



Buckstones Community Primary School

Policy for Physical Education

**Written and agreed by staff: Monday 5th September 2022.
Adopted by Governors:**

Review date: July 2025

Rationale

The purpose of this policy is to ensure a broad and balanced Physical Education curriculum as a statutory requirement of the National Curriculum and an essential contributor to the development of the whole child. The programme is coherent and progressive with equality of opportunity for all children. Through a high quality Physical Education programme pupils develop physical competence and confidence and are given opportunities to be physically educated and become physically literate. Each child will receive at least 2 hours of high quality PE and Games per week within the school curriculum. We also encourage 60 active minutes per day (30 minutes in school and 30 minutes outside of school).

Purpose

At Buckstones we believe that Physical Education is important for a number of reasons:

- It develops pupils' physical competence and confidence, enabling them to use these to perform in a wide range of physical activities.
- It promotes physical skilfulness and the importance of exercise in active and healthy lifestyles.
- It provides opportunities for pupils to be creative and competitive, important skills which can then be transferred to other areas of the curriculum.
- It enables children to face up to and overcome challenges, both individually and as part of a team.
- It promotes the essential skills of teamwork and co-operation.

Intent

In Physical Education at Buckstones we aim to teach children to:

- Increase their mobility and flexibility and develop their stamina and strength, thus furthering their understanding of how to develop these and other areas.
- Acquire a range of skills which focus on developing control, co-ordination and quality of movement.
- Become independent learners, who can plan and evaluate both their own and others' performances
- Become competent and confident in moving in a range of settings and contexts.
- Develop their problem solving, decision making and evaluation skills, by providing them with opportunities to observe, refine, reflect upon, interpret and adapt their responses.
- Understand and appreciate the need for rules and conventions, which help to ensure that competitive and co-operative behaviour is developed and that they also acknowledge and appreciate the success of others.
- Perform to the best of their abilities.
- Foster positive self-esteem by enjoying taking part in a wide variety of physical activities and then go on to discover their own aptitudes and preferences.
- Understand the importance of the need to be concerned with their own, and others' safety in all activities.
- Make informed decisions about the importance of exercise and have a positive attitude to physical activity and the need to adopt a healthy lifestyle.

Implementation

Foundation stage

In the foundation stage, we aim to enable children to:

- Move safely, with confidence, creativity and imagination.
- Show an awareness of space, of self and others.
- Recognise the changes that happen to their body when they are active.

Key stage 1

In years 1 and 2 there will be a balance over the year of gym and dance. In the summer term, children will also have the opportunity to take part in games and athletic activities.

Key stage 2

In year 3 to 6 there will be a balance of gymnastics, dance and games, plus the opportunity to take part in athletic, outdoor and adventurous activities in the Summer term. In year 3, children swim throughout the year and in year 5, children attend an activity-based residential.

Scheme of Work

The skills and expectations for our scheme of work have been drawn from below:

- Gymnastics- Val Sabin and LCP
- Dance- Val Sabin, LCP and BBC
- Games- Val Sabin, LCP and Top Sport
- Athletics- LCP and Top Sport
- Outdoor and Adventurous- LCP and Top Sport

Swimming provision is by Oldham LEA swimming service. In years 5 and 6 the majority of the Games provision is provided by Oldham Sports Development Team.

Impact

The children complete each key stage with a high proficiency in each aspect of PE. Children are aware of the link between physical activity and good mental health and understand its significance as part of a healthy lifestyle. The school achieves well in a number of sporting activities and achieved an active school award at bronze level in 2021-22 in recognition of its PE provision and children's access to competitive sports, which the school has maintained.

Role of the Coordinator

The PE coordinator is responsible for the overall management of the subject. This includes monitoring and evaluating current practice, organizing resources, attending relevant courses and meetings to keep us up to date with local and national developments, and then disseminating information back to staff.

The coordinator attends termly cluster meetings held between the local secondary school (Crompton House) and its feeder primary schools. Such meetings enable us to keep up-to-date with both local and national initiatives and allow us to plan sporting tournaments for the year.

The coordinator liaises with Oldham Sports Development to organize teaching throughout school.

Monitoring and moderation takes place regularly through:

- Monitoring of planning
- Learning Walks
- Observations
- Discussions with Pupils/Pupil Voice Questionnaires
- Staff Meetings and Staff Audits
- Meetings/observations with the nominated governor

Links with Outside Agencies

- Oldham LEA swimming service
- Oldham Sports Development Team
- Cluster Schools
- Lancashire Cricket Club

Cross Curricular Links

Links will be made with other subjects as and when appropriate. Examples include:

- Science- The Body, Keeping Healthy
- PSHE- Teamwork/Co-operation/Self-esteem building
- ICT- Some activities may be videoed/LCP CD-Roms
- Maths- Collation of information/Positional Vocabulary
- French- Instructions
- History- Egyptian Dance/The Blitz Bomb Shelter Dance
- Geography- Scottish Reel (Katie Morag Day)

Health and Safety

- Risk assessments will be carried out on all physical activities and records kept. The file containing them is kept in the teacher's room.
- No jewellery (including watches) to be worn.
- Each year, a letter will be sent home to parents reminding them of when their child's PE/Game days are and what they will be expected to wear etc.
- Appropriate clothing worn, as outlined in the school prospectus and newsletters:
 - Pumps to be worn for indoor Games activities.
 - Pumps (preferably) or bare feet for Dance.
 - Pumps for gymnastics activities (bare feet on large apparatus).
 - Long hair must be tied back.
 - Trainers must be worn for outdoor activities, not school shoes.
 - Expectations shared and possible hazards will be pointed out at the beginning of each lesson.

Extra-Curricular Activities

At Buckstones we offer a range of extra-curricular activities (See Appendix 1). These activities provide the opportunity for pupils to extend their physical skills, irrespective of their ability or gender. There are different clubs available for different year groups and places for extra-curricular activities will be dependent upon agreed numbers for safety reasons, as well as children's attitude and behaviour in school.

We have a football, netball and swimming team and competition is developed through sporting fixtures with local schools. Experience, behaviour, attitude and ability are all taken into account when teams are chosen. Oldham Sports Development run an array of after school activities including football, multi-skills gymnastics and fielding/striking club. All other extra-curricular sporting activities are dependent upon the skills and good will of the staff.

Sports Leaders

In year 6, a group of children are selected to be Sports Leaders. This group works closely with leaders from Oldham Sports Development in order to learn and manage a range of activities that can be carried out with groups of

children throughout school. The activities that Sports Leaders carry out aims to help Buckstones with encouraging children to stay active throughout the day.

Participation in inter-schools competitive sports

Whenever possible we will take part in inter-school sporting competitions. Teachers will be released to take teams during the school day if necessary. The teacher organizing the event will have the responsibility of gaining permission from parents, informing parents of the details, giving out and collecting in the kit, checking risk assessments, taking photos for the website, supervising children at the events and taking the First Aid kit.

How the teams will be chosen:

1. Children will only be chosen to represent the school if their behaviour shows they deserve it.
2. Have a talent/ability for the particular sport. This will be recognized through participation in after school activities, recommendations from sports support workers, class teachers and in some instances through trials (e.g. swimming).
3. On many occasions it will be the oldest children (Year 6) who are given the first opportunity for the places.
4. There will be events that are non-competitive which might be aimed at specific groups of children in order to encourage participation and a more inclusive approach.

There may be occasions when the activity is a one-off, non-competitive promotion of sport and children will then be chosen on merit.

While we encourage and value parental support, decisions about tactics, positions, substitutions, team selection etc. are the teacher's responsibility.