



# St Barnabas

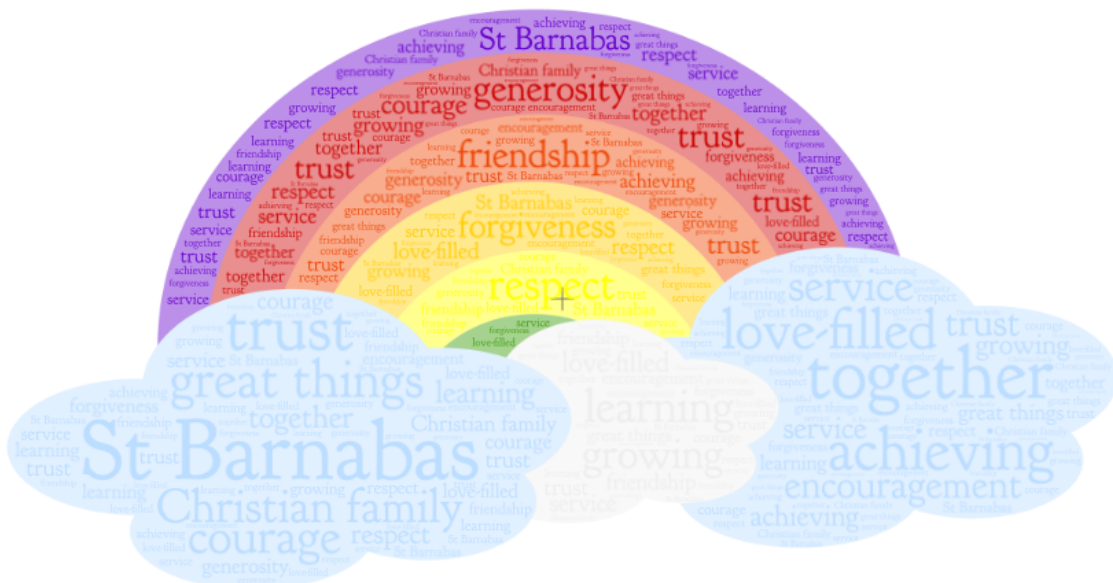
Church of England Primary Academy

A member of **CDARI**

**'That they shall have life, life in all its fullness!'** John 10:10

**'Achieving great things through learning and growing together in a love-filled Christian family'**

## Physical Education Policy



**Physical Education Lead: Emily Gardner**

**Headteacher : Becky Ham**

**Physical Education Link Governor : John McMonagle**

## **Rationale**

Physical activity not only improves health, reduces stress and improves concentration, but also promotes correct physical growth and development. Exercise has a positive influence on academic achievement, emotional stability and interaction with others. Therefore both teachers and children should be aware of its importance. We provide the broad and balanced programme of physical education we believe every child should have; with activities designed to be enjoyable, vigorous, purposeful and regular. Through providing positive experiences, a lifelong interest in physical activity is encouraged. The range of physical activities is wide and includes athletics, dance, games, gymnastics, swimming and outdoor education. A high quality programme is designed to satisfy the needs, abilities and interests of all individual children.

At St Barnabas each class will receive 2 hours of physical activity per week. Classes are timetabled to have at least two Physical Education sessions per week. The sessions will contain elements required by the National Curriculum of:

KS1 pupils should be taught to:

- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
- participate in team games, developing simple tactics for attacking and defending
- perform dances using simple movement patterns. (New National Curriculum)

KS2 pupils:

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Pupils should be taught to:

- use running, jumping, throwing and catching in isolation and in combination
- play competitive games, modified where appropriate [for example, handball, basketball, cricket, football, rugby, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
- develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- perform dances using a range of movement patterns
- take part in outdoor and adventurous activity challenges both individually and within a team
- compare their performances with previous ones and demonstrate improvement to achieve their personal best. (New National Curriculum)

## **Aims**

1. To promote a healthy and fulfilling lifestyle by developing self-motivation to take part in physical activity outside school as recreation:
  - by developing a positive attitude and interest in a wide range of physical activities.
  - by raising awareness of issues regarding Health Related Fitness.
2. To contribute to the physical development of each child: size, strength, fitness, speed, gross and fine motor skills.
3. To contribute to the intellectual development of each child:
  - aesthetic appreciation and understanding of Dance and Gymnastics.
4. To help establish the individual child's self-esteem and confidence. To develop social skills (co-operating in groups, playing fairly to rules, mixing with children from other schools).
5. To ensure that every class includes Level 1 competition (competition within the school) at the end of every unit of work.
6. To ensure every child has the opportunity to take part in after school sports clubs, as well as external competitions and tournaments.

## **Guidelines**

### **St Barnabas CE Primary Academy will:**

- Follow a broad and balanced PE curriculum fulfilling the demands of the New National Curriculum.
- Aim to ensure every child moving on to secondary school can swim 25m and has basic water skills.
- Ensure every child has the opportunity to represent St Barnabas in a competitive sports fixture by the end of KS2.
- Aim to develop the fitness of the individual, by ensuring a good pace in lessons and incorporating fitness activities into physical education lessons as appropriate.
- Integrate, where possible; into other curriculum areas (eg use of athletics data in ICT and number work in both numeracy and PE lessons).
- Develop programmes that meet the needs of all the children, providing equal opportunities – inclusion of SEN and physical disabilities.
- Ensure children wear the St Barnabas expected P.E. kit for all lessons. (See below). Also, ensure teachers change into appropriate clothing (Staff PE kit) to teach PE lessons.
- Make allowances for children with disabilities and medical conditions, taking into account children with special needs, through modified and mini versions of games and practices.
- Provide enjoyable experiences, where positive attitudes of sensitivity, cooperation, competition and tolerance may develop.

## **The P.E. Curriculum**

### **Curriculum Framework**

Teachers should use the Primary PE Passport curriculum framework as a starting point when planning their work in Physical Education. The progression maps for each area of PE have been devised to show progress across and within year groups, using 'I can' statements.

### **Units of Work**

The class teacher should identify from the curriculum map (Primary PE Passport) the 5-7 week unit of work their class will be following. Swimming lessons are planned and taught by trained instructors who plan targets for each of the ability groups.

### **Individual Lessons**

Individual lesson plans may be taken directly from available resources and adapted to suit the class. If the class teacher is confident he/she may choose to plan the lessons in their entirety. This is, in many ways, preferable, but teachers should ensure they plan to the weekly learning intentions of the unit of work. This will ensure progression throughout the unit of work and means skills will not be taught in isolation and there is a clear end objective. This objective may be realised explicitly in the final lesson. For example, with a performance in Dance, or a full (age appropriate) rules tournament in Games.

## **PE KIT**

### **Early Years, KS1 and KS2**

In the interests of safety and hygiene teachers must come to school dressed in the following kit for PE lessons. This will ensure consistency and avoid confusion for the children:

**Games and Athletics:** Shorts and t-shirt for indoors lessons in the hall (plain black track-suit bottoms and jumpers or zip up hoodie should only be necessary in the playground on a cold day).

Pumps or trainers can be worn for these sessions

**Dance and Gymnastics:** As for Games, but pumps or bare foot.

**Swimming:** Swimming costume, swimming hat (girls and boys with hair that covers the eyes). Goggles may be worn but only when slip is returned and completed from school's goggles letter.

**Outdoor Activities:** Generally as Games, but otherwise clothing appropriate to the activity.

### **General Points**

- Teachers should also wear appropriate clothing.
- Children should be advised if a child is unable to participate through illness or injury and this should be recorded within the app. Staff should be vigilant if a

pattern of non-participation is established for a variety of reasons (including child protection issues).

- Children not going swimming through illness or injury should attend the session and complete basic land activities/read water safety materials.
- In all other PE lessons children not participating should remain with their class: helping in the lesson or doing PE related work such as photographic assessment opportunities.

### **PE Kit Policy**

All children will come into school, wearing the appropriate school PE kit on their designated days. If kit is not worn, a call home to ask for kit to be brought in or spare kit is available.

### **Accidents**

For minor injuries (bruises and bumps) children should be encouraged to continue where possible but sit and watch if necessary. For small cuts or grazes the teacher can use the class first aid kit to apply first aid.

All injuries must be recorded on the central online First Aid system

For serious accidents (head injuries, serious cuts or suspected fractures) the teacher should stay with the child and contact the office via devices. After the incident the teacher must again complete an accident report form online and submit this. Parents of children with the above injuries will also be contacted either by the school office or spoken to after school if no further medical treatment is required.

### **Medical Conditions**

It is the responsibility of the teacher to take note of any medical conditions of individual children in their class (such as asthma, diabetes or epilepsy) so they can participate safely and as fully as possible. It should be noted that cold dry weather will exacerbate breathing problems for asthmatics and they should have their inhalers at hand if necessary.

### **OTHER ISSUES**

Swimming sessions have been risk assessed and there is a guidance sheet available from the coaches on dry week. The premises have been risk assessed by the site manager. All playgrounds and halls (including apparatus) will be safety checked annually by a specialist company. Equipment is dealt with below.

### **Equipment and Resources**

#### **Safety**

Small equipment is checked by the subject leader on an ongoing basis. If any defect is found in any of the PE equipment this must be reported to the PE Curriculum Leader and taken out of use. Children should be made aware of safe

handling of the PE equipment and should be taught the established St Barnabas method of carrying Gymnastics apparatus (to ensure consistency throughout the school). These are available in the PE Scheme of Work folder of staff shared.

### **Locating equipment**

Gymnastics equipment for all classes is kept in the hall. Core Games equipment is kept in the PE cupboard. Some EYFS physical development equipment is stored in their cupboard, in the outside area.

### **Ordering Equipment**

Any new equipment required can be ordered through the PE Curriculum Leader. The PE and Sports Premium grant has meant that the school has invested in an extensive range of new equipment to be used during playtimes and in PE lessons.

### **Inclusion**

Inclusion in Physical Education means that all children have access to and are given confidence in the 6 activity areas, regardless of race, gender and ability. We should aim to create an environment in which all children learn to respect and value each other and each other's interests. This can be achieved by employing the following strategies:

- Mixing groups in terms of gender and ability.
- Structuring activities so all are fully involved. For instance, a team cannot score in a basketball game until all the team has touched the ball.
- Giving all the children an opportunity to share their work. For instance, allowing time at the end of a gymnastics lesson for the whole class to perform their sequences.
- Considering the needs of children with physical or learning difficulties and taking the necessary steps (by enlisting extra help, adapting equipment or differentiating tasks) to ensure they have equal access to the curriculum.
- Recognising the need to extend more able pupils and, if necessary, referring them to the subject leader and gifted and able curriculum lead. They may then be further extended.

### **Recording and Assessment**

The PE Curriculum Framework will serve as a record of the broad topics covered (units of work) in each activity area for subsequent teachers to refer to. The Lancashire Primary PE Passport App breaks lessons down from yearly overview to medium term plans through to individual lesson plans. In line with overall school policy, teachers should record notes on the app to highlight assessment against outcomes, lesson by lesson and at the end of the unit. This will also include AfL comments, attendance and the end of unit 3 stage assessment, covering 'Developing Skills, Application of Skills and Character Development'. During swimming lessons, distances achieved and National Swim Awards passed are

recorded by swimming instructors and passed to the PE Curriculum Leader – Blackburn with Darwen certificates will then be presented in Celebration Worship. All swimming data can then be added to the Primary PE Passport App. Assessment at the end of each unit (two per half term) will determine if children are Working Towards, Achieving Expectations, Exceeding Expectations or Greater.

### **Other Issues**

#### **EXTRA-CURRICULAR SPORT**

St Barnabas is fully committed to providing extra-curricular sporting opportunities. These include:

- Clubs (lunchtime and after-school) available to all age groups and in a range of activities.
- Competitions against other primary schools in a wide range of sports through inter and intra competitions.
- Friendly matches against other schools/groups.
- Exhibiting work. For example a dance performance in assembly or information, pictures, reports, videos on the school website.

#### **LINKS WITH OTHER AGENCIES**

These include:

- Participation in local sports leagues (primarily the DPSSA and BwD SGO) with other primary schools.
- Involvement with Blackburn Rovers Community Centre.
- Involvement with specialist sports coaches to develop teacher CPD, Playtime Leaders and after-school Gifted and Able clubs.

#### **STAFF TRAINING**

- The PE Curriculum Leader will have access to specific training to support and develop their role.
- All staff will be encouraged to attend courses and review resources alongside the PE Curriculum Leader.
- Specialist coaches working with classes, highlighted by PE Curriculum Leader, to help staff CPD in certain areas of the curriculum.

**Policy reviewed September 2022**