



Aims of our PE curriculum

At Chalfont St Peter Infant School 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, increase confidence in their ability and lay 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 that 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 through the school. The PE curriculum consists of long, medium and short-term plans. Long-term plans map out the PE activities covered in each term in the Key Stage. The PE Subject Leader works collaboratively with teaching colleagues to create a broad and balanced curriculum that is exciting for our children. Our medium-term plans detail the unit of work for each term. These schemes of work provide an overview of the unit, link 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.

We work closely with Primary Sporting Development (PSD), a specialised sports coaching company who deliver high quality Physical Education lessons in primary schools and a professional dance teacher. PSD coaches and our dance teacher work alongside class teachers, one day and an afternoon a week, to deliver comprehensive programmes of physical activity and CPD to staff.

EYFS - We encourage the Physical Development of children in Year R as an integral part of their work. The objectives set out in the Early Learning Goals underpin the curriculum planning. At the end of Year R we aim for each child to achieve the Early Learning Goal. We encourage the children to develop confidence and control of how they move and how 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.

Chalfont St Peter Infant School

'Learning Together and Celebrating Success'

Reviewed: Autumn 2024

Next Review: Autumn 2025

Caring Honest Creative Hardworking Respectful

How Chalfont St Peter School Promotes Physical Activity and School Sport

Our approach includes a range of activities.

Within class time:

- Year R receive one formal PE lesson a week (1 hour)
- Year 1 and Year 2 receive two formal PE lessons a week (2 hours)
- PSD and our dance teacher work together with our school to provide one lesson a week throughout the year for each Year group

As a school, after school and within the wider community:

- Children have access to a climbing frame, wooden apparatus, floor markings and play equipment in the playground during break times
- Children use a, 'trim trail' on the field during finer weather
- All classes use the Environmental Area for a range of outdoor lessons including Forest School sessions
- All classes have direct access to the field or a tarmac area for outdoor learning
- Year R children participate in the, 'Golden Mile', a daily morning run for 15 minutes
- An Active Assembly is held once a week
- Active brain breaks are encouraged throughout the day
- Throughout the week specialist PE coaches offer a range of after school sports clubs
- PSD coaches lead playground games once a week during lunch time breaks
- An annual Sports Day is held for the whole school
- A Sports Week is planned annually
- Other sports workshops are planned in through the year
- Year 2 participation in a friendly Football Tournament with local schools
- Pupils are encouraged to offer their ideas and opinions through School Council meetings and annual questionnaires
- Teachers receive regular CPD through PSD led lessons
- Cross curricular links are made with other subjects

Contribution of PE to teaching in other curriculum areas:

English: PE contributes to the teaching of English in our school by encouraging children to describe what they have done and discuss how they might improve their performance.

Mathematics: PE contributes to the teaching of Mathematics by encouraging children to measure and record what they do accurately.

Science: When studying 'Animals Including Humans' children learn about the importance of exercise for strengthening their bodies and how exercise makes their body feel.

History: The history and values of the Paralympic Games are studied in Year 2 (Historical events, people and places in their own locality).

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PSHE: When studying, 'Health and Wellbeing' children learn about the benefits of exercise and healthy eating and how to make informed choices about these. They learn how to work together and value and respect each other's contributions through teamwork.

Social, Emotional and Thinking Skills (SET): The teaching of PE offers opportunities to ensure that children are given a wealth of opportunities to develop their social, emotional and thinking skills (SET). Each lesson plan develops children's confidence, competence, control, and character, as well as how they collaborate with others. Groupings allow children to work together, and give them the chance to discuss their ideas and performance. Their work in general enables them to develop a respect for other children's levels of ability, and encourages them to cooperate across a range of activities and experiences. Children learn to respect and work with each other, and develop a better understanding of themselves and their peers.

Extra-curricular activities: A wide range of PE-related clubs are offered after school. These encourage children to further develop their skills in a range of the activity areas. The School sends details of the current club activities to parents and carers at the beginning of each term. Over the years clubs have included Hockey, Football, Tennis, Multi Sports, Dance, Gym and Athletics.

Assessment

Our teachers 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 and recorded using the Get Set 4 PE assessment resources. 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. These resources include our PE Whole School Skills Progression Grid and Get Set 4 PE knowledge organisers.

Monitoring and Reviewing

The planning and coordination of the teaching of PE is the responsibility of the Subject Leader, who:

- Supports colleagues in their teaching, providing a strategic lead and direction
- Evaluates the strengths and areas for development in the subject through staff and pupil voice questionnaires
- Reviews evidence of the children's work and observes PE lessons.
- Scrutinises the PE Premium plan and costings and rationale behind spending decisions.
- Meets with the PE Governor each term.

Health and Safety

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 wear appropriate clothing, (spare PE kits are kept in school), remove jewellery and tie back long hair. If the removal of jewellery or studs is not possible they should be securely taped.

- Safe and effective exercise procedures are taught and adopted in all activity sessions within and outside school hours – this includes a warm up and cool down before the main lesson or sports club begins
- 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.
- 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.

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Teaching staff should be appropriately dressed to teach PE. We undertake termly Risk Assessments of the school premises and areas where PE is taught. Annual checks on indoor and outdoor equipment are carried out by Universal Services. Risk Assessments are in place for all school sporting trips.

PE and inclusion

We teach PE to all children, whatever their ability or individual needs. PE forms part of 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 hard to meet the needs of pupils with Special Educational Needs, including those with disabilities and children with EAL.

Further Documents related to this policy:

- Get Set 4 PE Online Platform
- Government Sports Premium Funding Action Plan
- Whole School PE Overview Curriculum Map
- Whole School PE Skills Progression Grid
- Whole School Social, Emotional & Thinking Skills Progression Grid