



Houghton School

Physical Education Policy

Updated: September 2021

Review date: September 2023

At Houghton we believe that Physical Education is crucial to health, fitness and well-being. It builds strength, improves and maintains mobility and challenges body and mind. It provides a foundation for active living and at its best, fosters interests which continue for a lifetime.

The World Health Organisation regards childhood obesity as one of the most serious global public health challenges for the 21st century. Obese children and adolescents are at an increased risk of developing various health problems and are also more likely to become obese adults.

Statistics from The World Health Organisation state:

The worldwide prevalence of obesity nearly tripled between 1975 and 2016

39 million children under the age of 5 were overweight or obese in 2020.

Our overriding aim is for children at Houghton to experience such a positive attitude to physical activity that a pattern of regular exercise will be continued throughout life.

Our aims are:

- To enable all of our children, whatever their circumstances or ability, to enjoy PE and sport.
- To promote children's health, safety and well-being
- To enable all children to improve and achieve in line with their age and potential.
- To provide lessons based on maximum physical activity.

Physical Education within school

Many of our children have delayed development of motor skills. Research reveals that this can be a major barrier to participation in physical activity leading to a drop out from organised sport because they cannot perform the skills well enough to participate successfully. From Reception to Year 6 all children follow the Developing Fundamental Movement Skills programme. The programme supports the development of fundamental movement skills in a fun and purposeful way and provides a strong foundation for many physical activities. We believe that having these skills is an essential part of enjoyable participation and a lifelong interest in an active lifestyle. The programme enables children to learn and develop fundamental skills through play and games. It encourages maximum participation and enjoyment and assists children to progress at their own rate.

The programme groups skills and activities under three fundamental skill categories: Locomotor, Stability and Manipulative. Each movement skill is divided into three learning phases: Discovering, Developing and Consolidating. The children engage in activities to learn and explore movement skills. They then refine them to become more efficient through repetition and practice in a variety of contexts and finally apply the movement skills in a variety of ways in more complex games and activities.

We believe that playing games that are fun, inclusive and skill-based help prepare children to participate in a wide variety of physical activities with greater success and enjoyment and at the same time learn about cooperation, competition, communication, relationships, equality and the meaning of success.

To support maximum participation in lessons elimination games should be adapted to ensure that all children are active for longer and therefore reduce waiting and turn taking time. Activities should be active to raise the children's heart rate. Relaxation disciplines can be incorporated within cool down sessions as a way of supporting other aspects of health and relaxation.

All pupils will change into a P.E kit for physical activities as we believe that this is a core skill in itself and should not be underestimated.

Assessment

Each child has a P.E assessment within their E-Tab which shows their progress within the relevant skill category e.g. Locomotor, Stability and Manipulative. Progress is shown in the three learning phases (Discovering, Developing, Consolidating) by the colour coding system shown below.

Discovery – Makes a concentrated effort to learn the movements.	Developing – Learners become more efficient and refined in their movements in a variety of contexts.	Consolidating – Children use more automatic movements and apply and combine these in games.	Not applicable
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Assessment is completed each half term.

Further Opportunities

In addition to the Fundamental Movement Skills programme we build in opportunities for our children to experience other specific games and sports with outside providers. We also participate in Shropshire School Games events such as indoor athletics. Each child enjoys a 1/2 termly session of football through Crossbar. (Covid19 has impacted on this type of session going ahead, but we hope to be involved in some events as restrictions allow)

Children in our Badgers class swim for 30 sessions of the year and all other classes swim for 10.

Cross-Curricular

We incorporate health, fitness and well-being into other areas of the curriculum which are delivered through the International Primary Curriculum, CalmBrain and our PSHE programme.