



Benington C of E Primary School

Physical Education Policy

“God gives me strength for physical activity.” Isaiah 40:29-31

Written	Reviewed	Next Review Date	Author	Sub-Policies
Dec 2017	Sept 2020	Sept 2021	Annie Garlick	Safeguarding

Introduction

Benington Primary School recognises the vital contribution of Physical Education (PE) to a child's physical, cognitive, social and emotional development, as well as the role it can play in relation to a child's spiritual, moral and cultural development. PE is an integral part of the curriculum to be enjoyed by all children. It is a real opportunity for both teachers and children to consolidate and work on the values that underpin every aspect of Benington School life.

Intention and Aims

- It is the intention of the school to provide a broad and balanced PE curriculum to aid and increase children's self-confidence in relation to their ability to manage themselves and their bodies within a variety of movement situations.
- The aim is to differentiate activities to target different strengths, needs and preferences of each child to inspire them to reach their full potential. Through the variety of opportunities that PE offers, children can develop a sense of personal achievement, fair play, teamwork and an understanding of the ways in which sport can transcend social and cultural boundaries. A range of activities will therefore be provided with a broad base of movement knowledge, skills and understanding, which children can refine and expand throughout their primary school years.
- Children of all abilities will be encouraged to join clubs and organisations with the aim of extending their interest and involvement in sport. We will also encourage children to develop their creative and expressive abilities, through improvisation and problem-solving.
- Children who are taught to appreciate the importance of a healthy and fit body begin to understand those factors which affect health and fitness. Our aim to raise children's awareness in this regard is therefore closely aligned with the school's policy on Personal, Social and Health Education (PSHE).
- Through the Government Funding for Sport the School will, where possible, will provide opportunities for both pupils and teachers to work with and alongside sports coaches. The aim is to enhance coaching facilities and to develop the skills and expertise of staff to provide better coaching, mentoring and advice to pupils across the whole PE and sport spectrum. Spending will be reviewed and published on the school website.

Specific Aims in relation to Physical Development

Different experiences for different age groups will ensure all pupils will be exposed to a range of appropriate challenges as they move through the school so that they:

- Develop physical competence and confidence by acquiring and developing a range of fine and gross motor skills.
- Become aware of the different shapes and movements that can be made with the body.
- Develop knowledge, skills and understanding, and the ability to remember, repeat and refine actions with increasing control and accuracy.



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- Become aware of the benefits of a fit and healthy lifestyle by understanding the effects of exercise on the body and the importance of developing strength, endurance and flexibility.
- Appreciate of the value of safe exercising.

Specific Aims in relation to Social, Emotional and Cognitive Development

Participation in PE and sport have other additional benefits which should help to:

- Develop a love of physical exercise.
- Develop the ability to work independently and communicate with, and respond appropriately towards others using verbal and non-verbal communication.
- Develop confidence in skills and abilities.
- Promote an understanding of safe practice, and develop a sense of responsibility for the safety of others.
- Realise that the right exercise can be fun and energise other things in life.
- Create and plan games for mutual benefit.
- Develop a sense of fair play.
- Develop decision-making and problem solving skills.
- Develop reasoning skills and the ability to make judgements.
- Develop an increasing ability to select, link and apply skills, tactics and compositional ideas.
- Improve observational skills, the ability to describe and make simple judgements, and to use this knowledge and understanding to improve performance.
- Understand that using correct techniques will improve accuracy and performance.
- Enable performance evaluation and the ability to act upon constructive criticism

Spiritual, Moral and Cultural Development

Developing a positive attitude generally is not simply about celebrating sporting success and learning to lose well; but also encouraging children always to do their very best regardless of their ability; praising progress and achievement in a way that does not cause fear or upset for lack of performance or failure; and treating team mates, opponents and referees with respect. Essentially, using every opportunity to maintain and raise self-esteem all round.

The PE Curriculum

Physical Education at Benington Primary School enables the pupils to take part in active lessons, which develops their skills in a wide range of physical activities including, athletics, dance, games, gymnastics, outdoor education and swimming.

We have reached the governments recommended targets of two hours per week quality PE lessons across all Key Stages. Our sports coaches (Rising Stars) teach one hour and the class teacher teaches the second hour (for Early Years and Key Stage 1). For KS2, our sports coaches teach both PE lessons. For Early Years and Key Stage 1 the lessons involve working on games skills, gym or dance and music and movement activities. Children in the Early Years receive opportunities for additional physical activity as part of their continuous provision. At Key Stage 2 children are taught two units of work per half term which incorporates a Games Unit and a Dance or Gymnastics Unit. Both Key Stages also work on Healthy Eating and Healthy Lifestyles. Swimming takes place for Years 3-4 in the Summer term.

PE Curriculum Differentiation



The school uses the principle of STEP for adjusting lesson activities for differentiation. Some children with particular needs may require different activities, for example, with a particular focus on fine motor skills if hand to eye coordination is a challenge.

S = change the space available

T = change the time allowed

E = change the equipment, e.g. softer or larger balls, different sized bats

P = change the people, e.g. size of the groups

Equality

All aspects of PE will be taught in such a way as to include all children regardless of their gender, background, culture or physical ability. Learning objectives will be set in line with the school's SEND policy and Equal Opportunities Policy.

PE kit / Keeping children safe in PE

- Blue or shorts/tracksuit bottoms and a white t-shirt.
- Children will work in bare feet for all indoor and apparatus work.
- Plimsolls or trainers are worn for outdoor games, together with tracksuits if cold.
- Jewellery is not to be worn. Ears pierced for less than six weeks will be covered with medical tape.
- Long hair should be tied back and rigid headbands should be removed.
- Children will be trained to lift and carry any apparatus sensibly into position under adult supervision, which will be checked by a teacher before use.

Staffing / Staff development

Each class teacher will take responsibility for planning, teaching and assessing the PE curriculum for the lessons that he/ she teaches. Feedback will be given after each lesson for the learning that takes place with the sports coaches. It is intended that all staff will take part in professional development to ensure secure subject knowledge and awareness of health and safety procedures. It is further intended that staff should be comfortable and competent in the area of activity being taught. Where additional support is required this will be provided by either the subject leader, specialist sports coaches or outside providers through INSET.

Safeguarding

All adults working with children in school with children will be DBS checked. Safeguarding is everyone's responsibility.

Out of School Hours Learning

Varied extra-curricular activities (both competitive and non-competitive) compliment and supplement the range of activities covered in curriculum time. The planned programme for 2020-2021 reflects a breadth and balance across the national curriculum areas of activity, including dance, games and athletics. A range of inter-school fixtures, tournaments and festivals within the Rising Stars package will be participated in (if Covid-19 restrictions are lifted). A documented timetable of clubs and events will be published at the beginning of each term.

Cross curricular links with PE

PE links to other subjects, e.g. Literacy, (recount/report/instructions), Science (body parts/pulse rates) and Maths (shape/position/directions/counting/measuring and graphical representation of data). ICT is also recognised as a potential tool for recording movements and actions to develop children's ideas as well as the appropriate use of audio visual.

Recording and measuring progress



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Assessment for learning will be made through weekly lesson observations of children's work, through discussion with the children, and their own self-assessment. Evidence of Assessment for Learning and Assessment of Learning to be recorded on weekly planning. Each half term class teachers will record if children are working below, expected or exceeding different areas of the curriculum e.g. gymnastics, games etc

Where lessons are taught by Rising Stars coaches, discussion of lesson outcomes and next steps must be evident on weekly plans.

All of the assessment data collected will support the reporting process to parents.

Rising Stars partnership

Benington is part of the Rising Stars partnership, which supports the school aims in encouraging:

- Increased participation in high quality PE
- Increased participation in high quality out of school hours learning
- Increased participation in high quality informal activity (through planned lunchtime physical activities)
- Increased attainment and achievement through PE and sport
- Improved behaviour and attitude in PE, sport and whole school
- Increased participation in competitive and performance opportunities
- Increased involvement in community sport and improved quality of community life

Current Covid-19 restrictions / alterations to curriculum

- Children come to school in their PE kit and wear it all day. Children may bring in an additional t-shirt to change into in the event of sweating.
- Lessons are taught outside where possible
- Equipment is quarantined after use for a minimum of 72 hours
- If equipment is required for each class (by Rising Stars coaches), equipment is cleaned thoroughly and sanitised between sessions
- Unfortunately, we are unable to participate in any external sporting fixtures or competitions until further notice

Monitoring and review

This policy will be reviewed in September 2021.