

# Physical Education Policy (Draft)

## Barham Primary School

Our vision, our values and our rights underpin all of our policies and the education we deliver. Article 3 of the United Nations Convention on the Rights of the Child states that: The best interests of the child must be a top priority in all decisions that affect children. This policy has been created to keep the children at Barham safe and happy, igniting a love of learning that will last a lifetime.

Statutory Policy			
Last review	Approved by GB	Next Review	Next Approval by GB
September 2019	TBC	January 2020	February 2020

### Physical Education Policy

#### Introduction

At Barham Primary School, 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.

#### Curricular Aims

- To enable children to develop physical competence to excel in a wide range of physical activities, including competitive sports.
- To enable children to develop an increasing ability to select, link and apply skills, tactics and compositional ideas.
- To improve children's observation skills and the ability to describe and make simple judgements on their own and others work, and to use their observations and judgements to improve performance.
- For pupils to be active for sustained periods of time and to develop an understanding of the positive effects of the exercise on the body.
- To enable children to develop the ability to work independently and respond appropriately and sympathetically to others.
- To promote an understanding of safe practice and develop a sense of responsibility towards their own and others' safety and well-being.

#### Curriculum Content

At Barham Primary School, we aim 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.

The curriculum is based on progressive learning objectives which, combined with varied and flexible teaching styles, endeavour to provide appropriate, stimulating, challenging and enjoyable learning situations for all pupils.

The curriculum aims to promote an understanding of the many benefits of exercise, through a balanced range of relevant activities.

We endeavour to ensure we implement the Department of Health guidelines for daily physical activity which are as follows:

Early Years/Under 5s: Children of pre-school age who are capable of walking unaided should be physically active daily for at least 180 minutes (3 hours), spread throughout the day. All children should engage in moderate to vigorous intensity physical activity for at least 60 minutes and up to several hours every day

5 to 18 years: All children and young people should engage in moderate to vigorous intensity physical activity for at least 60 minutes and up to several hours every day. Vigorous intensity activities, including those that strengthen muscle and bone, should be incorporated at least three days a week.

In the EYFS practitioners will:

- Plan activities that offer appropriate physical challenges and provide sufficient space, indoors and outdoors, to set up relevant activities
- Give sufficient time for children to use a range of equipment and whenever possible teach half the class in each session
- Provide resources that can be used in a variety of ways or to support specific skills
- Introduce the language of movement to children, alongside their actions
- Provide time and opportunities for children with physical disabilities or motor impairments to develop their physical skills, working as necessary with physiotherapists and occupational therapists
- Use additional adult help, if necessary, to support individuals and to encourage increased independence in physical activities.

During Key Stage 1, pupils will be taught knowledge skills and understanding through dance, gymnastics and games activities.

Key Stage 2 pupils will have access to all components of the National Curriculum Programme of Study, (Athletics, Dance, Games, Gymnastics, Outdoor and Adventurous Activities and Swimming).

### School Travel

Barham Primary has really focused on encouraging more of our students, parents and the community to cycle & walk to school. We have promoted cycling and walking through Road Safety week and the Sustrans Big Pedal competition. Along with health and environmental

benefits, we also recognise the confidence and independence it instils in our pupils such as the Bike It crew among others. This year we had pupils consider their journey to school and think about how they can be role models for active travel and persuade or inspire others.

### Planning

The Physical Education curriculum and scheme of work developed at the school covers all areas of activity outlined as statutory in the P.E. National Curriculum. Each year group covers certain aspects of the curriculum during the child's time at the school. The current scheme of work is being updated and lesson plans are available for all of the curriculum areas for each year group for the present Term.

The school uses current and innovative schemes of work in conjunction with using ICT resources where relevant. The use of digital cameras and video footage is used in conjunction with teacher assessment at the end of each unit of work to monitor every child's progression and level.

All children are assessed by a qualified teacher. Their progress, levels and achievements are recorded on Target Tracker on a Termly basis. Children's work is recorded by the use of ICT to provide information to assess their end of Year levelling. This information forms the basis of their end of year P.E. report.

### Health and Safety

#### Clothing for children

- All children should be wearing their full P.E. kit in every P.E. session. Our kit includes:
  - o Blue t-shirt
  - o Black jogging bottoms or shorts
  - o Trainers for outdoor P.E./Plimsolls for indoor P.E.
- No tights to be worn during P.E.
- Swimming kit should be brought to school on the day when swimming lessons take place and taken home afterwards.
- Goggles should be discouraged unless on medical advice and children with long hair must wear swimming hats.
- PE kit to be taken home at the end of each week to be washed and returned on Monday mornings.
- Children will not be allowed to take part in PE lessons if they are wearing their school uniforms or a mixture of school uniform and P.E. kit for hygiene reasons – however they should still be included in the lessons. They can take the role of an evaluator, coach or score keeper e.t.c.
- When working outside, children may wear baseball caps and put on sun protection cream. These are the responsibility of the child.
- Water bottles may be brought to lessons.

#### Clothing for staff

- Teachers and support staff involved in the lesson are expected to wear suitable footwear and clothing for teaching PE and be a role model to the children.

#### Personal effects, including jewellery and cultural or religious adornments

- All jewellery, hair accessories and watches should be removed prior to P.E. lessons.
- Long hair should be tied up with a suitably soft item.

- Any religious artefacts should be removed or made safe.

#### Managing equipment

- Children are taught from a young age how to carry equipment safely and appropriately and how many people are needed for each piece of equipment.
- All equipment should be visually checked before use for any signs of damage. Children are involved in reporting damage to equipment.
- Any damaged equipment is removed.

#### Inclusion

All pupils are entitled to access a full programme of P.E. as possible (Equality Act 2010). The Government's aim is for every child, whatever their background or their circumstances to have the support they need in the following areas: Health, Staying safe, enjoying and achieving, make a positive contribution and achieving economic well-being. Barham Primary embraces these aims and the P.E. Department believes that the curriculum that they deliver should reflect these qualities. Children are encouraged to take up sports and activities outside of the school environment irrespective of their ability. The school is working closely with one of Brent's Sporting Partnerships and will draw on their knowledge and contacts to improve the provision for PE.

#### Resources

There is a central resource area contained in the Junior hall. All P.E. equipment in there is available to all staff to use.

The school has a large field and two playgrounds. The main playground is marked to play Basketball, Netball and Badminton. Equipment is made available by the lunchtime supervision staff for children to play in the upper and lower playground areas.