



Queensbridge PE Policy

Aims of our PE curriculum

At Queensbridge we recognise the importance PE plays in the curriculum and are committed to providing all children with opportunities to engage fully in Physical Education. The aim of our PE programme is to develop children's basic physical competencies, build confidence in their ability and build the foundations for a lifelong love of sport, physical activity and a healthy lifestyle.

PE lessons encourage children to compete against themselves and others whilst being challenged to improve their physical, social, emotional and thinking skills. These skills are embedded in the heart of our planning.

Our objectives in the teaching of PE align with the National Curriculum in that we aim to ensure all pupils:

- Develop competence to excel in a broad range of physical activities
- Are physically active for sustained periods of time
- Engage in competitive sports and activities
- Lead healthy, active lives

Teaching and learning

Our PE lessons are planned using the Get Set 4 PE platform, which aligns with our core values, our whole child approach to PE and the objectives laid out in the National Curriculum.

Get Set 4 PE is planned so that progression is built into the scheme which ensures our children are increasingly challenged as they move up through the school. The curriculum planning in PE is carried out in three phases (long-term, medium-term and short term). The long-term plan maps out the PE activities covered in each term during the key stage.

We create a broad and balanced curriculum that is exciting for our children to learn through. Our plans give details of each unit of work for each term. These schemes of work provide an overview of the unit, links to other areas of the National Curriculum and assessment criteria for that unit. The short-term lesson plans provide opportunities for children of all abilities to develop their skills, knowledge and understanding in each activity area. PE is taught once a week, with each year group also doing an additional activity, such as ballroom dancing or yoga.

Additionally, we provide extra opportunities through our wider community, such as cricket club, local friendly matches and dance workshops. As a part of each school day, children participate in Daily Mile and active movement breaks take place between lessons. Annually, we host a KS1 and KS2 sports day, where children from different classes get to compete in different activities.

The school provides a range of PE-related activities for children during and at the end of the school day. These encourage children to further develop their skills in a range of



activities. The school sends details of the current club activities to parents at the beginning of each term. The school also plays regular fixtures against other local schools and competes in borough tournaments. This introduces a competitive element to team games and allows the children to put into practice the skills that they have developed within their lessons. The School encourages the use of outside agencies, staff and parents to help develop different aspects of the P.E. curriculum.

There are extra- curricular opportunities available at Queensbridge, including:

- Football club
- Cricket coaching and clubs
- Multi-games club KS1
- Tennis KS2
- Fitness club
- Ballroom dancing
- Yoga and meditation
- Competitions in line with Hackney Youth Sports Trust include termly events such as football, netball, athletics, multi-sport
- Sport Inspired legacy clubs - local charity that provides free 6 week introductory clubs with qualified coaches including basketball, rugby and street dance

EYFS

As our classes are 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.

Assessment

Our teachers and coaches assess the children's work in PE, both by making informal judgements, as they observe them during lessons, and through assessing against the specific objectives set out in the National Curriculum. We have clear expectations of what the pupils will know, understand and be able to do at the end of each Key Stage.

Teachers are supported with resources to know how to prepare children for their next phase of education through resources such as the progression of skills document, progression ladders and knowledge organisers. The quality of teaching and learning in PE is monitored and evaluated by the subject leader and is overseen by the curriculum leader.

Monitoring and reviewing

We recognise that participation in PE and Physical Activities 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 must 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. 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.