

The Levett School



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Positivity | Determination | Reflection | Integrity

PE Policy

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<i>Allocated Group/Person to Review:</i>	Lydia Sables
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Contents:

Introduction

1. Curricular Aims
2. Objectives
3. Teaching and Learning
4. Curriculum
5. Extra-Curricular opportunities and enrichment
6. Cross curricular links
7. Formative and Summative Assessment
8. Clothing and Jewellery
9. Health and Safety
10. Behaviour

Introduction

At The Levett School, Physical Education plays a vital role in the development of our pupils. With a tailored curriculum to meet the needs of all the young people and a varied competition programme we aim to provide our pupils with the opportunity to become physically confident, maintain an active and healthy lifestyle and to reach their full potential.

High quality and inclusive PE, sports and physical activity leads to improved fitness, health and well-being, concentration, attitude and academic achievement. It also supports in the growth of character building and reinforces core values including fairness, respect and teamwork.

PE lessons at The Levett School are planned for and delivered with the following aims at the centre:

- Raising pupil 's attainment academically, physically and socially
- Meeting all the requirements of the national curriculum
- Building self-esteem, confidence and resilience
- Providing all pupils access to the well-structured lesson following the LEARN acronym.
- Encouraging and developing a healthy and active lifestyle.
- Promoting core sporting values including leadership skills, teamwork and cooperation amongst pupils.
- Promoting and embedding the school's four key values; positivity, determination, reflection and integrity.
- Experience healthy competition, which can ultimately help them to deal with life's successes and failures.
- Encourage good behaviour and respect amongst pupils.

1. Curricular Aims

- To develop physical competence to excel in a wide range of physical activities, including competitive sports.
- To develop an increasing ability to select, link and apply skills, tactics and compositional ideas.
- To develop positive attitudes to health, fitness and physical activity.
- For pupils to be active for sustained periods of time and to develop an understanding of the positive effects of the exercise on the body.
- To improve observation skills and the ability to describe and make simple judgements on their own and others work, and to use their observations and judgements to improve performance.
- To develop the ability to work independently and respond appropriately and sympathetically to others.
- To promote an understanding of safe practice and develop a sense of responsibility towards their own and others' safety and well-being.
- To provide opportunities for cross-curricular learning within PE lessons.
- Encourage students to take ownership of their own learning developing leadership opportunities to develop rounded confident individuals.
- For KS3 students to gain an insight of BTEC Level 1 Sport by participating in weekly taster sessions in line with the national BTEC qualification.

2. Objectives

- To develop positive attitudes to participation in physical activity.
- To acquire and develop skills in a range of physical activities and sports.
- To set individual targets and compete against themselves as well as others.
- To learn how to select and apply skills appropriate to the activity being undertaken.
- To respond to a variety of challenges in a range of physical activities and environments.
- To take initiative, lead activities and focus on improving aspects of their own performance to achieve their personal best.
- To swim competently, confidently and proficiently over a distance of at least 25 metres and use a range of strokes effectively.

3. Teaching and Learning

The Government recommends that two hours of high quality PE a week, swimming is taught during key-stage 2, and opportunities for all pupils to join in a variety of extra-curricular sports clubs run by

staff and outside agencies. This gives them the opportunity to develop their skills, enjoy performance and encourage sport as part of a healthy lifestyle.

- All lessons are planned for and taught following the scheme of work and, as developed by the PE co-ordinator, ensuring that potential for pupils' progression is planned into the scheme of work.
- Lessons and activities will build upon pupil's prior knowledge developing their skills, knowledge and understanding within each activity area.
- At the Levett School pupils receive:
 - **Lower KS2** – 1 session a week of 40 minutes, in addition to 15 minutes of daily mile each day.
 - **Upper KS2** – 1 session a week of 40 minutes, in addition to 15 minutes of daily mile each day.
 - **KS3** – 2 session a week of 50 minutes, in addition to 15 minutes of daily mile each day. Alongside this, KS3 students are also timetabled 1 session a week of 50 minutes BETC theory based learning.

The school creates long-term, medium –term and short – term plans for the delivery of the PE curriculum at The Levett School. These are as follows:

- **Long - Term** – Includes a breakdown of the topics studied for each Key Stage during each half-term.
- **Medium – Term** – Includes a brief outline of what is studied each lesson during each half – term.
- **Short – Term** – Includes a detail of what is studied each lesson.
- The PE coordinator is responsible for ensuring the long term plan is reviewed regularly and any updates are communicated to teacher and other designated people.
- Teachers are responsible for reviewing and updating medium and short term plans in correspondence to the individual class, taking into account pupil's individual needs, and identifying the methods through which topics could be taught.
- All relevant staff members are briefed on the school's planning procedures during collaborative planning sessions that take place every half term. This is to ensure the LEARN acronym is highlighted in all planned lesson.
- Where appropriate; the in house PE subject lead will offer additional provision and team teaching sessions in order to support the development of the teaching staff within the provision.

- Pupils will be taught through a mixture of whole class, group and individual activities ensuring that tasks are suitable for individual abilities.
- Pupils will be encouraged to evaluate and self-assess their own performance, as well as the performance of others.
- Pupils will be given the opportunity to collaborate and compete with one another during lessons.
- The PE coordinator is responsible for planning internal and external sporting events.
- A vast range of resources, including indoor and outdoor equipment will be used to provide a range of challenge for students.
- Staff members involved in the teaching of PE, will have access to PE resources, including sports equipment and planning at all times.
- All staff members that are present during a PE lesson are expected to participate, being positive role models to the young people, as well as supporting them and encouragement positive engagement.
- Where a pupil is unable to participate in a PE lesson, the class teacher will set them a different related task such as, equipment collector or score counter.

4. Curriculum

Due to the nature of the school and how the classes reflect the pupils's individual needs, the PE curriculum is split into three categories;

- KS1 and Lower KS2
- Upper KS2
- KS3

During KS1 and Lower KS2, pupils will be taught to;

- Master basic movements including running, jumping, throwing and catching whilst developing their agility, balance and coordination. Beginning to apply these skills in a range of activities.
- Participate in team games, developing simple tactics for attacking and defending.
- Perform dance to create simple movement patterns.
- Begin to develop their flexibility, strength, balance and control through activities linked to gymnastics and athletics.

During upper KS2, pupils will be taught to;

- Use running, jumping, throwing and catching in isolation and in combination.

- Perform dance using a range of movement patterns.
- Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending in games such as netball, football and basketball.
- Engage in outdoor and adventurous activities, both individually and within a team.
- Compare their performances with their previous ones and demonstrate improvement to achieve their personal best.
- Develop flexibility, strength, technique, balance and control through activities such as gymnastics and athletics.

During KS3, pupils will be taught to;

- Develop their understanding on the importance of leading an active and healthy lifestyle.
- Engage in competitive games and apply advanced principles suitable for attacking and defending in games such as table tennis, basketball and touch rugby.
- Engage in outdoor and adventurous activities which present intellectual and physical challenges, both individually and within a team.
- Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best.
- Enhance their leadership skills by becoming sports leaders.
- Use local amenities to support the development and understanding of some topics including OAA.
- To gain an insight of BTEC Level 1 Sport by participating in weekly taster sessions in line with the national BETC qualification.

During KS3 pupils will also have the opportunity to visit local leisure centres and sporting venues to participate in sports activities such as badminton and squash. This will provide pupils the chance to experience a wider variety of sports and enhance their lifelong skills. In addition to this, it also offers great opportunities for pupils to get an insight into what local facilities are around and what is available for them to use.

In relation to swimming, pupils within KS1 and KS2, will be taught to:

- Swim competently, confidently and proficiently over a distance of at least 25 metres.
- Use a range of strokes effectively, such as front crawl, backstroke and breaststroke.
- Perform safe self-rescue in different water-based situations.

5. Extra-Curricular Opportunities and Enrichment

Here at The Levett School we work hard to ensure the pupils get as much opportunity as possible to engage and participate in extra – curricular and Enrichment activities. We feel strongly that providing the young people with these opportunities plays a huge role in providing them with positive lifelong school memories in addition to promoting their independence and love for the subject.

Extra-curricular opportunities are provided to pupils with the aim of allowing them to put into practice the skills they have developed in lessons, as well as foster a sense of cooperation amongst pupils, whilst introducing a competitive element to team games.

Sporting events against other local schools within the area are planned for, enabling the students to not only participate in healthy competition amongst their peers, but to engage in competitive activities against other young people. This has a huge impact on the pupils's sense of belonging and their individual self-esteem.

We plan, organise and deliver a year sports day. This involves competitive races across all key stages in mixed ability teams. The races involved during this sports day are planned for specifically to meet the needs of all the pupils. We also run an annual winter Olympics during November / December to further promote competitive sport within our own school.

During playtimes and lunchtimes the school promotes an active, structured focus. Staff are to encourage young people to engage in energetic activities, encouraging the use of outdoor play sports equipment and the onsite facilities. Alongside this, staff members will also lead and manage an activity each playtime allowing pupils to get involved and be as active as possible.

6. Cross – Curricular Links

Opportunities are utilised throughout the Creative Curriculum, to draw upon physical education experiences to maximise pupils's skills and learning or to enable pupils to apply and use PE in real life and academic contexts.

English

- Pupils are encouraged to orally describe what they have done and to discuss ways they might improve their performance.

- Key vocabulary are highlighted at the start of each lesson and pupils are encouraged and rewards when these have been used throughout the session.

Mathematics

- Pupils are encouraged to measure and record what they do accurately for example how fast they can run a specific distance.
- Pupils develop their counting skills by keeping scores during team games.
- Pupils develop their basic addition and subtraction skills by calculating their points during independent tasks.
- Pupils, at times will use several different timing equipment where they will have to read times and highlight times over distances.

PSHCE

- The benefits of daily exercise and healthy eating are explained to the pupils.
- Pupils are encouraged to make informal choices about their lifestyle.
- Pupil's self- esteem is promoted.
- The opportunity to act as team leaders or part of a team is provided

Spiritual, Moral, social and cultural development

- Pupils are encouraged to respect other pupils' levels of ability.
- Groupings together allow pupils to work together, and gives them the chance to discuss their ideas and performance.

Computing

- During gymnastics and dance pupils are given the opportunity to make video recordings of their performance and use them to develop their movement and actions.
- Older pupils compare each other's performances from recordings, and use these to improve the quality of their own work.

7. Formative and Summative Assessment

- Staff members will continuously conduct formative assessment throughout all PE lessons through observations, direct speech and questions and answers with the pupils.

- Teachers will record the progress of the pupils against the lesson objective using the software O-Track for pupils working at Primary level and the GCSE grids for pupils working at Secondary level.
- Summative assessment of the young people will be conducted on a termly basis using the objectives that have been taught and the progress the young people have made via the data recorded on the software's.
- Pupils will be assessed as beginning, beginning +, developing, developing +, and at age related.
- Evidence for ongoing assessment will be via regular pictures and videos that are uploaded onto the teacher shared drive and easy accessible.
- All continuous develop will be used to inform future planning.

8. Clothing and Jewellery

During PE lessons all pupils are expected to wear an "active uniform". At The Levett School, our PE kits consist of:

- A white polo t-shirt
- Black / black shorts/ leggings or tracksuit bottoms
- Trainers / pumps (for outdoor PE)
- Pupils are expected to have barefoot or wear socks with grips on the bottom to ensure safety within the hall.
- Throughout the cold weather and outdoor lessons pupils will be allowed to wear their jumpers or coats if appropriate.

During swimming lessons, pupils are expected to wear the following:

- One piece swimming costume
- Shorts or swimming trunks
- Goggles (optional)
- Pupils are expected to get changed into their PE kit using the classroom or other supervised rooms where appropriate.
- All staff members will lead by example by wearing appropriate clothing when teaching and being involved in PE such as trainers and joggers.
- All potentially dangerous jewellery is to be removed before PE lessons. Jewellery that cannot be removed will be taped over to avoid potential injury.
- All long hair is to be tied back during PE lessons.

- The school will stock spare hair bands and PE kits for pupils that forget these.
- In the event that a pupil continuously forgets their PE kit, communication will be made to their parent / guardian.
- During swimming lessons, only staff members of the same sex will be allowed into the changing rooms.

9. Health and Safety

- Pupils will be taught about physical-activity-related health and safety, as well as sport-specific safety as part of the curriculum.
- Pupils are encouraged to consider their own safety, in addition to the safety of others at all times.
- First Aid boxes will always be accessible during PE lessons and these are found in the main office or staff room.
- The PE coordinator holds a First Aid Qualification to ensure the pupils get instant first aid care if required.
- The PE coordinator is responsible for reporting any concerns regarding the PE equipment.
- Pupils to be made aware of the importance of stretching during physical activity and how to use the correct technique.
- In order to minimise risks during PE lessons, the class teacher will conduct an informal risk assessment of the area in which the lesson will be taught.
- Where pupils will be participating in an off-site school sports event, the PE coordinator will complete an off-site risk assessment following the correct procedure.
- The PE coordinator will check the conditions and appropriateness of PE resources on a termly basis, restocking equipment as required.
- PE equipment will be checked by staff members prior to using them, reporting any faults or concerns to the PE coordinator as soon as possible.
- Damage to PE equipment will be reported to the PE coordinator as soon as possible. Where the damage is severe enough to cause injury to an individual, this is to be removed and immediately taken out of use.
- Pupils will not have access to PE resources or sporting equipment unless supervised.
- Pupils will be taught how to handle PE equipment and resources safely.
- If a pupil has a verruca or wart and are participating in an indoor lesson or swimming, they must inform a member of staff prior to the start of the lesson.

- Staff members will ensure inhalers are on hand immediately during PE lessons.
- Staff members will conduct a visual risk assessment of the pupils's clothing and footwear before proceeding with any PE lesson.

10. Behaviour

- Teaching staff will ensure and expect high standards of behaviour, performance and participation in all lessons.
- During PE lessons, the school behaviour policy will be followed at all times to ensure all pupils remain safe.
- Pupils will be made aware of the expected behaviour for handling PE equipment and resources.
- Staff members will ensure pupils are aware of how misbehaving during PE lessons and using equipment in the incorrect manner can be dangerous.
- During PE lessons, pupils are expected to act in the same manner as any other lesson, showing respect to staff members and their peers.