

Banks Road Primary School



PE Teaching and Learning Policy

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1. INTENT

IMPLEMENTATION

IMPACT

2. OVERVIEW

At Banks Road Primary School, we believe that Physical Education (PE) is a vital part of the curriculum to ensure children engage in purposeful, high quality physical activities, which help to increase children's health and well-being.

We believe that PE promotes healthy and active lifestyles, develops fine and gross motor skills, improves overall physical ability and supports discussion about the body.

We consider that PE helps children to develop in many aspects, including:

- self-confidence;
- perseverance;
- team play;
- positive competitiveness, and
- organisation.

It is therefore important that children participate in a PE programme from a young age that is matched carefully to their individual needs and one that promotes development of strength and endurance. We believe that children should also experience a wide variety of sports-related activities to learn the rules of games.

PE is an integral part of Banks Road Primary School and is promoted positively to allow children to gain a sense of achievement and develop positive attitudes towards themselves and others.

3. FUNDING

The Primary PE and Sports Premium is funding designed to support primary schools improve the quality of the PE and Sports activities they offer their pupils.

Department for Education's vision for the Primary PE and Sports Premium:

'All pupils leaving primary school... [are] physically literate and with the knowledge, skills and motivation necessary to equip them for a healthy, active lifestyle and lifelong participation in physical activity and sport.'

The funding has been provided to ensure impact against the following objective:

To achieve self-sustaining improvement in the quality of PE and sport in primary schools.

The focus of spending must lead to a long-lasting impact against the vision that will support beyond the primary PE and sports premium funding. It is expected that schools will see an improvement against the following 5 key indicators:

1. The engagement of all pupils in regular physical activity- kick starting healthy, active lifestyles.
2. The profile of PE and sport being raised across the school as a tool for whole school improvement.
3. Increased confidence, knowledge and skills of all staff in teaching PE and sport.
4. Broader experience of a range of sports and activities offered to all pupils.
5. Increase participation in competitions.

At Banks Road Primary School, we utilise the PE and Sports Premium funding to develop, strengthen and improve the quality of PE and sports we offer to all children.

We use the funding to:

- Develop, or add to, the PE and sport activities already on offer;
- Build capacity and capability within the school to ensure that improvements made now will benefit pupils joining the school in the future.

4. AIMS AND OBJECTIVES

At Banks Road Primary School, we aim to support children to become active and healthy. In order to do this, we ensure all children:

- Are physically active.
- Adopt the best possible posture and appropriate use of body during PE lessons.

- Engage in a range of activities that will help develop cardio vascular health, flexibility, muscular strength and muscular endurance.
- Understand the need for personal hygiene in relation to vigorous activity.

In order to develop positive attitudes to physical activity and performance, all children should:

- Follow and recognise the importance of fair play and honest competition.
- Cope with success and limitations of individual performances.
- Persevere and become resilient in consolidating good, effective performance.
- Be aware of others in the environment and consider their successes and limitations likewise.

5. STRATEGIES

Some of the measures and strategies that staff at Banks Road Primary School put in place to ensure high quality, effective PE lessons and learning development for all children are as follows:

- High quality exposition (demonstration, explanation and instruction) by the teacher to the class, group or individual.
- Links to good cardiovascular development.
- Practical activities and games with related discussion to learning objectives.
- Co-operative team work experiences.
- Consolidation and practice of fundamental skills.
- Opportunity for children to reflect on their own development and progress through plenaries.
- Links to mental health and healthy body.
- Extended and enriched provision through extra-curricular activities.
- Opportunities for children to be exposed to a variety of sporting professionals and sporting activities.
- Use of community facilities, including local swimming baths.

Children in Reception, KS1 and KS2 are entitled to a one-hour PE lesson each week and children in Nursery are entitled to a 40-minute lesson each week. This

entitlement is documented within the PE Timetable, which is managed and maintained by the PE Subject Leader.

All children will receive high quality PE lessons led by their class teacher who will follow the iPEP PE scheme and long term planning topics.

6. CURRICULUM

At Banks Road Primary School, we ensure that all children gain the knowledge, skills and experience required through teaching and learning within five areas:

1. Games
2. Gymnastics
3. Athletics
4. Swimming
5. Outdoor Activities

It is a non-negotiable that all teachers use the iPEP PE scheme through which activities and lessons are structured based on the curriculum learning objectives.

All teachers will ensure they are delivering skills in accordance to these areas using the devised long-term plans. This will ensure continuity and progression throughout the school in order to continue raising standards in PE.

**See long term curriculum plan for more details on what is being taught at each year group stage **

Areas of activity

EARLY YEARS

Pupils should be taught:

Games

- Spatial awareness
- Basic motor skills
- Co-ordination and control
- Aiming, predicting and estimating

Dance

- Using their imagination in art, design, music, dance, imaginative role-play and stories

Gymnastics

- Travel around, under, over and through balancing and climbing apparatus

Outdoor

- Opportunities to engage with natural environments.

KEY STAGE 1 AND KEY STAGE 2

Pupils should be taught:

Games

- Simple competitive games
- A variety of ways to send, receive, strike and travel with/without a ball
- Games which include running, chasing, dodging, avoiding and awareness of space and other players
- To develop core skills in attacking, defending, invasion, striking and fielding
- To play small-sided and simplified versions of net/wall and target games

Gymnastics

Pupils should be taught:

- To use technical vocabulary
- To perform basic actions of travelling (turning, rolling, jumping, balancing, climbing)
- To link movements on the floor and apparatus
- To repeat movements / develop sequences
- To develop complex movements

Dance

Pupils should be taught:

- To compose and control movements by varying shape, size, direction, level, speed, tension and continuity
- Investigate different genres of dance
- To express feelings moods and ideas
- To respond to various stimuli including music

Athletics

Pupils should be taught:

- To develop and refine basic running, jumping and throwing techniques using a variety of equipment
- To measure, compare and improve their own performance

KEY STAGE TWO

Swimming

Pupils should be taught:

- To swim unaided, competently and safely for at least 25m
- To develop confidence in water and
- To develop floating skills and support positions
- To develop an effective and efficient swimming strokes on the front and back
- To understand and follow basic water safety and survival skills

Outdoor Activities

Pupils should be taught:

- To perform outdoor and adventurous activities in a variety of environments
- To face physical and problem solving challenges individually and collaboratively

7. ROLE OF THE CURRICULUM SUBJECT LEADER

At Banks Road Primary School, the PE Subject Leader will complete the following:

- Provide support and guidance to staff members when and where appropriate, including advice with planning, assessment and recording systems.
- Undertake regular monitoring of the quality of PE teaching and learning.
- Encourage all staff to follow the advice given within the school PE policy.
- Keep up to date with new PE guidelines and legislation, sharing this information with the staff team as appropriate.
- Develop knowledge of the PE curriculum by attending relevant CPD and other events.
- Evaluate and update the PE policy on a regular basis to ensure all aspects of the policy are covered within and across the school.

- Manage the PE budget and use this effectively to enhance PE development and promotion within the school.
- Oversee an annual inspection of all PE equipment.
- Maintain a high standard of PE teaching in his/her own classroom and ensure PE keeps a high profile within and throughout the school through means of sports competitions, extra-curricular activities etc.
- Develop and maintain a subject leader action and file.
- Improve monitoring and evaluation of the PE Curriculum throughout the whole school.

8. OUTCOMES

At Banks Road Primary School, we follow the iPEP scheme of work for PE.

Each lesson clarifies a specific learning outcome and provides demonstration videos, resources and additional support for teachers/staff to deliver high quality lessons.

A high quality lesson should:

- State the learning objective, which must be explained to children before, during and after all lessons.
- Ensure risk has been appropriately assessed.
- Teach children to warm up safely.
- Teach skills and techniques needed to participate in PE activities.
- Apply and adapt learnt skills into games/activities.
- Demonstrate good modelling of techniques and skills.
- Incorporate correct and specific technical vocabulary.
- Include performance and evaluation of each other's work to increase pupil confidence and reflective skills.
- Be specific to the learning objective of that individual lesson.
- Teach children to cool down safely.
- Teach children about the impact that physical activity has on our bodies.

9. MONITORING AND EVALUATION

At Banks Road Primary School, formative and summative assessment in PE is carried out by all individual class teachers:

- Informally during the course of teaching. This will be successfully achieved through the observation of individual childrens' skills and techniques.
- To encourage children to complete a self-assessment at the start and end of each unit of work. This self-assessment tool must be used to support children in becoming reflective in their lessons and with their personal achievements.
- At the end of each unit of work where teachers must complete pupil assessments in order to update the children's attainment and progress in that area of PE using iPEP.
- To inform future planning and future lessons.

10. INCLUSION AND EQUALITY

In accordance with the school's Inclusion Policy, PE activities are differentiated to meet the needs of **ALL** pupils.

More able and talented pupils and children with Special Educational Needs and Disability will be identified through a range of observations. Lessons will be adapted to meet these individual needs by the class teacher.

We acknowledge that **all** children are entitled to, and must therefore be given the opportunities to develop and enrich their physical skills and techniques, regardless of their gender, race or ability, in accordance with the school's Equality Policy.

11. RESOURCES

At Banks Road Primary School, all teachers have access to centrally stored PE resources via the school hall.

Resources must be returned to the correct location in a neat and organised manner. Any damaged/broken equipment must be reported to both the school caretaker and PE Subject Leader.

All PE resources are checked regularly to ensure that they meet health and safety requirements. Moreover, all resources are audited annually.

12. HEALTH AND SAFETY

In respect of health and safety guidelines, all staff have a duty to ensure PE activities are carried out with due regard to the safety of staff and pupils in line with school, Local Authority and Health and Safety Policies.

Advice can be sought from the Local Authority's adviser and/or the staff member/s responsible for health and Safety.

Reference should be made to the school's Risk Assessments.

All staff have access to a copy of the Health and Safety Policy.

To ensure all safety measure are in place:

- Staff should carry out risk assessments with the children at the start of all PE lessons.
- All equipment, apparatus and environment should be checked before the start of every lesson by the class teacher. This is the responsibility of the teacher.
- Children should be given health and safety guidance throughout the lesson and must be reminded of safety rules consistently.
- All jewellery should be removed and stored safely before each lesson.
- If children wear stud earrings, they should be taken out by the child. If this is not possible, the child should be given tape to cover their earrings. Children must place and remove the tape independently.
- All long hair should be tied back appropriately.
- Suitable clothing should be worn for each lesson (see school website for correct clothing). Children should not engage in physical activity without wearing the school PE jogging suit/ PE kit.
- For indoor PE, children should walk to the hall with suitable footwear on (pumps/trainers or school shoes).
- All children taking part in indoor PE should be bare foot or should wear suitable footwear for indoor PE, i.e. pumps not trainers.
- For gymnastics, when the apparatus is being used, suitable footwear should be worn (pumps or barefoot only).
- Children who do not have a PE kit will take part in the lesson as an observer rather than a participator. The child's parents will be spoken to by the class teacher to ensure the child has the correct PE kit for the next lesson.
- Every child must have a school PE kit. They should wear their full PE jogging suit on the day of their PE lesson. This will be clarified by their class teacher at the beginning of each term.

When travelling to sporting activity, the appropriate risk assessments will be completed and the following issues will be addressed:

- All children MUST wear seat belts.
- All supervising adults to be aware of risk implications and adhere to safety rules and regulations.
- All supervising adults that attend swimming baths must hold a current DBS.
- All transporting adults must be fully insured.
- Parental permission for taking children out of school must be obtained. If not, the child cannot attend.
- For after school competitions, children must be transported by their parents or a responsible adult who the child's parents have given permission to. School must be informed.

Safe-practice standards are applied consistently by staff, students and other visitors, across all aspects of the school.

13. OUT OF HOURS PROVISION

Depending on the time of the year, Banks Road Primary School provides opportunities for children to engage in a wide variety of after-school/ extra-curricular activities.

These after-school clubs are updated and change according to the interests of the children. After-school clubs are available for children to attend from Year 1 to Year 6.

All sports clubs are open to both boys and girls where high-quality lessons will be delivered. The provision of Out of School Hours sports clubs is reviewed annually and registers are kept to ensure equality of opportunity is provided for all children.

DATE: January 2021

SIGNATORY: Rachael Davis (PE Subject Leader)