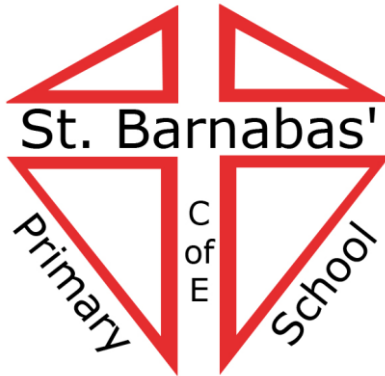


Heaton St. Barnabas' CE (VA) Primary School



Policy For

# PHYSICAL EDUCATION

2021 - 2023

# Heaton St Barnabas C of E Primary School

## Physical Education Policy

### Status and Aim of Policy

The school believes that physical education, experienced in a safe and supportive environment, is vital and unique in its contribution to a pupil's physical and emotional development and health. The physical education curriculum aims to provide for pupils' increasing self-confidence through an ability to manage themselves successfully in a variety of situations. A balance of individual, team, co-operative and competitive activities aims to cater for individual pupils' needs and abilities.

### Rationale

Physical Education is concerned with developing good quality performance whilst enabling every child to become independently active. At Heaton St Barnabas C of E Primary School we endeavour to provide children with the background, skills and motivation to include physical activities as part of their lifestyle. Over the two key stages, P.E. involves the progression of teacher-led participation and organization to children assuming responsibility for planning, carrying out and evaluating their performances in a balance of individual and team activities.

P.E. also contributes to the whole curriculum. It offers alternative contexts for the learning, understanding and application of language, numeracy and scientific concepts. The subject naturally lends itself to cross-curricular issues: the environment as part of the outdoor and adventurous activities; swimming that takes place at St Bede's in Key Stage 2 which helps build awareness of the surrounding area and the community leisure facilities; and an awareness of how exercise contributes to health education, are all central to physical education. We use Building Learning Power as an integral part of the pupils' development.

P.E. is for all. Every child will be catered for to enable them to become more skilful, fitter, self-motivating and safe. Children with special needs will be included in any physical education lesson. If a programme needs to be adapted, then the teacher in charge will do this in consultation with the coordinator and SENCO (if applicable).

Sedentary living patterns and unhealthy dietary habits are becoming more prevalent in our society and there is strong and consistent evidence that doing regular, moderate-intensity physical activity provides a range of physical, intellectual and emotional benefits for everyone.

By participating in physical activity before, during and after school, students can gain a range of physical, social, emotional and intellectual benefits. Physical activity opportunities can be provided through health and physical education activities, sport, recreation and games.

Therefore, physical activity is an important dimension in students' broad scope of development during their years of schooling.

It is important that children are given opportunities to participate in a range of enjoyable physical activities and good nutrition habits at an early age so they will be more likely to continue being physically active throughout the rest of their lives.

## **Aims**

The National Curriculum (2014) provides purpose aims and a summary of content for each Key Stage

### **PE aims to ensure that all children**

- 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 and develop a sense of fair play and sportsmanship
- develop positive attitudes towards health, hygiene and fitness leading to healthy, active lives

## **Content**

The PE curriculum has been organised to ensure that children in both key stages have access to all areas specified in the national curriculum and go beyond its statutory requirements where possible. We are confident that children following our curriculum have the opportunity to meet and in some cases surpass the expectations at the end of each key stage.

### **In KS1 Pupils should be taught to:**

- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
- participate in team games, developing simple tactics for attacking and defending
- perform dances using simple movement patterns.

### **In KS2 Pupils should be 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.

### **The skills and activities will be delivered through the following units of work:**

- dance
- games
- gymnastics
- swimming
- outdoor and adventurous activities

## **Swimming and water safety**

At this school swimming is taught in Y3 and, takes place throughout the school year. Additional catch up lessons or series of lessons will be provided for children who are not able to swim 25 meters by the end of Y3.

Pupils should be taught 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.

Outdoor and adventurous activities that take place in KS2 can be developed further using the Geography Programmes of Study.

## **Planning**

The Long term plan provides a framework for provision across the school

Medium term plans – units of work are developed using the on-line planning tool on the sports UK website

## **Assessment**

*Best fit judgements on attainment in relation to each unit of work experienced will be made at the end of each year in relation to end of KS expectations.*

The annual written report to parents will also form the formative report of a child's progress, strengths and weaknesses in this subject.

## **Monitoring and Evaluation**

The P.E. Subject Leader is responsible for monitoring general curriculum coverage and ensuring that evidence of curriculum delivery is available for monitoring and evaluation purposes.

The quality of teaching and learning in PE will be monitored by school leaders and senior coaches from Sports UK

## **Health and Safety**

The general teaching requirement for health and safety applies in this subject. We encourage the children to consider their own safety and the safety of others at all times. We expect them to change for PE into the agreed clothing for each activity area. Teachers set a good example by wearing appropriate clothing when teaching PE.

All teachers are responsible for the safe use of all equipment and apparatus. Pupils are taught how to move large equipment around safely, for example: benches, tables, vaulting box. All teachers are responsible ensuring that children consistently use agreed procedures for the getting out and putting away of all equipment and apparatus

**Please note children are not allowed in the P.E. store.**

*Traditionally, pupils have brought PE kit into school with them and changed into and out of their kit during school time. Due to the recent pandemic we asked pupils to arrive in their PE kit on the days they have a PE lesson. We feel this has worked very well and the pupils have spent more time active due to the need not to get changed. We have decided, therefore, to continue this going forward.*

## **General PE Kit**

Outdoor trainers

Indoor pumps

Plain black / navy shorts or tracksuit bottoms / leggings

Plain white t-shirt (different from the one being worn for school)

Plain black / navy tracksuit top (optional for outdoor in the cold)

**If a child has earrings they must be taken out for PE or covered with micro-porous adhesive tape for the duration of the lesson**

### **Swimming Kit**

Swimming trunks or swimming shorts (boys)

Swimming costume (girls)

Towel

Goggles (optional)

### **Extra-Curricular Activities**

A range of additional opportunities are provided out of school hours for children to participate in sport and outdoor activities. For children in Key stage 2 this includes the offer of at least one residential visit per year to an outdoor centre. (Subject to sufficient funding/voluntary contributions being available).

The school works with the local sports partnership which organises competitive events and tournaments. Other events and tournaments are arranged through our sports UK coach amongst a number of local schools who use the same provider.

### **Resources**

The facilities for the teaching of physical education at Heaton St Barnabas' C of E Primary School are, we believe, excellent. As a primary school we have access to two indoor halls, hard court areas and a large grassed area.

As well as superb facilities in which to teach, the school also has a well-resourced PE store for both key stages, fixed goalposts, portable and fixed gymnastics equipment as well as many mats and benches.

### **Care of Apparatus & Equipment**

Equipment is checked regularly and stock replenished as often as budget allows. Teachers have access to equipment and literature, via the Subject Leader, and can always rely on advice when needed.

Gymnastic apparatus is checked (maintained annually by KCS contractors). Any damage noticed should be reported immediately to the P.E. Subject Leader. Any games equipment lost or broken should also be reported immediately.

### **Links to Other Schools**

This policy should be read in conjunction with the school's:

Assessment Policy

Equal Opportunities Policy

Teaching and Learning Policy