

# **BROOKSIDE PRIMARY SCHOOL PE POLICY**

## **Introduction**

At Brookside Primary School we recognise the importance PE plays in the curriculum and are committed to providing all children with opportunities to engage fully in Physical Education(PE). PE should provide opportunities for all pupils to become physically literate and confident in a way which also supports their health and fitness. Children should acquire not only physical skills, knowledge and understanding, but also the awareness and importance of leading healthy, active lives, as well as the values of sportsmanship, fairness and respect through the sports and activities they undertake.

## **PE INTENT, IMPLEMENTATION AND IMPACT**

### **Intent**

At Brookside Primary School, Physical Education (PE) is an integral part of our Curriculum that is inclusive and engages all pupils, in a safe and supportive environment. We aspire for children to acquire, develop and refine their practical skills and techniques; to further their knowledge and understanding of PE concepts and principles and develop their overall competence, to enjoy, and excel in, a broad range of sports and physical activities.

We aim to deliver high-quality teaching and learning opportunities which inspire all children to succeed in physical education and in developing life skills; to enjoy their learning; to be resilient and consistently strive to give their best efforts at all times and achieve their potential and personal best.

Children participate in competitive sport and through this we teach children how to cooperate and collaborate effectively as part of a team and compete appropriately against others, adhering to the principles of fairness, sportsmanship and respect, values we hope to embed for future life.

We understand the importance PE, School Sport and Physical Activity have on children's general health, fitness and mental wellbeing. We provide opportunities for all children to be physically active for sustained periods of time and we teach children the importance of leading healthy, active lives and making informed and appropriate lifestyle choices.

Swimming is an important life skill and we aspire for all children to leave primary school being able to swim at least 25 metres.

## Implementation

- PE at Brookside Primary School provides challenging and enjoyable learning through a range of sporting activities including; Invasion Games, Net & Wall Games, Strike and Field Games, Gymnastics, Dance, Outdoor & Adventure Activities and Swimming
- In Nursery, children begin to develop the foundations of movement through accessing the Physical Development strand of development matters. This is taught discretely within the continuous provision throughout the day and through some focus activities. This continues into Reception. Reception begin formal PE sessions within the Autumn term. They also continue to develop these skills within their continuous provision.
- In KS1 and KS2 children have 2 hours of quality PE sessions a week following the prescribed Complete PE plans. We ensure planning, content and delivery is age appropriate. Our scheme ensures lessons, year on year, are progressive in both knowledge and skill.
- The long term plan sets out the PE units which are to be taught throughout the year and ensures that the requirements of the National Curriculum are fully met.
- In addition to their weekly PE lessons, all children in KS1 and KS2 have the opportunity to participate in extra-curricular sports activities throughout the year.
- Children in KS1 and KS2 and SEND children also have opportunities to participate in the local Ellesmere Port School Sports Partnership Inter School sports competitions and festivals. This is an inclusive approach which endeavours to encourage not only physical development but also mental well-being. These events also develop teamwork and leadership skills and are very much enjoyed by the children.
- During the year, key stage 2 classes take it in turns to attend swimming lessons. We also have a catch up course at the end of the summer term for any children in year 6 that are still not fully secure in the expected standards.
- The emphasis of our PE curriculum is inclusion for all children regardless of sporting ability. We provide suitable learning opportunities for all children, including those with SEND.
- We promote both participation and competition through P.E and sport. We ensure all children experience competition at some level, individually or in a team, within lessons.

- We offer a Residential OAA experience for children in Years 4 and 6 each year
- We have an annual inclusive Sports Day, with the emphasis on participation and achievement for all
- All children participate in whole school daily sessions of "The Daily Mile " and "Active 5" to promote health, fitness, mental wellbeing and personal challenge and resilience. Children compare their performances with previous ones and strive to improve their personal best. Competing with others fosters a sense of team spirit and cooperation amongst our children.
- We are soon to launch 'Sports Leaders' for the school. Upper key stage 2 children will develop into sporting role models for the younger children, assisting with lunch-time clubs, our annual Sports day and any other Sporting activities.

### **Impact**

At Brookside Primary School, we ensure that our PE curriculum is inclusive and progressive and allows all children the opportunity to acquire and develop fundamental knowledge, understanding, skills and techniques and apply these to a wide variety of different sports and activities.

PE lessons are fun, enjoyable and challenging and all children can achieve, to the best of their ability, in a supportive, safe and stimulating environment. Our pupils are physically active, and this has a positive impact on their learning in the classroom. Children understand how to lead a healthy lifestyle and understand the importance of regular exercise and activity for their physical and mental wellbeing.

We aspire for all children to enjoy PE and develop a love of sport and physical activity, which hopefully becomes part of their future life outside of Primary School. Children have opportunities to participate in sport after school can also represent the school at sporting events from local to county level. IN PE, we also measure impact by:

- Regular learning walks
- Pupil questionnaires
- PE Premium spend analysis
- Analysis of participation at after school clubs and Ellesmere Port SSP competitions
- Assessment data

## Aims:

**The consistent delivery of high quality PE lessons which are exciting, challenging and enjoyable and provide many varied learning opportunities**

- Develop knowledge, skills and understanding across a broad range of sporting activities.
- Engage in moderate to intense physical activity over sustained periods of time.
- Participate in competitive sports and activities.
- Lead healthy and active lives, picking up positive habits for their future lives.
- To compete in games and activities in a collaborative team.
- To promote safe practice in all sports and activities.
- To use sport to build pupils self-confidence and self-esteem.
- To encourage involvement in extra-curricular sporting activities and develop community and club links
- Increase participation in competitive sports both in and out of School.
- To develop Staff competence and confidence in the delivery of high quality PE lessons

## Responsibility for PE at Brookside Primary School

Miss A Loney (PE Lead) has overall responsibility for everything relating to PE, Physical Activity and the development, monitoring and review of the provision of PE and Physical Activity.

Miss Loney will consult with the Head Teacher on PE matters and provision and the Head Teacher will oversee all things relating to PE at Brookside Primary School.

Staff who teach or support in PE should be aware of this Policy and consider how they can support it and staff who provide PE and physical activity should ensure that safe and effective procedures are adopted in all physical activities at all times.

## External Providers

To increase opportunities and inspire children to be active, we regularly source Outside Providers to deliver activities which would not normally be covered in curriculum time. We also have a Dance Specialist who works with different Classes in the Autumn term. All visitors are expected to work within the framework of this policy.

All visitors/coaches who attend School are expected to have an up to date CRB/DBS and provide this along with photographic I.D (passport/driving licence) on arrival for their session. Documentation should be checked by Admin. Staff, prior to entry.

This policy should be made available to visitors if reasonably practicable.

## **Health and Safety**

We recognise that participation in PE and Physical Activities contains an element of risk. Staff are responsible for ensuring that they are familiar with Risk Assessments and safe practice to reduce the element of risk to the absolute minimum within their control.

- Staff are aware of pupils who have SEN with regards to physical activity and make special provision for needs where appropriate e.g. physical disability, asthma
- Staff know about the safe practices involved in moving and using apparatus
- Pupils wear appropriate clothing, remove jewellery and tie back long hair. If the removal of jewellery or studs is not possible they should be securely taped and the teacher is confident this strategy is effective. Our School's PE kit comprises of shorts and a t-shirt for all children and does not discriminate based on gender, race, disability, sexual orientation or belief.
- Pupils may be asked to remove shoes when participating in indoor activities such as gymnastics,
- Equipment and apparatus is stored safely at the end of each lesson.
- Pupils are taught to consider their own safety and that of others at all times.
- School shoes are not permitted to be worn for PE

## **PE and School Sports Premium Funding**

The PE and School Sports Premium funding is used in a number of different ways to support and develop PE and School Sport at Brookside Primary School. A breakdown of the funding allocation (which is subject to change) can be viewed on the School website.

## **PE Curriculum**

Children from Years 1 to Year 6 have 2 45minute lesson of PE a week during curriculum time. Reception has a 20-30 minute session each week. In addition to this, key stage 2 children attend swimming classes on a rota format. Everyday, all children in School participate in The Daily Mile and Active 5.

The PE Curriculum at Brookside Primary School covers the National Curriculum Programmes of Study in PE, as stipulated in the PE National Curriculum 2014 document. The School uses a PE Scheme of Work from Complete PE, which is used to ensure year on year progression in skills, knowledge and understanding. Pupils develop physical skills, knowledge and understanding, as well as learning about fitness, co-operation, sportsmanship and fair play. Pupils' are assessed using our online PE Assessment tool to ensure progress is made and age related expectations are met by all children. Children are assessed termly by the PE Lead with a final result being awarded at the end of the Year.

## **Activities taught at Brookside Primary**

- Dance
- Gymnastics
- Fundamental Movement Skills
- Games
- Outdoor and Adventurous Activities - also covered during the year 4 and 6 residential trip
- Athletics
- Health Related Fitness

## **Assessment & Recording**

Assessment is carried out by the class teacher and PE Lead Teacher. Children will be levelled as either Emerging, Developing or Secure, in accordance with Age Related Expectations, as per the Assessment Procedures for the curriculum areas covered. Swimming will be assessed by the swimming instructors at EPSV. The PE Lead will be responsible for publishing Swimming data on the School Website, as per National Guidance.

## **Participation in PE**

We aim for full participation in every PE lesson and aim to do this by:

- Allowing all children to come to school in their PE kits on their allocated PE days.
- Our curriculum takes into consideration the range of pupils' needs to ensure continuity and progression in learning is provided and PE lessons will be suitably differentiated in order to support and challenge pupils.
- Staff ensure that pupils of all abilities are able to access the PE curriculum by providing alternative or different resources to develop new skills and ensure a positive relationship with physical activity from an early age.
- Pupils who are unable to participate in a PE lesson will purposefully adopt other roles in the lesson, such as observing, giving feedback, video recording, evaluating, coaching, umpiring and refereeing. Parental notes should be written, signed and handed to Class Teachers (PE Lead to thereafter be informed) if a child is not able to participate in PE due to any short or long term injury or medical/health reason.

## **Facilities available for physical activity**

On-site facilities include (*school to include*) eg :

- School Hall - climbing frames, gymnastics mats, balance benches, box, springboards.
- Playgrounds (KS1 and KS2 separate playgrounds) - to be used during the day for play times, lunch times and PE, both in and out of school hours
- MUGA is used for break/lunchtime activities and curriculum activities
- EPSV for all swimming lessons

## **Clothing to be worn during physical activity (before, during and after school)**

We ask that all pupils wear:

- White t-shirt (long sleeve tops are permitted to be worn underneath and encouraged during winter months)
- Black shorts (leggings underneath are permitted)
- Trainers or black PE pumps
- School shoes are not permitted to be worn
- Brookside Primary school sweatshirts can also be worn on top of the t-shirt during autumn/winter months

We will always endeavour to provide spare kit for pupils cannot access their own designated school PE kit, to ensure that children do not miss PE lessons.

## **Physical activity outside of the curriculum**

In addition to PE, there are a range of opportunities for physical activity throughout the school day.

## **Extra-curricular activities and clubs**

A range of After School Sports Clubs are available to pupils. These clubs complement the curriculum and support the interests of pupils. Since September 2018, pupils have also begun to regularly take part in a range of inter-school sports competitions/festivals, through the Schools membership of The Ellesmere Port School Sports Partnership.

## **Involving parents and carers**

We recognize the important part parents and carers play in encouraging children to participate in physical activity. Information about PE, physical activities and sporting

competitions organised by the school and opportunities after school, are shared with parents/Carers by means of specific PE letters from the PE Lead and on the School website.

### **Monitoring and evaluation of physical activity**

The PE Lead Teacher or a member of SLT with responsibility for Monitoring is responsible for the overall monitoring of the quality of PE and Physical Activity provision.

We monitor PE in the curriculum through subject reviews and self-evaluation in order to provide an accurate perspective on how it is being delivered and how it can be further improved.

Physical Education is monitored and evaluated through:

- Lesson observations
- Monitoring of equipment
- Pupils Assessment data
- Feedback from staff
- Children questionnaires
- Pupil records of participation
- Feedback from pupils/school council about PE and general physical activity
- Pupil attendance and achievement in sporting competitions
- Attendance at after school sports clubs

### **Equal opportunities and inclusion**

We comply with the Equality Act 2010 and are proactive in ensuring that all pupils, including those with SEN needs or disabilities are provided with a comprehensive programme of physical activity. For pupils with disabilities or health conditions we will endeavour to adapt activities to suit their specific individual needs, where possible. Where appropriate, this may mean providing specialised equipment, differentiating activities, offering a parallel or separate activity with a Support Assistant or 1 to 1 staff member, or setting a challenge appropriate to their skill level.

Pupils who do not participate in physical activity on a regular and consistent basis will be referred to SLT.

### **SEND**

A high-quality PE curriculum enables **all** pupils to enjoy and succeed in many kinds of physical activity.

In order to provide equal opportunities for pupils with SEN and/or disabilities and for those children to gain full access to the Primary PE Curriculum, in PE we will:



- set suitable learning challenges
- respond to pupils' diverse learning needs, and
- overcome potential barriers to learning and assessment for particular individuals and groups of pupils.
- modify the curriculum to remove barriers, so all pupils meet the same objectives.

In some activities, pupils with SEN and/or disabilities will be able to take part in the same way as their peers. In others, some modifications or adjustments will need to be made to include everyone.

To overcome potential barriers to learning in physical education, some pupils may require:

- adapted, modified or alternative activities that offer an equivalent degree of challenge to the activities in the programmes of study and that enable the pupils to make progress
- specific support they need to take part in certain activities or types of movement, and
- careful management of their physical regime to allow for their specific medical conditions.

Assessment will take into account a range of factors in the context of the activity undertaken.

## **HEALTH/MENTAL WELLBEING**

The aim of teaching children about physical health and mental wellbeing is to give them the information that they need to make good decisions about their own health and wellbeing. Physical health and mental wellbeing are interlinked, and we teach pupils to understand that good physical health contributes to good mental wellbeing, and vice versa.

At Brookside Primary, in PE lessons, we teach the characteristics of good physical health and mental wellbeing. Pupils are taught about the benefits and importance of physical activity, exercise, diet and nutrition and how this can impact on their overall health and wellbeing. Children learn about the changes that can occur to their bodies, as a result of physical activity, and how being active can impact positively on their mental wellbeing. We go by the mantra, "healthy body. Healthy mind"

## **EAL**

Children who have English as an additional language, are expected to take part in PE. Due to the nature of PE, where access cannot be gained through understanding of the spoken word, children will be encouraged to observe or copy and repeat either their peers or the Class

Teacher. Pictures of skills, actions and techniques will also be used to provide as visual stimulus for EAL children, in order that they gain an insight as to what is required in the lesson. The Class Teacher may also use other strategies to allow EAL children to access lessons content.

### **Dissemination of the policy**

The policy is available to parents and carers and pupils via the school website. Parents and carers and pupils new to the school may be given a summary on request and there is a copy in the school reception area. The full policy is available to parents and carers and pupils on request.