



Physical Education Policy

2024-25

Intent

At Manor Farm Academy, we inspire all children to achieve their full academic potential: we have high expectations and provide children with the opportunities to be successful.

We believe that the teaching of Physical Education is a valuable part of the wider curriculum and drives pupils' success across both academic and personal life. Our engaging PE curriculum promotes healthy, active living, providing pupils with the opportunity to develop a wide range of physical, social and mental skills. Alongside this, pupils will engage sport specific skills and allowing them to communicate, collaborate and compete with each other. We strive to ensure pupils are given the freedom to express themselves, be creative and develop teamwork skills which they can carry on in later life. PE will be used to stimulate interest, enjoyment and confidence in physical activity.

We will deliver a curriculum that:

- Educates pupils on healthy and active living, understanding the importance of a healthy lifestyle.
- Provides pupils with opportunities to develop physical, social and mental skills.
- Promotes teamwork and sportsmanship amongst pupils, thus improving their personal development.
- Offer an engaging and enjoyable platform for pupils to be active and develop sport specific skills.
- Ensures pupils are physically active for sustained periods of time.

Implementation

The Subject Leader for PE will lead and monitor, evaluate, review and celebrate good practice.

PE will be taught for 2 hours a week. 1 hour will be taught by class teachers, 1 hour will be taught by Synergy Sports (except EYFS 1 hour a week).

Each unit of learning in PE will have:

- Lessons structured to build up the key skills required to succeed in that particular sporting area.
- Opportunities for previous learning to be recapped and used to ensure previous knowledge is retained.
- Provide links to other sporting activities in which the newly learned skills can be used in.
- Appropriate scaffolding to support learning. This may be through equipment, space, activity or outcome.
- Appropriate challenges that deepen understanding and allow pupils to continue excelling in a given skill.

In addition:

- The PE Subject Leader will seek appropriate and relevant training and the opportunity to keep developing their own subject knowledge, skills and understanding, so they can support curriculum development and their colleagues throughout the school.
- Pupils will have the opportunity to engage in a range of extra-curricular clubs to further improve their sporting skills and engage in activities they enjoy.
- In UKS2, pupils will have the opportunity to be part of a football and netball team. This will allow pupils to compete with other schools, thus developing resilience, teamwork and cooperation skills.

Health and Safety

We recognise that participation in PE and physical activity contains an element of risk. Staff are responsible for ensuring that they are familiar with safe practice to reduce the element of risk to the absolute minimum within their control. Staff are aware of pupils who have special needs with regards to physical activity and make special provision for needs where appropriate e.g. physical disability, asthma.

Staff know about the safe practices involved in moving and using apparatus. Pupils wear appropriate clothing, remove jewellery and tie back long hair. If the removal of jewellery or studs is not possible they should be securely taped and the teacher is confident this strategy is effective. Manor Farm Academy provides an appropriate PE kit for all children and keeps spare sets in school.

- Pupils may be asked to remove shoes when participating in indoor activities such as gymnastics, dance and yoga.
- Correct use of equipment is taught along with any potential hazards, including completing a risk assessment for each area/ space that PE and school sport takes place in.
- Equipment and apparatus are stored safely at the end of each lesson.
- Pupils are taught to consider their own safety and that of others at all times.

Teaching staff should be appropriately dressed to teach PE. We undertake an annual Risk Assessment of the school premises and areas where PE is taught and equipment including PE equipment (PE Lead) as necessary. Risk Assessments are in place for all school sporting trips

Impact

At Manor Farm Academy, our pupils:

- Know what the difference is between physical activity and physical education, and why each is important to them and their future.
- Understand the value and importance of leading active, healthy lives.
- Enjoy PE lessons, being active and trying new sporting activities.
- Develop a range of cross-curricular skills, which will allow them to achieve in other subject areas.
- Feel challenged and supported to improve on their sporting skills and use in competitive scenarios.

In addition, we measure the impact of our curriculum through the following methods:

- Positive and personal feedback within lessons
- Informal assessment in lessons to check for pupil understanding
- PE Logs
- Learning Walks
- Pupils Discussions

Lesson Planning & Delivery

PE planning and lesson delivery from **class teachers** follows the GetSet4PE scheme. Class teachers have the autonomy to adapt and amend planning and resources to suit the needs of their pupils, with the main aim of ensuring that learning is ambitious for all.

PE planning and lesson delivery from **Synergy Sports** also follows the GetSet4PE scheme, ensuring that there is consistency and continuity in all PE across the academy.

We show success in PE through:

Lesson Planning & Delivery:

- By following the GetSet4PE scheme, this ensures PE is taught in line with the National Curriculum. Pupils will learn and develop the necessary skills for their key stage across a range of sports and competitive scenarios.
- Class teachers will be present in lessons taught and lead by an outside provider, allowing them to receive quality CPD that they can further develop in their own lessons.
- Teachers are encouraged to adapt the delivery of activities from lesson planning if necessary to suit the needs of the pupils.

Books (Appendix A):

- Cross curricular writing links will be made to ensure pupils will have opportunities to showcase their understanding of PE.

Effective Feedback:

- Pupils will receive personal and purposeful feedback throughout each lesson, in relation to the outcome of the lesson. The aim of this feedback will be to ensure pupils understand the strengths of their skill performance, and how to further develop and improve their technique in a given skill area. Pupils will also be encouraged to work in collaboration with each other to evaluate self and peer performance.

Scaffold & Challenge:

Ideas for scaffold:

- Pre teach unfamiliar vocabulary.
- Use videos to demonstrate skills.

- Chunk information into small steps.
- Provide alternative ways to communicate information (pictures, videos, writing, watching others etc).
- Increase working area size.
- Increase target size / reduce distance away from target.
- Adapt equipment for pupils (e.g. throwing & catching with netted balls).
- Separate working area to reduce cognitive load.
- Reduce group sizes.

Ideas for challenge:

- Adapt equipment.
- Reduce working area size.
- Perform skill with weaker foot / hand.
- Perform skill whilst under pressure from opposition.
- Adapt target / outcome.
- Team / players start on lower score than opponents.
- Overload opposition team (e.g. 2v3, 3v5 etc).
- Pupils use tactics to complete a task.
- Evaluate a partner's performance (e.g. share what they did well and what they can develop further).

Appendices

Appendix A

Monday 27th April 2024
L.T. To show my ability to write a non-chronological report. //

Fencing ✓

Equipment ✓

1. Foil (the sword)
2. Mask / Gear

Movement ✓

In fencing the way you move is odd since your strongest foot needs to be at the front. But the other foot needs to be at the back, so you can retire. Then the front foot can advance. ✓

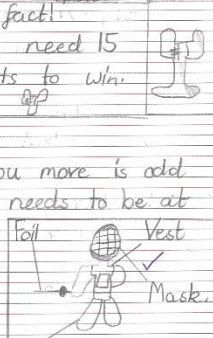
En garde ←

Scoring ✓

To score points you need to attack by pushing your arm forwards and trying to hit the vest. Also known as a lunge attack. On the vest there is a square so you know where to aim. ✓

Fun fact! The area that you fence on is a piste. ✓

Fun fact! You need 15 points to win. ✓



Fun fact! Where you should attack at. ✓

Skills ✓

Parry - A small movement to block your opponents attack. (To the side).

Parry Riposte - You parry and straight after you attack.

En Garde - The position you start on. On Guard

Wednesday 1st May 2024

L.T. To show how to write a shared non-chronological report.

Dodgeball

Have you ever played dodgeball? If not, read on to find out how! Dodgeball is an energetic sport full of lots of different skills to master.

Equipment

Since dodgeball includes throwing and catching, you need 5 soft foam balls. Players have used cones to mark out their pitch.

Rules

During the game, you can't enter the opposition's half as it wouldn't be fair. If you get hit, you are eliminated. If you have caught a ball, the person who has been the longest on your team comes back in.

How to start a game

Before playing, all players must be touching the back of their half. When the referee shouts "1, 2, 3 Dodgeball!" the game begins. Then all players run to collect a ball from the dead zone. The ball must touch the back of your half before you can throw it.