

# PE Policy



Date: September 2016

Review: September 2019

## **Introduction**

Boughton Primary School is dedicated to ensuring that children receive the highest quality physical education opportunities both in curriculum time and through Out of School Hours Learning provision.

Boughton Primary School is proud of its continued Silver Sports Mark for schools from 2014 - 2016. It continues to strive for excellence within the area and to promote the benefits and rewards of a positive experience in Physical Education (PE) early in life.

In partnership with the values approach of the school, the Physical Education Sports Strategy for Young People (PESSYP) and the Every Child Matters Agenda (ECM) Boughton Primary School aims to encourage accessibility of sports for all and inspire a life long commitment to, and enjoyment of, a healthy and active lifestyle through the provision of 'High Quality' PE experiences.

Through sport and physical education, children are encouraged to build our School Values of Respect, Courage, Compassion, Tolerance, Honesty and Responsibility.

## **Policy Objective**

The aim of this policy is to establish clear objectives for Physical Education and to provide procedures and guidelines to enable the delivery of a consistent and high quality PE Curriculum.

### **Physical Education Objectives**

- To encourage all children, families and staff to follow a healthy lifestyle where sport and physical exercise is enjoyed and valued.
- To promote health and safety aspects of sports.
- To encourage children to build an awareness of what happens to their bodies during exercise and to talk about how exercise makes them feel.
- To promote both competitive and non-competitive sporting opportunities through inter and intra sporting opportunities.
- To recognise children who are able and talented within Physical Education and to provide links to quality community sports events and organisations for these children.
- To ensure all KS1 and KS2 children enjoy 2 hours of core PE within the curriculum, and to encourage all children to take up a minimum of 1 hour of physical activity (with the offer of at least 2) through OSHL opportunities.
- To encourage children who may have become disenchanted with PE experiences by involving the children in planning and choosing

OSHL opportunities, by valuing pupil voice and by providing variety in activities that will appeal to a wide range of interests.

- To allow children opportunities to build, control, co-ordination and problem solving skills through PE and Outdoor Learning.
- To encourage children's compositional skills in selecting and applying movements and tactics across a broad range of sporting and physical education areas.
- To develop children's understanding of how to succeed and evaluate their success within varying areas of sporting and physical education through understanding of clear learning objectives and success criteria (which are, where necessary, personalised for individual learners).
- To encourage children, families and staff to value their achievements within physical education and to support each other to take part in school and wider community events.

### **Core Curriculum Physical Education**

Pupils in KS1 and KS2 will receive a minimum of 2 hours core Physical Education per week to include Dance, Gymnastics, Games and Athletics (and swimming in key stage 2). Foundation Stage will complete 1 hour a week of Physical Education and using their continuous provision to further develop their ELG for physical development.

### **Out of School Hours Learning (OSHL)**

In relation to The Physical Education Sports Strategy for Young People (PESSYP), opportunities will be built in to the daily school timetable out of school hours, to encourage all children (including those who have become disenchanted by PE) to enjoy sport through formal and informal OSHL using Sports Premium Funding.

### **Teaching, Learning and Inclusion**

Teachers delivering PE will incorporate and provide for a variety of learning styles and enable children to achieve and be challenged at all levels of attainment and physical ability. The aims of PE are to develop children's knowledge, skills and understanding of PE and outdoor learning through a mixture of whole class teaching, individual, group activities and school visit opportunities.

### **PE Curriculum Planning**

PE is a foundation subject in the National Curriculum and our school uses a number of schemes (see appendix 1) as the basis for creative and innovative delivery of Physical Education that links to other areas of the curriculum where possible and appropriate.

Curriculum planning is carried out in three phases, long, medium and short term plans. Long term plans are provided to ensure that all key PE areas are covered over the year. Medium term planning outlines the National Curriculum references for PE and provides a detailed break down of lessons taught in a half term showing progression in skills taught, application of skills and children's evaluation of their work. The teacher may then adapt these schemes of work if necessary. Short term plans provide a briefer weekly outline of lesson focus' and assessment questions for children.

### **Spiritual, Moral, Social and Cultural Development**

The teaching of PE and outdoor physical activity offers opportunities to support the social development of children as they learn valuable transferable life skills of team work, respect, problem solving, positive communication and self and peer evaluation.

Children can learn to value each other's achievement and input and build upon each others' strengths while learning to support each others' weaknesses.

Physical Education allows children to appreciate their physical and mental being and the world around them as they exercise.

### **Links to Every Child Matters:**

#### **Stay Safe**

Promotion of safety aspects of Physical Education and building children's confidence to take safe risks and make choices that will keep them safe within the school and wider community when enjoying sport.

#### **Be Healthy**

Promotion of enjoyment of a healthy lifestyle, healthy eating and regular exercise.

#### **Enjoy and Achieve**

Encouragement of **all** children to enjoy and achieve within sport through offering a wide variety of physical activities including competitive and non-competitive opportunities.

#### **Achieve Economic Well-being**

Promotion of the Olympic Values and the Young Sports Leader scheme to build transferable skills in communication, team work, positive attitude, planning and organisation.

## **Make a positive Contribution**

Recognition of the contribution that every child makes through becoming positively involved with PE at school.

### **Procedures**

- Health
  - All children and adults must wear suitable PE clothing (as judged by the adult in charge) before taking part in, or leading an activity or lesson (where adults are simply leading but not taking part in the exercise they will not be expected to change clothing before and after the lesson/activity).
  - Children should wear their PE clothing solely for PE activity and then change back into school uniform for other curriculum activities to promote good health and hygiene.
  - All children will be expected to change for PE in an agreed hygienic changing area, which will consider the need for privacy where possible for older children.
  - Children will be encouraged to drink before and after physical activity and during if necessary.
  
- Safety
  - All jewellery must be removed before children or adults take part in PE activities.
  - All hair longer than chin length must be tied back before PE activities.
  - Children should remove their own earrings (or tape them independently in the event that they cannot be removed) before sports.
  - Staff should take steps to ensure that they/children have appropriate access to any medical resources such as inhalers if they are needed.
  - Mats must be positioned on hard ground under equipment where a child may have an increased risk of falling.
  - Children and adults should always warm up before a PE activity and cool down afterwards.
  - Full head rolls should not be used within PE teaching.
  - Children will be encouraged to assess risks for themselves before taking part in PE activities.

- All staff will follow school first aid and accident procedures.

### **Monitoring and Review**

The Head Teacher and PLT are responsible for monitoring the implementation and effectiveness of this policy.

The policy will be reviewed every three years (or before if necessary) in light of learning points and issues raised by staff or identified as part of the monitoring process. Revisions to the policy may be made at any time.

### **Acronyms**

PE - Physical Education

ECM - Every Child Matters

SEAL - Social and Emotional Aspects of Learning

OSHL - Out of School Hours Learning

PESSYP - The Physical Education Sports Strategy for Young People

Boughton Primary School



Ratification of policies

**POLICY**

P E Policy

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Presented to the \_\_\_\_\_ committee

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Presented to the Full Governing Body

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Date due for review: September 2019



## Appendix 1 – List of Schemes/Resources

Rawmarsh (games, athletics, gymnastics, dance – KS1 and 2)

Val Sabin (games, athletics, dance, gymnastics – KS1 and 2)

Quicksticks Hockey

Rugby Football Union (Tag rugby resources)

British Heart Foundation (skipping resources/plans)

Eveque orienteering scheme

Bisi badminton Scheme

England/Wales Lawn Tennis resources

British athletics Scheme (badge)

Dance packs with CDs (dinosaurs, poppies, disasters, 7 wonders)