



Buxworth Primary School

P.E Policy 2021- 22

Overview

Physical Education (PE) contributes to the overall education of all children by helping them to lead full and valuable lives through engaging in purposeful and high-quality activity. It promotes active and healthy lifestyles, physical skills, physical development and knowledge of the body in action. PE enables children to learn confidence, perseverance, team spirit, positive competitiveness and organisation. Children must engage in a programme of PE that encourages fitness, improves their strength and teaches them the rules of games. PE is an integral part of school practices allowing all children in the school to gain a sense of achievement and develop positive attitudes towards themselves and others.

Funding

Schools receive PE and sport premium funding based on the number of pupils in years 1 to 6. This funding must be used to make additional and sustainable improvements to the quality of PE and sport we offer.

We use the premium to:

- Develop or add to the PE and sport activities that we already offer;
- Build capacity and capability within the school to ensure that improvements made now will benefit pupils joining the school in future years.

There are 5 key indicators that we should expect to see improvement across:

the engagement of all pupils in regular physical activity - the Chief Medical Officer guidelines recommend that all children and young people aged 5 to 18 engage in at least 60 minutes of physical activity a day, of which 30 minutes should be in school;

- The profile of PE and sport is raised across the school as a tool for whole-school improvement;

- Increased confidence, knowledge and skills of all staff in teaching PE and sport;
- Broader experience of a range of sports and activities offered to all pupils;
- Increased participation in competitive sport.

As part of the funding criteria we are required to publish details (on our website) of how we plan to spend the monies and a review of the impact on pupil outcomes.

Aims/Objectives

In order to promote active and healthy lifestyles all children should:

- be physically active
- adopt the best possible posture and appropriate use of the body
 - engage in activities that develop cardio vascular health, flexibility, muscular strength and endurance
- understand the need for personal hygiene in relation to vigorous physical activity
- In order to develop positive attitudes all children should:
 - follow the conventions of fair play and honest competition
 - cope with success and limitations in their performance
 - persevere with and consolidate their performances
 - be mindful of others in their environment.

Strategies

At Buxworth, PE will be taught through;

- Exposition (demonstration, explanation and instruction) by the teacher to the class, groups or individuals
- Practical activity and related discussion
- Co-operative group work
- Consolidation and practice of fundamental skills
- Opportunity to discuss and reflect on their work through a plenary
- Use of professional/qualified coaching to enhance current provision within school
- Links made to Mental Health and Healthy Schools
- Extended high-quality provision through after school activities making use of professional / qualified coaches

- Use of community facilities – local swimming baths Children are entitled to high-quality PE lessons. See below for time entitlements. Individual class timetables make reference to the lesson times for PE lessons. These are reviewed annually.

Year Group PE entitlement Outdoor PE entitlement

Year Group	PE entitlement Outdoor	PE entitlement Indoor
Reception	Unlimited opportunity for outdoor play experiences	1 hour
Year 1	1 hour	1 hour
Year 2	1 hour	1 hour
Year 3	1 hour	1 hour Swimming
Year 4	1 hour	1 hour Swimming
Year 5	1 hour	1 hour
Year 6	1 hour	1 hour

Curriculum

The areas of physical activity (games, gymnastics, dance, athletics, swimming and outdoor activities) are set out in the Foundation Stage Curriculum and National Curriculum 2014. The PE curriculum at Buxworth is based on these requirements and is detailed on each class' Long Term Plan.

Areas of activity

Early Years Pupils should be taught:

Games • Spatial awareness • Basic motor skills • Co-ordination and control • Aiming, predicting and estimating

Dance • Using their imagination in art, design, music, dance, imaginative role-play and stories

Gymnastics • Travel around, under, over and through balancing and climbing apparatus

KS1 and KS2

Games) Pupils should be taught: • Simple competitive games • A variety of ways to send, receive, strike and travel with/without a ball • Games which include running, chasing, dodging, avoiding and awareness of space and other players • To develop core skills in attacking, defending, invasion, striking and fielding • To play small-sided and simplified versions of net/wall and target games

Gymnastics (KS1 and KS2) Pupils should be taught: • To use technical vocabulary • To perform basic actions of travelling (turning, rolling, jumping, balancing, climbing) • To link movements on the floor and apparatus • To repeat movements / develop sequences • To develop complex movements

Dance (KS1 and KS2)

Pupils should be taught: • To compose and control movements by varying shape, size, direction, level, speed, tension and continuity • Investigate different genres of dance • To express feelings moods and ideas • To respond to various stimuli including music

Athletics (KS1 and KS2) Pupils should be taught: • To develop and refine basic running, jumping and throwing techniques using a variety of equipment • To measure, compare and improve their own performance.

Swimming (KS2) Pupils should be taught: • To swim unaided, competently and safely for at least 25m • To develop confidence in water and • To develop floating skills and support positions • To develop an effective and efficient swimming strokes on the front and back • To understand and follow basic water safety and survival skills.

Outdoor Activities (KS2) Pupils should be taught: • To perform outdoor and adventurous activities in a variety of environments • To face physical and problem solving challenges individually and collaboratively.

Planning for PE is initially shown in long term plans.

Lesson plans (annotated from the schemes of work) show more detailed learning objectives and differentiated activities.

Monitoring and Evaluation

Summative and formative assessment in PE is carried out by class teachers:

- Informally during the course of teaching through observation
- At the end of each unit of work teachers to complete pupil assessments in order to update the children's attainment and progress in that area of PE.
- These are used to assist in reporting to the parents and passed on to the following class teacher
- To inform future planning.

Inclusion

In accordance with the school's Inclusion Policy, PE activities are differentiated to meet the needs of each pupil. More Able and Talented pupils and children with Special Educational Needs and Disability will be identified through a range of activities. Their needs will be met through the development of individual or group programmes that encompass a range of learning styles and are designed to enrich the curriculum.

Health and Safety

Everyone has a duty under health & safety guidelines to ensure PE activities are carried out with due regard to the safety of staff and pupils in line with school, Local Authority and Health & Safety Policies. Advice can be sought from the Local Authority's adviser, or the staff members responsible for Health & Safety. Reference should be made to the school's Risk Assessments. All staff have a copy of the Health and Safety Policy in school documentation file.

- Staff should carry out risk assessments with the children at the start of all PE lessons.
- All equipment, apparatus and environment should be checked before the start of every lesson by teacher and is the responsibility of the teacher
- Children should be given health and safety guidance through the lesson
- All jewellery should be removed and stored safely before each lesson
- If children wear stud earrings they should be taken out by the child. If this is not possible, the child should be given tape to cover their earrings. Children must place and remove the tape independently
- All long hair should be tied back
- Suitable clothing should be worn for each lesson (see school prospectus for correct clothing)
Children should not engage in physical activity without correct kit
- For indoor PE children should walk to the hall with suitable footwear on (pumps/trainers or school shoes)
- All children taking part in indoor PE should be bare foot or suitable footwear for indoor PE (pumps not trainers)
- For gymnastics when the apparatus is being used suitable footwear should be worn (pumps or barefoot only)
- All children with verrucas should wear pumps
- Every child must have a school PE kit. They should bring it into school at the beginning of a half term and take it home at the end of a half term for cleaning. Children will not be allowed to share or borrow PE kits from siblings or other children in school.

When travelling to sporting activity, the appropriate risk assessments are completed and the followed issues addressed:

- All children wear seat belts
- All supervising adults to be aware of risk implications
- All supervising adults that attend swimming to hold a current DBS
- All transporting adults to be fully insured
- Parent permission for taking children out of school obtained
- Parent permission for children to be transported by other parents

- After school competitions children to be transported by their parents or a responsible adult who the child's parents have given permission. School to be informed. Safe-practice standards are consistently applied by staff, students and other visitors, across all aspects of the school.

After School Clubs

Buxworth provides opportunities for children in wide variety of areas. These after school clubs are updated and changing according to the interests of the children. After school clubs are available for children to attend from Reception to Year 6 and if required there is a subsidiary available where finance may be an issue. All sports clubs are open to both girls and boys and are delivered by qualified coaches or teachers who deliver high quality lessons. The provision of Out of School Hours sports clubs is reviewed annually and registers are kept to ensure opportunities are provided for all children.

This policy was written: June 2021

Reviewed: 29/06/2022

This policy will be reviewed: Every two years.

Subject Lead: Miss Crombleholme