



Broom Barns Primary School

PE

February 2021 to February 2024

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Physical Education Policy Feb 2021 to Feb 24

Introduction

Physical education develops the children's knowledge, skills and understanding, so that they can perform with increasing competence and confidence in a range of physical activities. These include dance, games, gymnastics, swimming, athletics and outdoor adventurous activities. Physical education promotes an understanding in children of their bodies in action. It involves thinking, selecting and applying skills and promotes positive attitudes towards a healthy lifestyle. We enable them to make informed choices about physical activity throughout their lives.

Aims and objectives

- Develop competence to excel and achieve 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 style

We use a variety of teaching and learning styles in PE lessons. Our main 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. Teachers use examples of good individual/group performance as models for the other children and we encourage the children to self assess their work as well as peer assess the work of others. With lessons we give the children opportunity to both collaborate and compete with each other using a wide range of available resources to support the lessons.

In all classes there is a range of children of different physical ability and we aim to provide suitable learning opportunities for all the children matching the challenge of the task to the ability of the child.

PE Curriculum planning

PE is a key subject in the National Curriculum. Through our planning we aim to meet the targets set out in the national curriculum for key stage 1 and key stage 2 children.

Key stage 1 Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

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.

Key stage 2 Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

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, rounder's 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 school's curriculum map shows the areas of PE the children will be taking part in each term in key stages 1 and 2 we teach four areas of activity games, gymnastics, dance and athletics using indoor and outdoor environments where appropriate. Within key stage 2 children are additionally taught outdoor adventurous activities (orienteering) and swimming.

Teachers use a range of available resources and schemes of work to help plan for each activity including Val Sabin, Tops, Change 4 life and key steps. All of these are located in the PE area and are accessible to any member of staff.

All children in key stage 1 and 2 take part in at least 2 hours of PE a week.

Teaching PE to children with special educational needs

At our school we teach PE to all children, whatever their ability. Through our PE teaching we provide learning opportunities that enable all pupils to make progress, we do this by setting suitable learning challenges and responding to each child's different needs. Children will be supported 1:1 if required in PE lessons. We enable all pupils to have access to the full range of activities in learning PE. Where children are to participate in activities outside our school such as a sports event at another school, we carry out a risk assessment prior to the activity to ensure that the activity is safe and appropriate for all pupils.

The school has access to support and advice from Stevenage sporting futures Mary Szulikowski who is an inclusion expert for PE

PE staff have also been trained in inclusive PE to help them plan and support at a higher level.

The Foundation Stage

The physical development of children in the Foundation Stage is an integral part of their school work and is related to the objectives set out in the Early Learning Goals. The children are encouraged to become Competent Movers, developing their Fundamental Movement Skills in the way they move, balance and handle equipment, both indoors and outdoors.

The Foundation Stage are also part of the school's curriculum map and take part in three key areas of dance, gymnastics and games.

PE across the curriculum

PE contributes to our teaching of many subjects across the curriculum. For example Maths is used in many sessions when children are asked to score in games or events, as well as use of time, directions and place value in other PE activities. PE encourages children's English by encouraging the children to describe and discuss theirs or others work. The children learn lots of new words and vocabulary during PE and are encouraged to ask what words mean and to use the words when discussing the sessions. Children are also encouraged to write reports on sporting events they have participated in such as the mini-Olympics.

ICT

We use ICT to support PE teaching when appropriate. In dance and gymnastics we take pictures or videos of their activities and performances so they assess and develop their movements and actions as well as using the pictures and videos to share ideas with each other to help develop their own work.

PSHE and Citizenship

PE contributes to the teaching of PSHE and citizenship. Children learn about the benefits of exercise and healthy eating, and how to make informed choices about these things.

Spiritual, moral, social and cultural development

The teaching of PE offers opportunities to support the social development of our children through the way we expect them to work with each other in lessons. Grouping allows children to work together and give them the chance to discuss their ideas and performances. Their work in general enables to develop respect for other children's levels of ability, and encourages them to co-operate across a range of activities and experiences. Children learn to respect and work with each other, and develop a better understanding of themselves and others.

Assessment and recording

We assess children work in PE as we observe them working during sessions. At the end of each unit of work the assessments are recorded. Assessments are also made through photos and videos as well as observations during clubs and festivals.

Resources

There is a wide range of resources to support the teaching of PE across the school. Most of the equipment is stored in PE store in the hall this is accessible to all staff and to children who have adult supervision. The hall contains a range of large apparatus, children are shown and taught how to handle this equipment safely as part of their work this allows them to help set up and put away the apparatus during sessions.

The children are able to use the hall, field and playground for PE activities and the local swimming pool for swimming lessons.

Health and Safety

The general teaching requirements for health and safety applies in this subject. We encourage 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, Jewellery is removed or taped and long hair needs to be tied up. Staff are expected to set a good example by wearing appropriate clothing during PE.

Extra-Curricular activities

The school provides a wide range of extra-curricular clubs for the children either at the end of the school day or during lunch times. These encourage children to further develop their skills in a range of different activities available. The school sends details of the available clubs before the start of each term. Some of the clubs give children an opportunity to take part in fixtures and competitions with other schools; this introduces a competitive element and allows the children to put into practice the skills that they have developed. These opportunities can create a sense of team spirit and school pride amongst our children.

Stevenage Sporting Futures Team

Our school is a member of Stevenage Sporting Futures Team (SSFT). Through our links to the team we are given the opportunity to take part in many festivals and competitions such as basketball and athletics competing with other schools. SSFT also organise and provide coaches to come into school and run events such as Mini Olympics on tour giving every child in the school a chance to take part in the event.

SSFT provide opportunities in the year for staff to receive training in dance, gymnastics and games as well as providing information on other relevant courses.

SSFT support the schools subject leader and help to create a network of contacts from coaches to other teachers.

COVID-19 risk assessment

Schools can hold P.E. lessons indoors, including those that involve activities related to team sports. However, outdoor activities and sports should be prioritised where possible, and large indoor spaces used where it is not, maximising natural ventilation flows. Ensure distance between pupils. Equipment is used by one bubble and cleaned/ quarantined.