



Benington C of E Primary School

PHYSICAL EDUCATION POLICY

Written	Reviewed	Next Review Date	Author	Adopted by Governors	Sub-Policies
Oct 2014	July 2018	July 2019	Annie Garlick		

Through a positive caring environment, we provide the opportunity for every child to reach their full potential. We embrace Christian values and ensure all children are ready for their next steps.

Introduction

At Benington Cof E Primary School we are committed to providing all children with learning opportunities to engage in Physical Education. This policy reflects our School's values and philosophy in relation to the teaching and learning of PE. It sets out a framework within which teaching and non-teaching staff can work, and gives guidance on planning, teaching and assessment. It has been developed through a process of consultation with school staff and governors.

Whole School Vision

- At Benington Cof E primary we aim to inspire and engage children's interest in sporting activities through providing a wide range of opportunities within school, after school and within the wider community.
- We aim to foster children's interest in physical wellbeing and healthy lifestyles in order to establish long lasting lifestyle messages.
- We aim to promote our Christian values through sports and positively encourage children to share, respect, support, trust and work together.

Curriculum Aims

- To develop skillful use of the body, the ability to remember, repeat and refine actions and to perform them with increasing control, co-ordination and fluency.
- To develop an increasing ability to select, link and apply skills, tactics and compositional ideas.
- To develop an understanding of the effects of exercise on the body, and an appreciation of the value of safe exercising.
- To develop the ability to work as a team player, taking the lead and learning to work collaboratively with others.
- To promote an understanding of safe practice, and develop a sense of responsibility towards their own and others' safety and well-being.

Curriculum Planning and Organisation

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. At Benington we have reached the governments recommended targets of two hours per week quality PE lessons across all Key Stages. For Key Stage 1 and Foundation Stage this involves working on games skills, gym or dance and music and movement activities. 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 for Yrs.3-6 in the Autumn term.

Our scheme of work for gymnastics and dance comes from sports specialist's Rising Stars. This is followed closely and developed to suit the needs of our children. Games skills are taught through outside agency – Rising Stars. Our scheme also enables us to link to other areas of the curriculum including Tudor Dance for History, People in action for Art and Healthy Eating for Science and PSHE



The PE co-ordinator liaises with teachers/support staff and sports coaches to arrange After school clubs/ Holiday Sports clubs/ attendance of teams at External Sporting competitions.

- Each class is timetabled so that they can access the hall at least twice a week regularly.
- The playground areas, and field and are used to facilitate activities such as outdoor activities and games.

Knowledge, Skills, Understanding and Attitudes

At Benington we try to promote positive attitudes towards P.E. and sport. We aim to give the pupils an opportunity to take part in a wide range of physical activities during curriculum time and during OSHL activities. All pupils will be taken outside for at least one lesson of P.E. each week and will be required to have the appropriate clothing in school for the particular time of year i.e; track suits/jogging bottoms and jumpers and White PE 'T' shirt and navy shorts with appropriate footwear (outdoor trainers/indoor plimsolls).

Early Years Foundation Stage

Physical development within the EYFS framework is one of three prime areas for learning.

The two related early learning goals are:

Expected

- Moving and handling – Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space.
- Health and self-care – children know the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe.

Exceeding

- Moving and handling – Children can confidently hop and skip in time to music.
- Health and self-care – Children know about and can make healthy choices in relation to healthy eating and exercise. They can dress and undress independently, successfully managing fastening buttons or laces.

Children access a range of daily activities to develop their fine and gross motor skills and have access to a dedicated outside area. In addition to this, they also have a weekly PE lesson.

Key Stage 1 & 2

- The school follows the PE Schemes of Work as set out by QCA – These have been adapted to meet the needs of each individual class and are supplemented with ideas and activities from other sources. The schemes are in accordance with the current National Curriculum guidelines.
- Lessons are blocked in units of work to promote greater depth of understanding, developing skills, contextual application of these skills and the ability to perform reflectively.
- Currently swimming lessons take place weekly for Year 1/2 during the second half of the summer term. Transport time to the local pool is included as part of the PE time allocation.

Contribution of PE to teaching in other curriculum areas

English

Links between PE and English include: writing sequences, following/giving instructions, oral/peer assessments, speaking and listening, and movement within drama.

Maths

Links between PE and Mathematics include: measurement, shape and space, sequences, number, angles, position and movement, rotation and time.

ICT

Children use capturing and recording equipment (cameras and videos) for evaluation/ development of skills. Videos of professional/skilled athletes are also used to help develop good technique.

PSHE

PSHE and PE links include following rules, living healthily, co-operating with others and understanding fairness and equality.



Christian Values

Through sport children are taught the values of respect, trust, honesty, friendliness and perseverance.

SMSC

PE offers many opportunities that support the social development of our children. Groupings allow children to work together and give them the chance to develop respect for the abilities of other children through collaborative and co-operative work, while gaining a better understanding of themselves.

Inclusion

- Class teachers will ensure that spare PE kit is available for any occasional circumstances where a child does not have their own in school.
- Lessons will provide good quality experiences that are suitably challenging for all pupils.
- Children will undertake different activities, but all will be given the same opportunity to achieve the aims through an appropriate range of activities.
- For children with limited gross motor skills, the integrity of activities will be maintained and expectations will take into account the individual needs of pupils.
- For the purposes of competitions, all children will be given the opportunity to participate in the experience.

Assessment & Recording

- Assessment is usually carried out by teachers in the course of the normal class activity.
- This is done mainly through observations and sometimes through discussion with children.
- A photographic/video record is sometimes used to document some of their work.
- Physical development levels and progress are recorded by the EYFS teachers for each child.
- Levels of attainment are recorded on skills grids for KS1 and KS2 pupils.
- Physical Education / physical development is included as part of the end of year reports to parents.

Health & Safety

- All staff have due regard for the current Association for Physical Education (AfPE) PE guidance 2012 when preparing and delivering PE lessons:
- Pupils are taught how to improve their own abilities to assess risks.
- First aid equipment is available, and all staff are trained in what action to take, including calling for assistance in the event of an accident.
- Inhalers for pupils suffering from asthma are made readily accessible
- Regular checks are made on all equipment.
- The subject leader makes termly visual checks for wear and tear and security of major items, and all staff are responsible for reporting to the subject leader if any items show wear and tear.
- Any items constituting a danger are taken out of use immediately.
- All large items of equipment are inspected annually by an independent safety expert.
- Pupils are taught how to move and use apparatus safely under the supervision of a teacher or responsible adult.
- Pupils are made aware of safe practice and understand the need for safety when undertaking any activity.
- Pupils are taught to understand the safety risks involved in wearing inappropriate clothing, footwear or jewellery and other body piercings.
- Teachers ensure that no jewellery is worn in lessons and long hair should be tied back. If earrings cannot be taken out, they are taped over.
- Pupils wear suitable footwear when travelling to and from the hall.
- If a child has no trainers/pumps for outdoor PE they use their shoes if the activities are on the playground.

Resources

A wide range of P.E, and sport equipment is stored in the hall and outside P.E. shed. There is also a playtime buddy box. We also have the Val Sabin Scheme of Work, a wide range of coaching manuals and activity cards from various governing bodies in sport are kept in school and in classrooms

- Administration Arrangements for Extra Curricula Sporting Events



• **School Sports Premium**

- The school has a detailed plan to improve the quality of PE provision for all pupils. This is updated termly and reviewed by Governors. The plan includes an overview of sports premium spending and a review of the impact of the allocated funds.

Monitoring & Review

- The subject leader will oversee the continuity and progression within annual and medium term plans.
- They will also monitor the quality of teaching and learning through observations.
- The leader will support colleagues and share expertise, arrange opportunities for outside agencies to visit the school in order to enhance learning and direct teachers to examples of good practice

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Content/Scheme of Work

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Every Child Matters

Every child is given the opportunity to take an active part in Physical Education and Sport within the curriculum. In exceptional circumstances advice from our SENCO and other outside agencies is sought to enable some children to take part in these activities. Appropriate courses are attended by staff to enable all children to take an active part in lessons.

Assessment and Records

In Physical Education and Sport we evaluate after each lesson.

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Clubs

We offer a variety of after school clubs run both by teaching staff and PE specialists