



BROAD HEATH PRIMARY SCHOOL

Physical Education Policy

Rationale

PE is often a favourite subject for many pupils, and it is easy to see why. Movement is a universal language, of which anybody can access on their own level, and children love the feeling that they get when they are active. We know that being physically active both increases all our student's wellbeing, as well as improving their ability to learn, and we also understand the extreme importance it has in the context of the national obesity crisis and lack of opportunities for young people to be active outside of school. At Broad Heath, our goal is to give students the ability, both through their lifelong movement skills and their physical literacy abilities, to be physically active throughout their life. Our teaching aims to give students the fundamental skills to take part in games, help them develop social and skills to work and play with others, and the personal skills to achieve their best.

Introduction

The basis of PE is the National Curriculum, which consists of 4 broad aims;

1. Pupils develop competence to excel in a broad range of physical activities.
2. Pupils are physically active for sustained periods of time.
3. Pupils engage in competitive sports and activities.
4. Pupils lead healthy, active lives.

We aim to teach all of these areas throughout the academic year to each child in our school, as set out in our curriculum map. These activities take place within timetabled lesson time. The school aims to reach the national guidelines of having an average of 2 hours of timetabled physical education a week. In addition to these activity based objectives, we also aim to improve the physical literacy skills of our pupils in line with the Sport England Primary School Physical Literacy Framework.

AIMS

Our P.E. curriculum has 3 main aims;

- To give the children physical competence, knowledge and understanding to take part in a range of physical activities.
- To give children the qualities to work with others and be the best person they can be.
- To inspire our children to be lifelong physical movers.

Objectives

Every PE lesson taught at our school has 2 primary objectives;

- For the students to be active.
- For the lesson to be engaging and enjoyable for our young people.

By doing this, we will be giving our students the fundamental foundation to achieve in our subject.

Every PE lesson will also have a specific outcome for our learners to make progress. This will include;

- A fundamental skill (Locomotor, Body Management, Object Mastery Skill)
- A national curriculum link (Games, dance, athletics, gymnastics, outdoor education, swimming).
- A relevant sport to that skill

Every lesson will also have a value which is promoted through our “Star of the Week” wrist bands, which are given out after every lesson. These values change for every unit of work, and include;

- Teamwork
- Tenacity
- Communication
- Respect
- Imagination
- Empathy
- Resilience
- Brilliance.

To ensure safe practices, pupils should be taught:

- The importance of safety and how equipment should be used sensibly
- Reasons why activity is good for your health and how we need to warm up before exercise and warm down.
- How clothing and hygiene can impact on performance

In KS2, we also make sure that each lesson focusses on a particular domain, teaching pupils either physical, cognitive, social or emotional skills that are relevant to taking part in physical activity.

Students exceeding expectations

At Broad Heath we provide our gifted and talented students opportunities outside curriculum time to improve their abilities and challenge themselves. This includes, but is not limited to;

- Taking part in our weekly school based competition “Sports Champions”.

- Taking part in inter-school competitions.
- Additional Gifted and Talented interventions

Equal Opportunities

All areas of physical education aim to promote equal opportunities in accordance with the “Equal Opportunities Policy.” This states that each child should have full access to the curriculum regardless of race, disability or learning difficulty.

All children are taught in mixed class groups and are expected to participate fully. They will be expected to join in all lessons, unless a letter is received from a parent or doctor. Regular non-participation will be monitored and noted and the school will ask parents to attend a meeting if a suitable explanation of non-participation is not received.

If a child has any sort of special needs, which may be temporary or permanent, these will be taken into account when planning the lesson and tasks will be adapted accordingly so that the child is included fully in the lesson.

We have a PE provision map which tracks what students take part in activities such as clubs, tournaments and interventions. This is so we know that all students are given additional opportunities and no student misses out.

Management

The timetabling of PE is the responsibility of the Head teacher and the PE Coordinator.

The PE coordinator has responsibility for:

- Lesson planning and recording
- Advice and INSET
- Updating of the policy
- Developing networks with other schools and agencies
- Purchasing of resources and organisation of equipment
- Health and safety in PE
- Monitoring physical activity

Organisation

The school follows the schemes of work based on the National Curriculum Programmes of Study. All children will take part in:

- Dance activities
- Games activities
- Gymnastics activities
- Athletics activities
- Swimming activities

All classes will experience indoor and outdoor environments and they are expected to have a change of clothing, which is suitable for the activity and appropriate footwear if required. They are also expected to take part in PE lessons wearing their blue PE tops.

Activities in PE will follow the Key Stage Plans and ensure that there is:

- Breadth and balance
- Differentiation
- Progression

If any activities take place after school, pupils will be encouraged to participate. Parental permission will be sought and the school and the visiting organisation will undertake a risk assessment.

Teaching and Learning Strategies

Key Stage 1-children will be taught the knowledge, skills and understanding through dance activities, games, gymnastics, athletics as well as swimming activities.

Dance Activities

Pupils should be taught to:

- Use movement imaginatively and expressively
- To form different shapes with their bodies
- Change the rhythm, speed, level and direction of their movements
- Create and perform

Games Activities

Pupils should be taught:

- Travel, send and receive a ball and other equipment
- Develop skills using legs and arms
- Play simple games that require defending and attacking

Gymnastics Activities

Pupils should be taught:

- Develop and perform a range of skills that involve travelling, balancing, spatial awareness, control and using apparatus
- Choose and link skills and actions in short movement phrases
- Create and perform controlled sequences that have a beginning, middle and an end.

Athletics Activities

Pupils will be taught:

- Basic skills involving throwing, running and control
- Skills required for sports day activities

Swimming Activities

Pupils will be taught:

- How to safely enter and exit the swimming pool
- To build confidence in the water
- About different movements which can be made in the water

Key Stage 2-the children will be taught the knowledge, skills and understanding through 6 areas of activity:

1. Dance activities
2. Games activities
3. Gymnastics activities and 2 activity areas from:
4. Swimming and water safety
5. Athletics
6. Outdoor and adventurous activities

Dance Activities

Pupils will be taught:

- To create and perform different sorts of dance
- Respond to a range of stimuli and accompaniment
- To create sequences both independently and with others

Games Activities

Pupils will be taught to:

- Play and make up small sided games using fielding, striking, defending and attacking skills.
- Use skills and tactics to work with others in teams
- Understand effective forms of communication

Gymnastics Activities

Pupils will be taught to:

- Create and perform fluent sequences on the floor and using apparatus
- Vary level, speed and direction in their sequences

Swimming and Water Safety

Pupils will be taught:

- Water Confidence skills
- Variety of different styles
- Survival skills

Athletic Activities

Pupils will be taught:

- Take part and to design challenges that call for precision, speed, power or stamina
- Use of running, jumping and throwing skills

- To pace themselves in challenges and competitions

Resources

Resources that have been purchased have been deemed to be suitable to support the teaching and learning within this subject area. All apparatus and equipment is stored in the PE cupboard in the hall and in the sports cabin outside and is regularly checked. New equipment purchased will be demonstrated and shown to the staff if required and then stored in one of the two areas. All staff will be send a list of what equipment is available and where it is kept.

Health & Safety

Equipment:

Children will be trained in how to use the equipment in preparation for individual lessons, this will include using mats (**2 children: one for each side**), benches (**2 children: one at each end and with adult supervision**) and climbing apparatus, as this will ensure the safe use of equipment and prevent any unnecessary injury. It is essential that the teacher informs children of their responsibility when they are in the hall/outdoors and the child is aware of their role if they are using apparatus.

Before using new equipment children should be instructed on the correct way to use the piece of equipment.

Safety mats should be used in gym especially if children are using the climbing apparatus.

Behaviour:

Children will be expected to be informed of the rules before they do P.E. so they are aware of their responsibilities. If children are misbehaving then the teacher will follow the school behaviour policy to prevent the safety of the individual child, and additionally the rest of the class, being at risk. If children are using P.E. equipment, unacceptable behaviour will not be tolerated to ensure the safety of all participants.

First Aid:

If a child does injure themselves whilst participating in PE then the Teaching Assistant will deal with the situation, either taking them to a person who has a First Aid qualification or dealing with the injury themselves if they are appropriately trained. A record of the incident will be filed in the First Aid book.

Clothing:

Pupils are expected to wear appropriate clothing for Physical Education and arrive in this ready for their lesson. This includes a school t-shirt, school jumper or fleece, and bottoms that are suitable for being active e.g. sports leggings, joggers or shorts. Parents need to decide on their child's clothing based on the time of year and conditions on the day, which could also include gloves and hats in cold weather, or hats and sun cream in the summer months. All children need to wear trainers that are the appropriate size for the child, boots or school shoes or not acceptable for PE. No school uniform to be worn during P.E as this is also unacceptable practise.

For swimming, all students need to bring suitable swimwear every Monday ready for their lesson. This includes a clean towel, swim shorts or a swim costume and a swimming hat for children with long hair. It is advised that parents also send goggles to help their student's progress. When swimming students should be able to take their own stud earring out and be able to put them back in again as earrings cannot be retrieved from the pool, and may cause harm to the pupil and school facility. If they cannot they should not wear them on their swimming day.

For all lessons, students are not able to wear hooped earrings as this is a safety risk. Ear studs are acceptable but may be taped by the class teacher depending on the activity. Children with long hair must also have it tied back to take part safely.

All classes will predominantly use outdoor spaces for Physical Education lessons, such as the all-weather pitch, the roved muga or the field. However, students may go inside for activities such as dance and gymnastics, or with where the weather is particularly cold. Swimming will take place in the school pool.

Staff:

All staff will wear appropriate footwear and clothing when taking P.E. and it is their duty to instruct children in the correct procedures when using apparatus or equipment. They have a duty to inform them of all Health and Safety procedures so the children are aware of them if an incident does arise.

There will always be two adults during a P.E. session.

Teaching Assistants are expected to be in the swimming pool with the children during swimming sessions and support individuals. In other PE lessons, it is the Teaching Assistants duty to ensure the safety of the children in maintained and that all children are supported to achieve.

Use of IT in PE

Broad Heath staff will continue to ensure IT is planned within PE lessons to develop the PE programme. The potential for usage could be:

- Pupils to use Wii programmes/Televisions in the studio for selected lessons
- Pupils to record group activities, individual performances using hand held cameras or iPads to develop their skills through observation and discussion

- Use camera/video evidence to support staff Inset
- Use camera/video evidence on R drive / Disc to support record keeping and reporting to parents

Assessment, Recording and Reporting

Assessment in pupils' attainment is a continuous process and will be made by:

- Observing
- Listening to children individually and with others
- Discussion
- Performance
- Pupil Self-Assessment

In deciding a pupil's level of attainment the following descriptors should be considered.

Key stage 1 – Assessment will be based on the following statements.

Emerging

Pupils copy, repeat and explore simple skills and actions with basic control and coordination. They start to link these skills and actions in ways that suit the activities. They describe and comment on their own and others' actions. They talk about how to exercise safely, and how their bodies feel during an activity.

Expected

Pupils explore simple skills. They copy, remember, repeat and explore simple actions with control and coordination. They vary skills, actions and ideas and link these in ways that suit the activities. They begin to show some understanding of simple tactics and basic compositional ideas. They talk about differences between their own and others' performance and suggest improvements. They understand how to exercise safely, and describe how their bodies feel during different activities.

Exceeding

Pupils select and use skills, actions and ideas appropriately, applying them with co-ordination and control. They show that they understand tactics and composition by starting to vary how they respond. They can see how their work is similar to and different from others' work, and use this understanding to improve their own performance. They give reasons why warming up before an activity is important, and why physical activity is good for their health.

Key stage 2 – Assessment will be based on the following statements.

Emerging

Pupils link skills, techniques and ideas and apply them accurately and appropriately. Their performance shows precision, control and fluency, and that they understand tactics and composition. They compare and comment on skills, techniques and ideas used in their own and others' work, and use this understanding to improve their performance. They explain and apply basic safety principles in preparing for exercise. They describe what effects exercise has on their bodies, and how it is valuable to their fitness and health.

Expected

Pupils select and combine their skills, techniques and ideas and apply them accurately and appropriately, consistently showing precision, control and fluency. When performing, they draw on what they know about strategy, tactics and composition. They analyse and comment on skills and techniques and how these are applied in their own and others' work. They modify and refine skills and techniques to improve their performance. They explain how the body reacts during different types of exercise, and warm up and cool down in ways that suit the activity. They explain why regular, safe exercise is good for their fitness and health.

Exceeding

Pupils select and combine skills, techniques and ideas. They apply them in ways that suit the activity, with consistent precision, control and fluency. When planning their own and others' work, and carrying out their own work, they draw on what they know about strategy, tactics and composition in response to changing circumstances, and what they know about their own and others' strengths and weaknesses. They analyse and comment on how skills, techniques and ideas have been used in their own and others' work, and on compositional and other aspects of performance, and suggest ways to improve. They explain how to prepare for, and recover from, the activities. They explain how different types of exercise contribute to their fitness and health and describe how they might get involved in other types of activities and exercise.

Monitored

The subject will be monitored and feedback will be given termly to the Head. Evidence of attainment will be collected and added to the PE portfolio which is now online.

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