

Banks St. Stephen's C.E. Primary School Physical Education (PE) Policy

1 Aims and objectives

Physical Education develops pupils' physical competence and confidence and their ability to use these to perform in a range of activities. It promotes skilfulness, physical development and knowledge of the body in action. Physical Education provides opportunities for pupils to be creative, competitive, cooperative and face up to different challenges as individuals and in groups and teams. It promotes positive attitudes towards healthy and active lifestyles.

Pupils learn how to think in different ways to suit a wide variety of creative, competitive, cooperative and challenging activities. They learn how to plan, perform and evaluate actions, ideas and performances to improve their aptitudes, abilities, preferences and make choices about how to get involved in lifelong physical activity.

National Curriculum for England and Wales; Physical Education; p15

Banks St Stephen's CE Primary School seeks to provide a full, varied and interesting Physical Education curriculum which challenges, engages and excites pupils and staff alike. We see Physical Education as a vital part of the education experience as a whole.

In all our PE lessons we aim to:

- Stimulate and maintain pupil interest and enjoyment in PE and to promote health and fitness for current and future lifestyles.**
- Enable pupils to be familiar with a body of knowledge, principles and vocabulary to relate to PE.**
- To enable pupils to see PE as a major feature in our lives, related to employment, leisure and culture and a wider body of knowledge and skills e.g. interpersonal and problem-solving skills.**
- To enable pupils to understand and use safe practice and to appreciate its importance in PE, to understand the short and long term effects of exercise on the body and to understand the role of exercise in a fit and healthy lifestyle.**
- Enable pupils to develop a range of desirable personal qualities such as safety, awareness, politeness, perseverance, concern for others, initiative and independence. The establishment of self-esteem through the development of physical confidence is a major aim.**
- Enable pupils to work independently and as part of a group or team in varied activities so PE contributes to the development of core skills such as communication by speech.**
- Employ teaching methods and resources that will allow all pupils to have equal access to PE and to experience success and enjoyment in their PE work.**
- Develop an awareness in pupils of the implications of sport and physical activity (past and present) for the individual and local, national and international communities.**

These objectives relate directly to the aims for PE at Banks St Stephen's and are intended to show how the aims are put in practice.

Staff will provide a variety of experiences and activities during the course of study and during a PE lesson is possible and appropriate, for example:

- Games – Invasion Games, Net and Wall Games, Striking and Fielding Games
- Gymnastics
- Dance
- Swimming
- Indoor and outdoor activities
- Individual and group activities
- Problem-solving
- Communicating PE ideas to others by means such as speaking, listening and appraising
- Practising and refining skills
- Using repetition in order to improve

2 Teaching and learning style

We use a range of teaching and learning styles. Staff will encourage pupils to recall and apply their knowledge and skills in familiar and unfamiliar situations. Staff will refer to work in other curriculum areas where appropriate.

Lessons should be conducted in a secure, supportive and disciplines manner that demonstrates mutual respect. Pupils should learn rules, etiquette, laws and codes for various activities. The scheme of work used identifies planned opportunities for pupils to develop a range of desirable personal qualities.

There should be opportunities for individual and/or group activities so pupils can express their feelings verbally and learn how to work collaboratively as well as on their own. Staff will adhere to the school reward system in order to encourage pupils to achieve their full potential and experience a feeling of achievement. Pupils should be encouraged to share their experiences with others in order to enhance the quality of learning and to develop socially and inclusively.

Staff will also utilise the Champions of Character outlined by WLSP – Honest Holly, Empathetic Eddie, Resilient Rebecca, Reflective Rachel, Respectful Reggie and Responsible Ryan. Each area of PE will have a particular character focus where staff will be looking out for children who display those characteristics and qualities:

- Dance - Reflection
- Gymnastics - Respect
- Striking and fielding - Responsibility
- Invasion games - Resilience
- Net and Wall - Empathy
- Athletics - Honesty

3. Physical Education planning

The school is part of the West Lancashire Sports Partnership (WLSP) who come and deliver a PE session every week. The teaching staff use these plans to deliver a

'follow-up' lesson. Children receive two hours of timetabled PE a week – one hour by the sports coach from WLSP and one delivered by their class teacher.

Elements of PE are also covered in other curriculum areas. Although the links are not always overtly displayed, staff will draw attention to them wherever the opportunity arises e.g.-

- **Science: Health and fitness; drugs and abuse**
- **Maths: Speed; distance; time; measuring; recording; handling data**
- **English: Speaking and listening; subject-specific vocabulary**
- **Geography: Map-reading**
- **Music: Rhythm and tempo**
- **ICT: Use of stop watches; use of digital cameras and digital video; use of spreadsheets for recording and interpreting data; use of the internet.**

4 Inclusion

Banks St Stephen's is committed to inclusion. We are committed to do our utmost to include all pupils regardless of gender, colour, religion, ability or disability in accordance with the whole school inclusion policy.

Inclusion will be implemented as follows:

- **Standard activities and expectations as planned.**
- **Adapted activities and expectations in line with individual pupils.**
- **Different activities planned in line with individual needs.**

Inclusion issues will be considered and acted upon in consultation with parents, children, the school's senior management team and having sought guidance from the school's inclusion policy and from the Local Authority if necessary.

5 Healthy and Safety

Pupils should follow written and verbal instructions accurately. Safety is further enhanced by emphasis on the following:

- **The need to wear correct clothes/equipment**
- **The need to follow rules**
- **How to lift, carry, move and place heavy equipment**
- **The need for warm-up and recovery period when exercising**
- **How to swim and be safe when around water**
- **General safety rules when engaged in Outdoor Education**

6 Extra-Curricular Activities

At Banks St Stephen's we try to run a wide variety of after school sports activities either delivered by staff or coaches from WLSP. We are also part of TASA – the Tarleton Active Schools Alliance – which enables us to participate in local Level 2 competitions.

7 Assessment and recording

Assessment is undertaken at the end of each unit at the end of every half term. The sports coaches from WLSP will give the class teacher their assessment and the class teacher will use this, and their own observations, to form the termly summative assessment.

8 PE Kit

Pupils are expected to bring their own kit to each physical education lesson. The agreed PE kit is:

- Blue St Stephen's tshirt
- Blue or black shorts
- Black plimsolls for indoor PE and trainers for outdoor PE

Pupils may wear a tracksuit or jogging bottoms at the class teacher's discretion.

Pupils are expected to bring their PE kit to every lesson. Pupils who fail to bring the correct PE kit will, in the first instance, be provided with any spare kit available. Repeated forgetting of PE kits will result in a letter home to parents/carers.

If a pupil is injured or unwell, a note will be expected from parents to say that they are unable to participate. The child may still be able to participate in the lesson in a modified role so will usually still be expected to change into their PE kit.

9 Sports Premium funding

Banks St Stephen's has a service level agreement with West Lancashire Sports Partnership to deliver weekly sports lessons to our children as well as deliver an after-school club in their specialism. We also utilise the Bolt-Ons that they offer such as PE Plus, Bikeability and Balancability, Dr Feelwell and Born To Move. These are either whole class additional 'extras' or are targeted at specific identified children who we think would benefit from such extra intervention.

This policy was reviewed by Sally Baines September 2019.