



# Balby Central Primary School

## Policy for Physical Education

**Date of Policy:** June 2016

**Approved by the Governing Body:** June 2016

**Review Date:** September 2018

## **Rationale**

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, co-operative and face up to different challenges as individuals and in groups and teams. It promotes positive attitudes toward 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

Balby Central aims to provide a high quality physical education curriculum that inspires all pupils to succeed and excel in competitive sport and other physically demanding activities. We aim to provide opportunities for pupils to become physically confident in a way which supports their health and fitness alongside opportunities to compete in sport and other activities that build character and help to embed values such as fairness and respect.

## **Aims & Purposes**

### National Curriculum Aims for Key stage 1 & 2

The national curriculum for physical education aims to ensure that all pupils:

- Develop competence to excel in a broad range of physical activities.
- Are physically active for sustained periods of time.
- Engage in competitive sports and activities.
- Lead healthy, active lives.

### Balby Central aims for Foundation Stage

To ensure all children have the opportunity to access continuous outside provision to enable them to develop and refine their fine and gross motor skills.

### Balby Central aims for Key Stage 1 & 2

- Develop a positive attitude to participate in physical activity.
- Make informed decisions about the importance of exercise in their wider life during school, after school and in adulthood.
- Become skilful and intelligent performers by acquiring and developing physical competence and confidence in a range of physical activities and contexts.
- Learn how to select and apply skills, tactics and compositional ideas to suit activities that need different approaches and ways of thinking.

- Develop ideas in a creative way.
- Set targets for themselves and compete against others individually and as team members.
- Provide opportunities for all children to participate in all activities at their own level whilst extending their skills and knowledge to achieve their potential.
- Become a good sports person, who plays fairly and can develop a team spirit.

## **P.E Provision**

### Foundation Stage

- All children to have the opportunity to access continuous outside provision to enable them to develop and refine their fine and gross motor skills through:
  - Climbing equipment
  - Balls, Bats & Hoops
  - Bikes & Scooters
  - Cross Curricular Physical Activities.

### Key Stage 1

Children are required to follow a curriculum which enables them to develop a range of skills such as agility, balance & coordination. These skills will be taught through three key areas which are:

- Dance
- Games
- Gymnastics

Through these key areas children will be provided with opportunities to develop appreciation and evaluation skills of both their own and others performance.

### Key Stage 2

Whilst following a P.E curriculum children will be able to develop, master & apply a range of skills they have learnt in a variety of different contexts including:

- Team games – Fielding, Attack & Defence
- Dance – Performing, Appreciation & Evaluation
- Gymnastics – Floor work & Use of apparatus.
- Swimming

## **Time allocation for P.E & Physical activity**

### Foundation Stage

All children in the Foundation stage should have access to planned continuous provision that allows them to be physically active, develops teamwork and enables them to improve both fine and gross motor skills. Children take part in physical activities daily through wake up shake up sessions, outdoor activities, activate programme embedded into daily routines, access to physical equipment in continuous provision and weekly sessions with PE coaches where dance, gymnastics and game skills are taught and developed.

### Key Stage 1 & 2

- All children will meet the required two hours of planned P.E lessons per week in curriculum time.
- Lunchtime sports clubs will be provided on a daily basis by Pulse (Outside agency) where children will have the opportunity to be physically active whilst developing a range of skills.
- A variety of afterschool activities will be provided by both specialist outside agencies and school staff which will allow children to access extra-curricular provision.

## **Clothing**

At the beginning of the year parents will be informed by letter of P.E kit requirements and they will have the opportunity to discuss any serious reservations with a member of school staff. Children who forget their P.E kit will first be reminded by the teacher. If it is an ongoing problem an informal conversation should be held with the child's parents.

### Indoor P.E

- Black Shorts
- White T-Shirt
- Black P.E Pumps (If required)

### Outdoor P.E

- Black Shorts
- White T-Shirt
- Appropriate footwear
- Tracksuit / Outside clothing (Winter months)

Any child wearing a shirt that is not plain white (Football shirts etc.) will be made to turn their top inside out for the duration of the P.E lesson.

Children who forget their P.E kits will be required to help, where appropriate, with the setting up and collection of P.E equipment as well as peer assessing another child throughout the P.E lesson.

Jewellery must **not** be worn during any P.E session. If ears are pierced, only studs should be worn and should be taped by the child. Staff are not to take earrings out of children's ears nor take responsibility for items of jewellery.

Children are not allowed to go home wearing their PE kits. Each class has allocated time at the end of their session to get changed back into their school uniform.

"Headscarves, where worn, are tight, secured in a safe manner, particularly at the side of the face and unlikely to obscure vision or catch on anything that may put the wearer at risk."

(Pg.144: Safe practice in Physical education and sport: Whitlam, P 2012)

## **Health & Safety**

### Medical Conditions

It is the responsibility of the teacher to take note of any medical conditions of individual children in their class e.g. asthma diabetes etc. so they can participate safely and as fully as possible. It should be noted that cold dry weather will aggravate breathing problems for asthmatics and that they should have their inhalers to hand.

### Accidents

For minor injuries (bumps and bruises) children should be encouraged to continue where possible but sit and watch if necessary. For small cuts and grazes children should be accompanied to first aid by a teaching assistant.

For serious incidents (head injuries, serious cuts, suspected fractures etc) the teacher should stay with the child and send the teaching assistant or two responsible children to inform the school office. After the incident the teacher must complete an accident report form which is available in the office.

### Equipment safety

Small equipment is checked by the subject leader on an ongoing basis. If any defects are found in any of the equipment it must be reported immediately to the P.E coordinator and taken out of use. P.E equipment is also checked by the local authority on a regular basis.

## **Inclusion**

At Balby Central Primary School, we recognise our responsibility to provide a broad and balanced curriculum for all pupils regardless of race, gender and ability. When delivering P.E, teachers will modify activities to provide all pupils with relevant and appropriately challenging work at each key stage.

## **Cross Curricular Links**

### Science

- Health and Fitness

### Maths

- Speed
- Distance
- Time
- Measuring
- Recording
- Handling data

### English

- Speaking & Listening
- Subject specific vocabulary

### Music

- Rhythm
- Tempo

### ICT

- Use of stopwatches
- Use of digital camera & video
- Use of the Internet to research sporting events

## **Lunchtime / Playtime Activities**

Balby Central Primary School provides the opportunity for all children to take part in adult directed and non-directed tasks during lunchtime breaks.

The activities range from:

- Football
- Basketball
- Stacking cups
- Tennis
- Skipping
- Playground equipment for individual games/ free choice play
- Dance

- Sunshine Gym (KS2)
- Trim Trail (KS1)

PULSE coaches run football, basketball and multi sports activities giving the children the opportunity to transfer their skills learnt in PE into game situations and team activities. Children are encouraged to join in the different activities or can access the Sunshine Gym or Trim Trail which are supervised by lunchtime supervisors. PULSE leaders (year 5 and 6 children) also run a dance club where music is played for the children to dance to and learn new routines. PULSE leaders also run different multi sports activities for KS1 children including basic skills- throwing and catching, running, balance and ball games.

### **Teaching Methods**

All lessons throughout the school are taught as class groups following the national curriculum.

Lessons are delivered in one afternoon following the PE ethos of 'Think it, Try it, Do it!'. The aim is to increase participation in all aspects of PE including confidence, knowledge and skills of all children. Fitness will also be taught, giving the children a broader experience of a range of sports and activities and encouraging children to lead a healthy lifestyle.

Lessons are a mixture of practical and classroom based activities to encourage a broader understanding of the topic being undertaken. Children will cover a wide range of skills throughout the academic year including: Dance, Gymnastics, Football, Netball, Rugby, Athletics, Hockey and Basketball.

Year 5 also have swimming lessons once a week provided by Swim Stars and Dolphins which starts in the Spring term. These sessions will start in the spring term. The sessions are taught by trained swimming coaches who are also supported with 'in pool' assistance. During each session every individual child is assessed in order to move through the programme.