



# THE HERMITAGE and THE OAKTREE SCHOOLS

*Inspire, Learn, Achieve*

## Physical Education Policy

Person Responsible	PE Subject Leaders
Date Adopted	Summer Term 2023
Date of last review	Summer Term 2023
Date of next review	Summer Term 2026

At The Hermitage and The Oaktree Schools, we aim to use Physical Education to develop the children's knowledge, skills and understanding so that they can perform with increasing competence and confidence in a range of physical activities as well being physically active for life. We achieve these aims through a variety of means such as: REAL PE, Complete P.E, swimming and water safety, athletics, Commando Joe's program, leadership opportunities, residential visits and Forest Schools. Through these means, our children develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

### **Aims**

Pupils at The Hermitage and The Oaktree Schools are taught to:

- Use running, jumping, throwing and catching in isolation and in combination.
- Play competitive games, modified where appropriate, for example: badminton, basketball, cricket, football, hockey, netball, rounders and tennis, and apply basic principles suitable for attacking and defending.
- Develop flexibility, strength, technique, control and balance, for example through athletics and gymnastics.
- Perform dances using a range of movement patterns.
- Take part in outdoor and adventurous activity challenges both individually and within a team.
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best.
- Recognise and describe how their bodies feel during exercise;
- Develop the enjoyment of physical activity through creativity and imagination.
- Build positive mental health and supply them with the skills and knowledge of the effects of physical exercise on a person's wellbeing.

Furthermore, we provide opportunities to:

- Develop leadership skills through our Sports Ambassador Scheme.
- Take part in competitive sporting events – both inter and intra School.
- Experience Forest Schools and Outdoor Learning with a qualified practitioner.
- Take responsibility for leading an active lifestyle.

## **Swimming**

All pupils at The Hermitage School are given the opportunity to take part in swimming sessions. The aim of these sessions is for all children to:

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

Children from The Oaktree School are offered after-school swimming club sessions.

## **Curriculum Content**

Our principal 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. Children take part in physical activity for a minimum of 2 hours a week across both key stages. Children will have further opportunities to take part in physical activity through activities at break and lunch times, as well as activities run by our Sports Ambassadors and to take part in swimming lessons.

At Key Stage 1, each lesson has a specific structure to enable all children to access the content of the lesson. This consists of:

- An Introduction – outlining the intended learning outcomes and success criteria of the lesson.
- A warming up period – bringing children to the level of activity they will be working at during the main activities.
- A sequence of learning activities – learning new skills and building on ones already learnt.
- A cooling down/ stretching period and a plenary – in either order depending on the nature of the lesson. The cool down should be a calm time of thought/contemplation, whereas the plenary should focus on the intended learning outcome and reflection on the success criteria of the lesson and possibly a brief introduction/thought for the following lesson.

At Key Stage 2, the two hours a week are delivered in two, 1 hour sessions, one for Outdoor PE using complete PE and the other for our REAL PE program.

- REAL PE focuses on the development of agility, balance and coordination, healthy competition and cooperative learning through a unique and market leading approach to teaching and learning in PE.
- Our Complete PE program applies these skills into sport based lessons, using progression to develop sport specific skills.

### **The Foundation Stage**

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.

### **Inclusion**

At our schools, we teach PE to all children, whatever their ability and individual needs. This is in line with the school's curriculum policy of providing a broad and balanced education to all children. Through our PE teaching, we provide learning opportunities that enable all pupils to make good progress. We strive to meet the needs of those pupils with special educational needs, those with disabilities, those with special gifts and talents, and those learning English as an additional language, and we take all reasonable steps to achieve this.

### **Sports Ambassadors**

At The Hermitage School, children are given the opportunity to develop their leadership skills through our Sports Ambassador Scheme. This is an opportunity for those children who may be Gifted and Talented within PE or have a strong inclination to PE, to take an active role in its dissemination across the schools. Children from Upper Key Stage 2 (Years 5 and 6) have the opportunity to lead intra-school competitions, SWAN Trust collaboration days, as well as running activities at lunch times for children in both The Hermitage and Oaktree schools. These lunchtime clubs at both the schools, provide an opportunity to those children who may be less physically active to take part in further regular exercise.

### **Health and Safety**

As part of our commitment to health and safety during our Physical Education sessions, the schools ensure that all equipment is regularly safety checked, as well as regular health and safety walks to check the PE environment/grounds, both indoor and outside. The schools follows the recommendations of the Association for Physical Education (afPE). Further

information is housed within the *afPE Safe Practice Guide in Physical Education, School Sport and Physical Activity*, which contains extensive best practice and can provide the basis for health and safety within PE. It is fully updated to reflect recent developments in legal practice, national guidance, statute law and case law.

### **Extra-curricular activities:**

The schools endeavour to provide a range of PE related activities for children at the end of the school day. These encourage children to further develop their skills in a range of the activity areas. Details of the current club activities are sent to parents at the beginning of each term. The school also plays regular fixtures against other schools as part of its involvement with the Woking Area Schools Primary Sports (WASPS). This introduces a further competitive element to team games, and allows the children to put into practice the skills that they have developed in their lessons. These opportunities foster a sense of team spirit and cooperation amongst our children.

### **Monitoring and review**

The monitoring of the standards of children's work and of the quality of teaching in PE is the responsibility of the PE subject leaders. The work of the subject leaders also involves supporting colleagues in their teaching, being informed about current developments in the subject, and providing a strategic lead and direction for PE in the schools.