by a parent to be unable to participate in a PE lesson, parents should speak to the class teacher or leave a message at the office. Where appropriate non-participants will be expected to attend the lesson and will be included in a variety of different roles, for example coach, scorer or observer.

### **Teacher assessment**

At Hartford Infant and Preschool teachers will monitor children's progress throughout every lesson and formally assess children during each activity block. The PE assessment spreadsheets should be used to indicate whether children are working at or working below for the criteria shown on each assessment sheet. The criteria for each unit assessment can be found at the top of each assessment sheet and this links directly to the core task which is set out in the Get set 4 PE Scheme of Work. The assessment sheets should be completed by the end of each unit and saved on the school server [Z:\Staff Share\PE\Completed Assessments](#). This information should be used to inform new class teachers about where children are currently working in PE.

*Children in EYFS and KS1 will be assessed in 3 areas:*

- Fundamentals
- Dance
- Gymnastics
- Games
- Athletics

### **Extra-Curricular provision**

At Hartford Infant and Preschool we offer a range of different extra-curricular activities which help to promote healthy and active lifestyles and work towards the governments '60 minutes active' guidelines [[New physical activity guidelines - GOV.UK \(www.gov.uk\)](#)]. Some of these clubs maybe provided by teaching staff and others are delivered by qualified external coaches. To encourage children to become healthy and active we also promote our 'Healthy Selfie Board' and run various activities across the year such as 'Healthy Week'.

### **CPD**

At the start of every year staff will complete a needs analysis which informs the PE lead about staff's experience of delivering different activity areas. Where required staff will be offered various CPD opportunities including; external courses, team teaching, observations and support from specialist staff.

### **Equipment**

Equipment should be stored in a designated area and should be stored safely on the correct trolley or shelf and returned neatly after use. All staff are responsible for the maintenance and storage of equipment and have a duty of care to report any damaged or dangerous equipment to the senior leadership team or PE lead. The equipment is checked on an annual basis by an external provider to ensure it is safe to use.

Staff should refer to the Get Set 4 PE Schemes of Work for guidance on safe handling of apparatus. All children should be taught how to handle and carry apparatus appropriately. All teachers should identify any hazards in the teaching space at the start of every lessons and children should be taught how to recognise hazards and minimise risks to themselves and others.

### **Resources**

There is a central folder for PE resources on the school server <Z:\Staff Share\PE\Lesson Resources>

Staff are encouraged to share any resources that are used in lessons in this folder. Each Member of the Teaching staff have full access to the planning and CPD resources on the Get Set 4 PE Scheme of work website.

Ipads should be encouraged to be used in PE and Forest School lessons to allow for children's self-reflection, evidence of learning and the sharing of good practice. These should be saved in the relevant folder on the school server as above.

### **Teaching spaces**

Staff are responsible for ensuring that all teaching spaces are safe before delivering a PE lesson. This includes ensuring they are familiar with all school risk assessments, considering the current weather conditions and ensuring that the teaching surface is safe. All staff should walk around the teaching space at the start of every lesson checking for any obstructions, holes or damaged equipment.