



## THE HERMITAGE SCHOOLS

*Inspire, Learn, Achieve*

### Physical Education Policy

Person Responsible	PE Subject Leader
Date Adopted	Summer Term 2023
Date of last review	Summer Term 2026
Date of next review	Summer Term 2029

At The Hermitage 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: GetSet4PE, swimming and water safety, athletics, 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 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.
- To teach children to recognise and describe how their bodies feel during exercise.
- To develop the children's enjoyment of physical activity through creativity and imagination.
- To build the children's 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 Schools 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 Hermitage Infant School are offered after some school swimming sessions too.

## **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. In The Hermitage Infant school, 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 The Hermitage Junior School, Physical Education is delivered through two one-hour sessions each week, comprising one outdoor lesson and one indoor lesson. The curriculum is carefully mapped to ensure that pupils experience a broad and balanced range of activities, supporting the development of practical skills over time. Children are taught key fundamental skills which are progressively built upon in subsequent years, alongside opportunities to apply these skills within a variety of sports contexts.

### **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.

### **Teaching PE to children with special needs**

We teach PE to all children, whatever their ability, as PE forms part of the school curriculum policy to provide a broad and balanced education to all children. Teachers provide learning opportunities that are matched to the needs of children with learning difficulties, and work in PE considers the targets set for individual children in their Education, health and care plan (EHCP). PE planning should incorporate the needs for children with EHCP.

### **Sports Ambassadors**

At The Hermitage Junior 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 school. 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 some children in the school and helping those at The Hermitage Junior School. This club gives 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 school ensures that all equipment is regularly checked. Health and Safety walks take place regularly. The school follows the recommendations of 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 school endeavours 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. 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 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 equality of teaching in PE is the responsibility of the PE subject leader. The work of the subject leader 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 school.