



Respect, Perseverance and Happiness

Benfieldside Primary School

Physical Education

Policy

(2022-2023)

Introduction

At Benfieldside Primary School, we are committed to providing all children with learning opportunities to engage in Physical Education. This policy reflects our School's values and philosophy in relation to the teaching and learning of PE. It sets out a framework within and assessment which teaching and non-teaching staff can work, and gives guidance on planning, teaching and assessment.

Whole School Vision

- At Benfieldside Primary, we aim to inspire and engage children's interest in sporting activities through providing a wide range of opportunities within school, after school and within the wider community.
- We aim to foster children's interest in physical wellbeing and healthy lifestyles in order to establish long lasting lifestyle messages.

Curriculum Aims

- To develop skilful use of the body, the ability to remember, repeat and refine actions and to perform them with increasing control, co-ordination and fluency.
- To develop an increasing ability to select, link and apply skills, tactics and compositional ideas.
- To develop an understanding of the effects of exercise on the body, and an appreciation of the value of safe exercising.
- To develop the ability to work as a team player, taking the lead and learning to work collaboratively with others.
- To promote an understanding of safe practice, and develop a sense of responsibility towards their own and others' safety and well-being.

Through a high quality, safe and challenging PE programme, the school aims to develop successful learners, confident individuals and responsible citizens who develop as independent enquirers, creative thinkers, reflective learners, team workers, self-managers and effective participators.

Active 30

The Government Childhood Obesity Strategy has set out the ambition for all children to achieve one hour of physical activity every day, with schools being responsible for delivering 30 of these active minutes.

Benfieldside has the ambition to help children attending our school reduce sedentary behaviour and increase physical activity outside of timetabled curriculum PE. This will be achieved in a variety of way.

For example;

- Active environments accessible during breaktimes
- Active break times and lunch times (supported by staff and School Sport Organizing Crew)
- Active lessons
- BBC 'Super Movers'
- Wide range of after school sport & physical activities
- Gross motor interventions offered

Curriculum Planning and Organisation

- Each class is timetabled so that they can access the hall at least twice a week.
- The playground areas, field and foundation stage are used to facilitate activities such as outdoor activities and games.
- Teaching staff deliver high quality PE activities/lessons for 2 hours per week.
- Qualified teachers provide swimming lessons from Consett Leisure Centre.
- Coaches from local sport clubs (e.g. Tennis/ Cricket) regularly provide additional opportunities for extending the PE curriculum.
- After school sessions are carried out each half term by coaches and teaching staff.
- Coaching is provided by Newcastle United Foundation to upskill staff and provide children with engaging lessons.

Early Years Foundation Stage

Physical development within the EYFS framework is one of three prime areas for learning. The two related early learning goals are:

Expected

- Moving and handling – Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space.
- Health and self-care – children know the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe.

Exceeding

- Moving and handling – Children can confidently hop and skip in time to music.

- Health and self-care – Children know about and can make healthy choices in relation to healthy eating and exercise. They can dress and undress independently, successfully managing fastening buttons or laces.

Children access a range of daily activities to develop their fine and gross motor skills and have access to a dedicated outside area. In addition to this, they also have two weekly PE lessons.

Key Stage 1 & 2

- The school follows the PE Schemes of Work as set out by QCA and Durham County Core Tasks. The schemes are in accordance with the current National Curriculum guidelines. Core tasks and on-going assessments are used to track progress and attainment levels.
- Lessons are blocked in units of work to promote greater depth of understanding, developing skills, contextual application of these skills and the ability to perform reflectively.
- Currently, swimming lessons take place weekly for Year 5 & 6 during the year. Transport to the local pool is included as part of the PE time allocation.

Contribution of PE to teaching in other curriculum areas

Literacy - Links between PE and English include: writing sequences, following/giving instructions, oral/peer assessments, speaking and listening, and movement within drama.

Maths - Links between PE and Mathematics include: measurement, shape and space, sequences, number, angles, position and movement, rotation and time.

Computing

Children use capturing and recording equipment (cameras and videos) for evaluation/development of skills. Videos of professional/skilled athletes are also used to help develop good technique.

PSHE and PE links include following rules, living healthily, co-operating with others and understanding fairness and equality.

Commando Joe's

Commando Joe's is designed to improve educational outcomes for pupils through the RESPECT programme – working on Resilience, Empathy, Self-awareness, Positivity, Excellence, Communication and Teamwork. Children will take part in a Commando Joe Mission at the beginning and end of each half term.

Healthy Eating

The school recognises that physical activity is just one element of healthy lifestyles and actively promotes healthy eating to help combat child obesity. These messages are shared in clubs, lessons and through all areas of the curriculum.

SMSC

PE offers many opportunities that support the social development of our children. Groupings allow children to work together and give them the chance to develop respect for the abilities of other children through collaborative and co-operative work, while gaining a better understanding of themselves.

Inclusion

- Lessons will provide good quality experiences that are suitably challenging for all pupils.
- Children will undertake differentiated activities, but all will be given the same opportunity to achieve the aims through an appropriate range of activities.
- For children with limited gross motor skills, the integrity of activities will be maintained and expectations will take into account the individual needs of pupils.
- For the purposes of competitions, all children will be given the opportunity to participate in the experience.

Assessment & Recording

- Assessment is usually carried out by teachers in the course of the normal class activity. This is done mainly through observations and sometimes through discussion with children.
- A photographic/video record is sometimes used to document some of their work.
- Physical development levels and progress are recorded by the EYFS teacher for each child.
- Levels of attainment are recorded on skills grids for KS1 and KS2 pupils and then tracked by the PE coordinator throughout the year. (emerging, developing, secure, exceeding system / progression of skills).
- Physical Education / physical development is included as part of the end of year reports to parents.

Health & Safety

- Pupils are taught how to improve their own abilities to assess risks.
- First aid equipment is available, and all staff are first aid trained.
- Inhalers for pupils suffering from asthma are made readily accessible.
- Regular checks are made on all equipment.
- The PE coordinator makes termly visual checks for wear and tear and security of major items, and all staff are responsible for reporting to the subject leader if any items show wear and tear.
- Any items constituting a danger are taken out of use immediately.
- Pupils are taught how to move and use apparatus safely under the supervision of a teacher or responsible adult.
- Pupils are made aware of safe practice and understand the need for safety when undertaking any activity. (e.g. not lifting Hockey stick above the waist, not jumping or running in front of others, etc).

- Pupils are taught to understand the safety risks involved in wearing inappropriate clothing, footwear or jewellery and other body piercings (earrings).
- Teachers ensure that no jewellery is worn in lessons and long hair should be tied back. If earrings cannot be taken out, they are taped over.
- If a child has no trainers/pumps for outdoor PE they use their shoes if the activities are on the playground.

Resources

- There is a variety of equipment to enable pupils to achieve objectives, which are best suited for their age and stage.
- Large equipment/ mats and some indoor PE resources are stored in the hall.

School Sports Premium

- The school has a detailed plan to improve the quality of PE provision for all pupils. This is updated termly. The plan includes an overview of sports premium spending and a review of the impact of the allocated funds.

Monitoring & Review

- The PE coordinator will oversee the continuity and progression within annual and medium term plans.
- The coordinator will support colleagues and share expertise, arrange opportunities for outside agencies to visit the school in order to enhance learning and direct teachers to examples of good practice.