



Burnside Primary School

Physical Education Policy

May 2018

### **Aims and objectives**

PE develops the children's knowledge, skills and understanding, so that they can perform with increasing competence and confidence in a range of physical activities. These include dance, games, gymnastics, swimming and water safety, invasion games, athletics and outdoor adventure activities. PE promotes an understanding in children of their bodies in action. It involves thinking, selecting and applying skills, and it promotes positive attitudes towards a healthy lifestyle. This encourages the children to make informed choices about physical activity throughout their lives.

Our objectives in the teaching of PE are:

1. To enable children to develop and explore physical skills with increasing control and coordination;
2. To encourage children to work and play with others in a range of group situations;
3. To develop the way in which children perform skills, and apply rules and conventions, for different activities;
4. To show children how to improve the quality and control of their performance;
5. To teach children to recognise and describe how their bodies feel during exercise;
6. To develop the children's enjoyment of physical activity through creativity and imagination;
7. To develop an understanding in children of how to succeed in a range of physical activities.

## **Time Allocation**

The Government recommends the following minimum PE requirements to meet the National Curriculum demands

- Two hours of high quality PE a week
- Three hours OSHL (out of school hours learning) offered
- Swimming to be taught during lower key-stage 2
- In addition, all children have the opportunity to join in a variety of extra-curricular sports clubs run by staff and outside agencies. This gives them the opportunity to develop their skills, enjoy performance and encourage sport as part of a healthy lifestyle.

## **PE Kits**

All children are provided with a school PE kit (consisting of shorts and t-shirt) which is kept in school at all times. Parents/carers are required to provide their children with appropriate PE footwear - especially for the Summer Term. Teachers should also wear appropriate clothing and footwear.

All jewellery must be removed. Teachers will not take responsibility for looking after jewellery or for removing earrings. Children should bring a note if they are unable to participate through illness or injury. 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 will accompany their class to the swimming venue in order to listen to the coach's instructions. In all other PE lessons children not participating will remain with their class.

## **Health and safety**

We encourage the children to consider their own safety and the safety of others at all times. We expect them to change for PE into the agreed clothing for each activity area. Teachers are expected to check all apparatus and the area P.E. is taking place for any potential health and safety issues and adapt their lessons/ or make the children aware before starting.

As stated in the Durham County Primary Physical Education Policy and Guidance - *"Personal effects, such as jewellery, religious artefacts, watches, hair slides, sensory aids etc, should always be removed by pupils before participating in physical activity. Ear studs are not permitted to be worn in any form of Physical Education."*

### **Teaching and learning style**

We use a variety of teaching and learning styles in PE lessons. Our principal aim is to develop the children's knowledge, skills and understanding, and we do this through a mixture of whole class teaching and individual or group activities. Teachers draw attention to good examples of individual performance as models for the other children, and we encourage the children to evaluate their own work as well as the work of other children. Within lessons, we give the children the opportunity both to collaborate and to compete with each other, and they have the opportunity to use a wide range of resources.

We currently take advantage of the coaching package from external coaches, which includes the school benefiting from a fully trained, experienced specialist teacher, who teach a variety of sports/activities to the children of both KS1 and KS2 on a half termly basis. In addition, all KS2 children benefit from participating in an extensive outdoor activities programme, carried out off school premises, lead by specialist teachers.

In all classes, children have a wide range of physical ability. Whilst recognising this fact, we provide suitable learning opportunities for all children by matching the challenge of the task to the ability of the child.

### **Contribution of PE to teaching in other curriculum areas**

- English - PE contributes to the teaching of English in our school by encouraging children to orally describe what they have done, and to discuss how they might improve their performance.
- Mathematics - PE contributes to the teaching of mathematics by encouraging children to measure and record what they do accurately.
- Personal, social and health education (PSHE) and citizenship - PE contributes to the teaching of personal, social and health education and citizenship. Children learn about the benefits of exercise and healthy eating, and how to make informed choices about these things.
- Spiritual, moral, social and cultural development - The teaching of PE offers opportunities to support the social development of our children through the way in which we expect them to work with each other in

lessons. Groupings allow children to work together, and give them the chance to discuss their ideas and performance. Their work in general enables them to develop a respect for other children's levels of ability, and encourages them to cooperate across a range of activities and experiences. Children learn to respect and work with each other, and develop a better understanding of themselves and of each other.

- PE and ICT - Information and communication technology enhances the teaching of PE, where appropriate, in all key stages. In dance and gymnastics, children make video recordings of their performance, and use them to develop their movements and actions. Older children compare each other's performances from recordings, and use these to improve the quality of their own work. A digital camera can record experiences during outdoor activities.

### **PE and inclusion**

We teach PE to all children, whatever their ability or individual needs. PE forms part of the school curriculum policy to provide a broad and balanced education to all children. Through our PE teaching, we provide learning opportunities that enable all pupils to make good progress.

### **Resources**

There is a wide range of resources to support the teaching of PE across the school. We keep most of our PE equipment in the 'PE area' the hall. The hall also contains a range of large apparatus - for example benches and mats - which we expect children to help to set up and put away as part of their work. By so doing, the children learn to handle equipment safely. The children use the school field and playgrounds for games and athletics activities, and the local swimming pool for swimming lessons.

### **Extra-curricular activities**

Our school provides a range of PE-related activities for both KS1 and KS2 children during lunch times and at the end of the school day. All activities on offer encourage children to further develop their skills in a range of activity. The school sends details of the current club activities to parents and carers at the beginning of each term. The school also plays regular fixtures against other local schools and enters several competitions and festivals organised. This introduces a competitive element to team games, and allows the children to put into practice the skills that they have developed in their lessons. These opportunities foster a sense of team spirit and cooperation amongst our children.

Date ratified by governors: 8/5/2018

Date for review: 8/5/2020