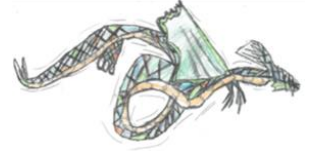
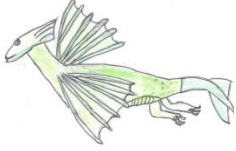


BOREHAM PRIMARY SCHOOL  
*A Friendship School*

*'Daring to aim high, scale new heights, spread our wings and fly far'*



# PHYSICAL EDUCATION (PE) POLICY OCTOBER 2019

Staff Consulted: 1.11.19

Approved by Governing Body: 18.11.19

Next Review Date: November 2021

# **Boreham Primary School**

## **Physical Education (PE) Policy**

### **Statement of Purpose of Policy**

At Boreham Primary School it is our aim to ensure that all children lead happy, healthy and active lifestyles that contribute to a sense of achievement and wellbeing. We believe that PE in school has benefits that stretch far beyond the physical. Through sport children are able to overcome challenges, be inspired by others, develop positive relationships, have a positive body image, develop sportsmanship and teamwork and improve learning achievements and resilience. This is supported by our school's values (based upon the Olympic and Paralympic values): respect, excellence, friendship, determination, courage, equality, inspiration. Through PE we also aim to promote the fundamental British values of democracy, the rule of law, individual liberty, and mutual respect and tolerance of those with different faiths and beliefs. Boreham School is mindful of these requirements and teachers plan to include these principles across the PE curriculum as relevant to the age and stage of the pupils and appropriate curriculum content.

### **Curriculum Aims**

The aims of PE at Boreham are:

- To enable children to develop and explore physical skills with increasing control and coordination.
- To enable children to develop and perform skills and apply these to different sports.
- To understand rules and tactics associated with a range of different sports.
- To work cooperatively as group/team as well as individually to compete in a range of sports and strive to improve.
- To ensure that children understand and know what happens to their body when they exercise.
- To ensure that children know how to lead a healthy lifestyle, how to eat a balanced diet and why this is important.
- To ensure that all children enjoy physical education by offering a range of sports and opportunities through varied lessons, visits, sports coaches, day events and competition.
- To ensure that all children receive at least two hours of quality PE per week.

*The impact of this being that all children leaving Boreham Primary School will go on to lead healthy, active lifestyles.*

### **Curriculum Implementation**

At Boreham we aim to cover a wide variety of sports through our curriculum. We use teachers' expertise as well as external coaches and other inspirational visitors into school to ensure that the children receive the best experience of the subject.

In PE lessons are taught on a weekly basis, ensuring all children are receiving 2 hours of PE a week.

At Boreham Primary School the PE National Curriculum is taught through the 'Val Sabin' Scheme of Work with the main units being taught being; Gymnastics, Dance, Games & Athletics. For each

year group, specific units are taught in a chronological order to ensure that the children's skills are built upon and developed progressively as they grow older.

We follow the objectives set out in the Early Learning Goals and allow the children a wide variety of opportunities to develop these skills successfully, not just within their allocated PE sessions. In KS1 children are building upon the work in Foundation Stage developing their fundamental movement skills and extending their agility, balance and coordination. This is being achieved through gym, dance and simple team games. In KS2 children are applying and developing a broader range of skills, apply this to specific subject areas. This is being achieved through dance, gym, invasion games, net/wall games, striking and fielding games, outdoor and adventurous activities, athletics and swimming.

Units are taught half termly and some areas may occur more than once in order for a different sport to be experienced. For example invasion games cover sports such as: rugby, endball, benchball, football, basketball, hockey where the aim of the game is to play as a team and maintain possession, attack/defend a goal and win the ball to score. Net/wall games cover sports such as: tennis and volleyball, where the player/teams score by hitting an object in a court space in way that the opposing player/team cannot hit back. Striking and fielding games cover sports such as: rounders and cricket and these involve players on the batting team striking an object and attempting to run between two points, scoring as many of these as possible before the fielding team are able to recover the ball. Athletics cover sports such as sprints, hurdles, long distance running, high jump, long jump, javelin etc.

*See our school website for our year group curriculum unit and key skills overview.*

## **Swimming**

Please see our swimming in school policy.

## **Contribution to Other Curriculum Areas**

### **English**

PE contributes to the teaching of English in our school by encouraging children to describe what they have done and to discuss how they might improve their performance.

### **Computing**

We use ICT to support PE teaching when appropriate. In dance and gymnastics children take photographs or make video recordings of their performance, and use them to develop their movements and actions. Children use a concept keyboard to record the order of movements in their sequences of work. Older children may compare each other's performance from recordings and use these to improve the quality of their work. As well as using videos/resources on the internet to support teaching and learning.

### **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, teamwork and sportsmanship 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 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 co-operate 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.

Teaching PE to Children with Special Educational Needs

At our school we teach PE to all children, whatever their ability. We do this by enable opportunities that enable all pupils to make progress setting suitable learning challenges and responding to each child's specific needs. That ensures that our teaching is matched to the child's needs. It may be that some children are unable to participate in the physical side of PE sessions for a certain amount of time. If this is the case then children will participate in the session by accessing other areas of the PE curriculum such as observing practices and commenting upon them.

In addition to our PE curriculum Weekly Gym Trail sessions led by the SENCO and an after school 'Change For Life' club are also organised for targeted children and planned to develop their gross motor skills. As members of the 'Chelmsford School Sports Partnership' we also sign up for regular all-inclusive level 2 sporting events for children with additional needs.

### **Assessment, Recording and Reporting**

We use the 'Val Sabin' Scheme of Work to assess our children in Gymnastics, Dance, Games and Athletics.

These assessments will inform future planning to ensure that the teaching of PE meets the needs of all learners.

PE is assessed by the class teacher and games instructors twice a year, assessing whether a child is working below, at, or above based on what they have covered so far. The teachers use the national curriculum objectives to make their judgements and use Target Tracker (b+, w+, s, s+) to record their judgements. If a child is working substantially below their current year curriculum then the teacher will assess in the appropriate band. At the end of each academic year data is collated by the PE Subject Leader to show attainment across the school for boys and girls as well as the whole cohort and identify those working at greater depth.

The content of PE lessons is recorded through pictures, videos and any recording sheets specific to teacher's lesson. Sporting achievements are also recorded in newsletters, the PE display in the main hall and through our Sport in School document on the school website.

### **Health and Safety**

The general teaching requirement for health and safety applies in this subject. We encourage children to consider their own health and safety and set out specific rules at the start of PE

sessions. We expect the children to change into the agreed clothing for PE, which consists of white t-shirt, black or dark blue shorts and plimsolls or trainers. Children are permitted to wear tracksuits during the winter weather when they are outside. Children are not permitted to wear any jewellery during PE lessons and long hair should be tied up. We expect all games instructors and class teachers to set a good example by wearing appropriate footwear for PE lessons and if possible appropriate clothing.

To ensure that we follow local authority Health and Safety guidance for physical education all children are expected to remove earrings for any form of PE as they can no longer be taped. We encourage parents to support their children in learning how to remove their own earrings out of school independently or not to wear them to school on the days when they have a PE lesson.

### **Review and Monitoring**

Subject leaders may monitor their subject through planning scrutinies, book scrutinies, lesson observations, classroom drop-ins, displays, themed days and competitions, as well as through summative assessments on Target Tracker.

### **Extra-Curricular Activities**

The school provides a range of PE related extra-curricular activities at the beginning and end of the school day. These help to contribute to our overall PE aims and outcomes. These clubs are provided by members of staff as well as outside agencies and are offered to all children within the school. These clubs contribute to a range of Level 2 competition we participate in over the year through the Chelmsford School Sports Partnership.

### **Celebrating Sport and Healthy Lifestyles**

At Boreham Primary School we celebrate and learn about sport, sporting attitudes and values and healthy lifestyles in a range of ways. One of these is our special 'Buddy Assemblies' where the children sit in mixed aged 'buddy groups' lead by one or two of our Year 6 'top buddies'. In these assemblies they discuss PSHE issues and discuss/solve problems. We also celebrate children's sporting successes out of school through our weekly newsletter.

Our Junior Sports Council led by the PE Subject Leader, meet on a regular basis to review PE across the school as well as organising additional Level 1 and Level 2 competitions across the school.

We ensure that our children are exposed to a range of excellent role models from both genders. We also use Nationwide/World sporting events or initiatives such as Sports Relief and organise a bi-annual Sports Ambassadors Day where local clubs and providers are invited into school to lead sporting events for the children to participate in.

### **Policy Review**

This policy will be reviewed by the PE subject leader, on a two-yearly cycle.