



Physical Activity Policy

REVIEWED: December 2024

NEXT REVIEW: December 2026

Aims

For Teachers:

- To develop an ability to plan a range of movement sequences, organise equipment and apparatus, and begin to design and apply simple rules.
- To develop an ability to remember, adapt and apply knowledge, practical skills and concepts in a variety of sports
- To promote positive attitudes towards health, hygiene and fitness.
- To foster an appreciation of safe practice.
- To develop motor skills through a range of relevant movement based activities.
- To develop a sense of fair play and sportsmanship.
- To develop communication skills, encouraging the use of correct terminology, to promote effective co-operation.
- To foster an enjoyment, and positive attitude to, PE and sport both in and out of school.

For Children:

- To participate in a range of psycho-motor/movement activities in order to develop personal physical skills. (Practical attainment)
- To develop an awareness of simple physiological changes that occur to their bodies during exercise.
- To be given opportunities to develop imagination and co-operation to achieve shared goals.
- To be given opportunities to develop personal characteristics like initiative, self-reliance and self-discipline
- To be given the opportunity to develop areas of activity of their choice in extra-curricular time.

Objectives

PE offers opportunities for children to:

- Become skilful and intelligent performers
- Acquire and develop skills, performing with increasing physical competence and confidence, in a range of physical activities and contexts
- Learn how to select and apply skills, tactics and compositional ideas to suit activities that need different approaches and ways of thinking
- Develop their ideas in a creative way
- Set targets for themselves and compete against others, individually and as team members
- Understand what it takes to persevere, succeed and acknowledge others' success
- Respond to a variety of challenges in a range of physical contexts and environment
- Take the initiative, lead activity and focus on improving aspects of their own performance
- Discover their own aptitudes and preferences for different activities

Make informed decisions about the importance of exercise in their lives
Develop positive attitudes to participation in physical activity
Encourage enjoyment through physical activities
Provide through experience, knowledge and understanding about the relationship between health and physical education
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 and fairness through knowing and applying rules and conventions.

Primary PE & Sports Premium

All state sector primary schools nationally, have received Government funding to promote high quality sustainable PE & Sports provision within both curricular & extra-curricular settings. For this academic year, our school has received an annual grant of £16,870 that is ring fenced.

Donisthorpe Primary School is committed to ensuring that this invaluable source of funding is allotted to areas of the PE & Sports programme that guarantee the further raising of Subject Leader management and professional teaching standards; increased resourcing and learning opportunities for our pupils. Other outcomes that we wish to subsequently address are:

Evidence of healthier lifestyles
Improved physical fitness levels
Enhanced pupil confidence and application to other academic subjects

The school applies the following DfE Vision Statement to the core of all planned initiatives associated with the Premium:

'All pupils leaving primary school physically literate and with the knowledge, skills and motivation necessary to equip them for a healthy, active lifestyle and lifelong participation in physical activity and sport'

The School adheres to the published guidelines so as to ensure additional and sustainable improvements to PE and Sport thereby using the Premium to:

develop or add to the PE and sport activities that your school already offers
build capacity and capability within the school to ensure that improvements made now will benefit pupils joining the school in future years

The school addresses progress in accordance with the nationally prescribed five indicators that are:

the engagement of all pupils in regular physical activity - the Chief Medical Officer guidelines recommend that all children and young people aged 5 to 18 engage in at least 60 minutes of physical activity a day, of which 30 minutes should be in school
the profile of PE and sport is raised across the school as a tool for whole-school improvement
increased confidence, knowledge and skills of all staff in teaching PE and sport
broader experience of a range of sports and activities offered to all pupils
increased participation in competitive sport

Link: <https://www.gov.uk/guidance/pe-and-sport-premium-for-primary-schools>

The School also complies with meeting the statutory requirement, as instructed by DfE and HMI, to ensure that information on the use of the Primary PE and Sport Premium is made available to parents on its school website. Whilst accountability rests with all schools by way of how the funding is spent, it is the case that all

schools must annually provide online evidence of actual spend and long-term impact based upon the following areas:

the amount of premium received

a full breakdown of how it has been spent (or will be spent)

the impact the school has seen on pupils' PE and sport participation and attainment

how the improvements will be sustainable in the future

Drawing upon the Legacy of Olympic & Paralympic Values

The School also complies with meeting the statutory requirement, as instructed by DfE and HMI, to ensure that information on the use of the Primary PE and Sport Premium is made available to parents on its school website. Whilst accountability rests with all schools by way of how the funding is spent, it is the case that all schools must annually provide online evidence of actual spend and long-term impact based upon the following areas:

the amount of premium received

a full breakdown of how it has been spent (or will be spent)

the impact the school has seen on pupils' PE and sport participation and attainment

how the improvements will be sustainable in the future

Content

Foundation Stage

The School encourages the physical development of our children in the reception class as an integral part of their work. As the reception class is part of the Foundation Stage of the National Curriculum, we relate the physical development of the children to the

objectives set out in the Early Learning Goals, which underpin the curriculum planning for children aged three to five years of age. We encourage the children to develop confidence and control of the way they move, and the way they handle tools and equipment. We give all children the opportunity to undertake activities that offer appropriate physical challenge, both indoors and outdoors, using a wide range of resources to support specific skills.

Key Stage 1

During Key Stage 1, children build on their natural enthusiasm for movement, using it to explore and learn about their world. They start to play and work with other children in pairs and small groups. By watching, listening and experiments with movement and ideas, they develop their skills in movement and their co-ordination, and enjoy expressing and testing themselves in a variety of situations.

Children:

Find out what they can do as they explore a range of basic skills, actions and ideas, such as running, jumping and turning, throwing or kicking a ball and responding to music in dance

Learn to practise by repeating what they have done in ways that make it better, such as making movements more controlled, effective or expressive

Use movement imaginatively to communicate ideas and feelings

Watch, copy and describe what they and others have practised, to build their awareness of how to improve the way they move and play

Recognise that their bodies feel different when they run short or longer distances, move slowly or suddenly, and lift heavy objects or float in water

Learn to use space safely when they work alone and with others, showing increasing control over their movements.

Key Stage 2

During Key Stage 2, children enjoy being active and using their creativity and imagination in physical activity. They learn new skills, find out how to use them in different ways, and link them to make actions, phrases and sequences of movement. They enjoy communicating, collaborating and competing with each other. Children develop an understanding of how to succeed in different activities and learn how to evaluate and recognise their own success.

Children:

Enjoy being active, showing what they can do

Practise new skills across a range of activities that may include dance, gymnastics, games, swimming, athletic and outdoor and adventurous activities

Learn consistency by repeating their movements and linking their skills until their performance is clearer, more accurate and controlled over time

Pace themselves in challenges in activities such as swimming and athletic activities

Use their creativity in performing dances, making up their own games, planning gymnastic sequences, responding to problem-solving and challenge activities

Know how to improve aspects of the quality of their work, using information provided by the teacher and information and communication technology (ICT) opportunities, and increasingly help themselves and others perform effectively

Know why activity is important to their health and wellbeing

Understand the rules and conventions of taking part in different activities safely.

Effective Teaching of Physical Education

The range of activities for children in Physical Education will by necessity require a variety of teaching styles. A rich scope of proven, appropriate methods will be skillfully employed by the teacher to maximise the possibilities for the children in our care. Safety, participation, challenge, creativity, spontaneity, sensitivity, persistence, fun and enjoyment are all key features that are customarily contained within the repertoire of the caring, responsible teacher.

Throughout the key stages, pupils will be taught with an emphasis on the following 4 strands:

Acquiring and developing skills

Selecting and applying skills

Knowledge and understanding of fitness and health

Evaluating and improving performance

Ultimately the quality of teaching is assessed by its impact upon learning and progress attained

REVIEW

The Headteacher will review this policy every 3 years