



Ewanrigg Junior School

Physical Education Procedure

Aims

At Ewanrigg Junior School we aim to provide the skills and motivation for all pupils to become engaged with physical activity. Through an energised and enthusiastic approach we can foster healthy lifestyles for life. PE develops the children's knowledge, skills and understanding, health and well-being so that they can perform with increasing competence and confidence in a range of physical activities. To ensure this we maintain a dedication towards:

- Enabling children to develop and explore physical skills with increasing control and co ordination.
- Giving children the opportunity to participate as individuals, in pairs and in groups.
- Developing the knowledge, understanding and skills to plan, perform and critically evaluate their own and others success and performance of an activity.
- Developing a range of physical skills and appreciate the benefits of physical activities in school and throughout life.
- Building resilience over time through situations and scenarios which encourage children to overcome adversity.
- Developing personal and interpersonal skills, showing appreciation of fair play, honest competition and good sportsmanship.
- Developing knowledge of how the body moves and works and be able to name the different parts of the body.
- Developing the children's enjoyment of physical activity through creativity and imagination.
- Developing personal qualities such as self esteem, self-confidence, tolerance and empathy.
- Developing the health and wellbeing of all children.
- Active Physical Education lessons with little time spent on queuing, sitting and standing.
- Providing a safe environment that provides challenge but eliminates danger.

Rationale

Physical education is a foundation subject within the National Curriculum. Children are taught physical education each week and within an average week at least 2 hours is dedicated towards P.E curriculum time.

At EJS the work is set within the context of "learning from doing"

Ewanrigg School aims, through physical education:

- To improve the health and wellbeing of every child.
- To provide background skills and the motivation to opt into physical activity as a lifestyle habit.
- To provide and contribute to the whole curriculum, through artistic, aesthetic, cultural, personal and social education, health and fitness and cross-curricular learning.
- To prioritise teaching children water safety and to swim due to our close proximity to the coastline.

Alongside this, each child is involved in the 'Daily Mile', has access to the adventure playground during break and lunch times and have playtime activities organised by our Sporting Monitors which are overseen by Play Leaders. Teaching and learning is further supported through our extensive range of popular extra-curricular activities.

Physical Activities offered at EJS include: football, rugby, athletics, gymnastics, dance, yoga, cricket, basketball, cross-country, golf, hockey, netball, outdoor and adventure activities and residential, rounders, swimming, wheelchair basketball, tennis, volleyball, wheelchair rugby and the Daily Mile.

Teaching and Learning style

We use a variety of teaching and learning styles in PE lessons our principle 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. Teachers draw attention to good examples of individual performance as models for the other children.

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;
- Setting tasks of increasing difficulty.
- Grouping children by ability and mixed ability, setting different tasks to different groups.
- Providing a range of challenge through the provision of different resources.

Long Term Plans

This is a very broad plan, which includes planning for the whole year. This will be done with every year and will ensure that progression is going to take place throughout the school.

From the long-term plan the medium term plan can be drawn up.

Medium Term Plans

The class teacher should complete medium term plans with their team. The subject leader is always available to look over the plans and discuss any improvements that can be made. If the teachers are struggling they are able to approach the subject leader for suggestions.

Medium term plans are usually completed for a 6 - 8 week period these will be slightly more in depth than the long term plan and provide a vague over view of what will be taught in each lesson.

The medium term plan will be used to develop any daily lesson plans.

Assessment

Assessment is a continuing process used to inform planning, ensure continuity and report progress. Assessment should be carried out in every lesson that is taught. You can assess the whole group, small groups or a few individuals in any one lesson. Teachers assess children's work in PE as they observe the children working during the lesson. The children can also be questioned and discussions can take place as ways of assessing.

Inclusion

At Ewanrigg Junior School our aim is to ensure all pupils irrespective of gender, ability, medical condition, ethnicity and social circumstances have access to the curriculum and extra-curricular activities. Therefore we provide all pupils with equal opportunities to participate and to achieve in different activities and ensure that all children have access to a varied programme, which allows them the opportunity to meet the national expectations as outlined in the National Curriculum.

Children with special educational needs will never be left out and made to feel as if they are not a part of the lesson. At EJS we provide for both the physically gifted and the physically challenged, including those with specific disabilities and health conditions. There is a safety aspect with wheelchair users, but all staff users will be notified of the correct procedures. Our planning takes into account the different stages of development, previous movement experience, body size, fitness, age and skill levels.

We enable pupils to have access to the full range of activities involved in learning PE where children are to participate in activities outside our school a risk assessment will be carried out prior to the activity.

Celebrating Success

At Ewanrigg Junior School we champion sport as a major part of a child's life at the school. We embrace the Olympic values of respect, excellence and friendship in all that we complete. This has enabled our children to thrive, as every sporting success is celebrated as a whole school. Our children's abilities are not only celebrated annually in our sport's day but throughout the year as they complete a plethora of sporting activities as part of festivals, intra-school competitions and inter-school competitions. It is the school's dedication towards active lifestyles that has enabled Ewanrigg Junior School to repeatedly gain the Gold standard in the Sainsbury's School Games Criteria.

Health and safety activities

This will be considered at all times and is a risk assessment. If an accident occurs two children will be sent to notify a first aider in the school. Equipment and the area will be checked before the start of the lesson. We follow the correct regulations for the checking of PE equipment. Children will be shown how to handle equipment safely.

Clothing

Children and staff are to be dressed appropriately for physical education. We ask that every child brings their PE kit into school on a Monday and it is left in their own personal locker until Friday/end of half term when it may be taken home to be washed. EJS PE kit consists of red shorts, white t-shirt with EJS logo and an optional hoody. Children will also need trainers and during winter are encouraged to wear joggers, skins or any other warm clothing. All jewellery is to be removed and long hair should be tied back.

After school activities

Children are encouraged to attend after school activities they have the opportunity to be in competition against each other and other schools if they wish. Parent consent is required for all children who participate in after school activities.