

# **Beaufort Community Primary School**

## **Physical Education Policy**

### **Rationale**

We believe that physical education, experienced in a safe and supportive environment, is vital and unique in its contribution to a pupil's physical and emotional development and health. The physical education curriculum aims to provide for pupils' increasing self-confidence through an ability to manage themselves successfully in a variety of situations. A balance of individual, team, co-operative and competitive activities aims to cater for individual pupil's needs and abilities. Physical education is considered as a vehicle to facilitate access to cross-curricular themes, skills and dimensions, rather than a subject concerned exclusively with the acquisition of motor skills and techniques.

### **Aims**

- Children will learn key skills and participate in team/ individual sports
- Children will be made aware of their body in relation to others and their immediate environment and aim to promote quality of movement
- Children will be made aware of simple physiological changes that occur to their bodies during exercise
- Be given opportunities to develop imagination and co-operation with peers in order to achieve shared goals
- Be given opportunities to develop personal characteristics like initiative, self-reliance and self-discipline
- Be given opportunities to enjoy and succeed in the subject as well as be stimulated and challenged

### **Physical Education Curriculum Planning**

The planning of Physical Education lessons is consistent throughout the school and is supported by the Rawmarsh Scheme of Work. Physical Education planning is coherent with the National Curriculum 2014. The topics taught in Physical Education follows a cycle of units to ensure all pupils receive a range of activities as they move through the school.

### **Foundation Stage**

We believe that Physical Education should begin in the Foundation Stage in line with the Early Learning Goals. The aims for Physical Education in the Foundation Stage are to improve skills of coordination, control, manipulation and movement. Although the key skills for Physical Education take place in free activities, there will also be discrete Physical Education planning, allowing pupils to develop their skills further.

### **Key Stage 1**

Physical Education lessons in Key Stage 1 encourage pupils to develop the skills learnt in the Foundation Stage. The lessons aim to develop children's basic motor skills as well as introducing specific abilities (throwing, catching, kicking, passing).

### Year 1 and 2 Cycle

	Autumn One	Autumn Two	Spring One	Spring Two	Summer One	Summer Two
Cycle One	ABCs	Multi-Skills	Dance	Gymnastics	Ball Games	Athletics
Cycle Two	ABCs	Multi-Skills	Dance	Gymnastics	Hockey	Football

### Key Stage 2

Physical Education lessons in Key Stage 2 focuses on allowing pupils to use the skills they have previously learnt to participate in a range of competitive games with peers. The lessons aim to develop children's team skills, resilience and problem solving skills as well as improve their physical ability. In addition to Physical Education lessons in school, children in years 3, 4 and 5 have the opportunity to partake in **swimming lessons**. By the end of their time at Beaufort, pupils will typically have had two years of swimming tuition. During swimming lessons children learn basic swimming skills as well as learning how to be safe in the water.

### Year 3 and 4 Cycle

	Autumn One	Autumn Two	Spring One	Spring Two	Summer One	Summer Two
Cycle One	Basic Invasion Games	Gymnastics	Invasion Games – Benchball	Striking Games – Kwik Cricket	Net Games – Introduction Games	Athletics
Cycle Two	Basic Invasion Games	Dance	Invasion Games –	Striking Games – Rounders	Net Games – Introduction Games	Athletics

### Year 5 and 6 Cycle

	Autumn One	Autumn Two	Spring One	Spring Two	Summer One	Summer Two
Cycle One	Invasion Games - Hockey	Gymnastics	Invasion Games – Netball	Net Games – Tennis	Athletics	Striking Games – Kwik Cricket
Cycle Two	Invasion Games – Handball	Dance	Invasion Games – Tag Rugby	Net Games – Tennis	Athletics	Striking Games – Rounders

### Extra-Curricular

Beaufort Community School offers a range of Extra-Curricular activities available to children during lunchtimes. Extra-Curricular activities will be available for any child to partake. Activities include: dodgeball, football, dancing, keep fit.

All activities are supervised by qualified staff, coaches or instructors who may or may not be qualified teachers. A member of staff from the school is available nearby for the duration of the club in case support is required.

## **Assessment**

Assessment of children's skills and ability are monitored by the teacher against a set of objectives pertinent to the topic.

## **Equal Opportunities**

Physical activity needs to serve the needs and interests of all students and staff, taking into consideration differences of gender, cultural norms, physical and cognitive abilities, and fitness levels thereby encouraging participation.

## **Resources and Facilities**

The school endeavors to ensure that pupils and staff have the correct resources and space to conduct safe and engaging Physical Education lessons. Each class has a specified lesson in the hall as well as access to outside grounds (weather permitting). In addition, the resources held in the PE Cupboard, are regularly checked and monitored to ensure that the necessary equipment is available for both lessons and extra-curricular activities.

## **Hygiene and Safety**

To ensure that all pupils are safe in Physical Education lesson it is paramount that the following procedures are carried out:

- Children should always wear the correct clothing and footwear for the lesson including swimming lessons and extra-curricular activity where appropriate. Spare kits will also be made available for pupils.
- Children with long hair should tie it back for the lesson. Spare bands will be provided in case children forget.
- All jewellery, (including earrings) religious artefacts, watches and sensory aids are removed before participating in a PE lesson. Clear expectations have been established with all children and parents about the removal of jewellery and management of the removal.
- If personal effects cannot be removed, the teacher will act to try to make the situation safe. In some situations, this may require adapting the activity in some way or taping over the item. This may offer some protection if the pupil is working in their own space and the teacher continually monitors the situation, but it is not acceptable when swimming, where water can dislodge the tape.
- It should be noted that, in the event of an emergency, phones are within a short distance of all PE lesson locations and First Aid boxes are located at the main office. When children are participating in swimming lessons, First Aid boxes are available on site and any necessary medical equipment (inhaler) is taken to the location with the class teacher.

## **Monitoring and Review**

The Headteacher and staff will review this policy in accordance with the development priorities stated in the School's Development Plan.

**Date for Review – November 2018**