

# Physical Education Policy



**Approved by:** Brian Main (Chair of Governors)      **Date:** January 2019  
Tracey Bowman (Executive Headteacher)

**Last reviewed on:** January 2019

**Next review due by:** September 2021

## **Objective:**

High quality and embedded physical education systematically develops children's knowledge, skills and understanding so that they can perform with increasing competence and confidence in a range of physical activities. We believe that PE is as important to a child's education and development as numeracy and literacy. Physical education promotes an understanding in children of their bodies in action. It involves thinking, selecting and applying skills and promotes positive attitudes towards a healthy lifestyle. At Birchwood Junior School, it is our objective to enable children to make informed choices about physical activity throughout their lives regardless of ability.

## **Aims:**

- to enable children to develop and explore physical skills with increasing control and co-ordination;
- to develop the way children perform skills and apply rules and conventions for different activities;
- to increase children's ability to use what they have learnt to improve the quality and control of their performance;
- to teach children to recognise and describe how their bodies feel during exercise;
- to develop an understanding in children of how to succeed in a range of physical activities and how to evaluate their own success;
- to make a positive effort to encourage and influence girls and boys alike, and those with Special Needs, so as to enable all children to develop to their full potential;
- provide an out of school hours programme of activities which extends and enriches curriculum provision and provides opportunity for activities to enable pupils to make progress.

## **Pedagogy:**

Lessons are blocked in units of work to promote greater depth of understanding, development of skills, contextual application of these skills and the ability to perform reflectively. Children are presented with opportunities to be creative, competitive, and cooperative and to face challenges as individuals and in small groups or teams. They are taught how to think in different ways to suit the different challenges. They are given the opportunity of demonstrating their learning, using a range of communication styles, allowing for effective assessment.

The structure of the scheme of work will promote teaching and learning as it provides both continuity and progression. This scheme of work specifies progression of skills, knowledge and understanding. In all classes there are children of differing physical ability. Whilst recognising this fact, we provide suitable learning opportunities for all children by matching the challenge of the task to the ability of the child. We achieve this through a range of strategies:

- Setting common tasks that are open-ended and can have a variety of results, e.g. timed events, such as a 100m sprint;
- Setting tasks of increasing difficulty, where not all children complete all tasks, e.g. the high jump;
- Grouping children by ability and setting different tasks for each group, e.g. different games;
- Providing a range of challenges through the provision of different resources, e.g. varying gymnastics equipment;
- Giving children the opportunity to develop and raise their achievement through recognising, evaluating and eventually correcting their own performance in any given area.

### **PE Curriculum Planning:**

Birchwood Junior School follows the progressive schemes of work taken from Primary Steps in PE and adapting the P.E plans provided on the school network. Indoor activities are covered in Gym and Dance sessions where learners improve their fitness, self-confidence, self-esteem, self-discipline, develop flexibility, strength, control balance and perform dances using a range of movement patterns.

To allow for curriculum review in relation to content, progression, continuity, teaching and learning, teachers are provided with long-term curriculum planning with direct links to the medium-term and short-term plans for their year group. The medium-term plans, which give details of each unit of work for each term, can adopted and adapted to ensure the needs of all individuals are being met. Any changes to plans are saved for development of other staff and monitoring of coverage. These plans give teachers guidance as to what is taught and ensures an appropriate balance and distribution of work across each term.

### **Inclusion and children special educational needs:**

At our school we teach PE to all children, whatever their ability. PE forms part of the school curriculum policy to provide a broad and balanced education to all children. Through our PE teaching we provide learning opportunities that enable all pupils to make progress. We do this by setting suitable learning challenges and responding to each child's individual needs.

Assessment against the National Curriculum allows us to consider each child's attainment and progress against expected levels. When progress falls significantly outside the expected range, the child may have special educational needs. Our assessment process looks at a range of factors – classroom organisation, teaching materials, teaching style, and differentiation – so that we can take some additional or different action to enable the child to learn more effectively. This ensures that our teaching is personalised based on the individual's needs.

We enable pupils to have access to the full range of activities involved in learning PE. Where children are to participate in activities outside our school, for example, a sports event at another school, we carry out a risk assessment prior to the activity, to ensure that the activity is safe and appropriate for all pupils.

### **Assessment, Monitoring and Recording:**

The PE co-ordinator will have lead responsibility for the monitoring of physical education in the school. A range of measures such as observations, lesson studies and staff and children surveys will be used to evaluate impact of the policy in line with the above mentioned objectives.

Teachers regularly assess and monitor the learning in PE through a range of strategies such as observations, questioning and the use of photographs and videos. At the end of each unit, teachers make an overall judgement of how each child has performed against set objective and track this. One final judgement is written at the end of the academic year and this then forms part of the annual report which is shared with parents.

### **Equipment and Resources:**

Here at Birchwood Junior School we have a school hall, which is equipped with portable apparatus and mats for gymnastics and a music system with a large projector screen to support the teaching of dance. For the teaching

of games, there is a large playground, with markings, fitted post positions and a large field. We have a regular contract with Yarborough Leisure Centre where pupils in Year 4 learn to swim regularly throughout the duration of the year.

An annual audit of all physical education equipment is conducted by the PE co-ordinator in order to prioritise any necessary expenditure for the year. Resources for indoor games, gym and dance are located in the storage room attached to the main hall. Resources for outdoor activities can be found in the garage, and planning resources are saved on the school's shared drive for all to access.

### **Health and Safety:**

Please read our School Health and Safety Policy.

### **Non-Negotiable aspects of PE:**

- PE must be taught for a minimum of 2 hours per week. (Hall timetables and outdoor sessions are allocated to each class to ensure availability of space and equipment. This is located in the staffroom).
- Each short term, PE is to be used as the stimulus for a minimum of either 1 maths or 1 literacy piece of work to be produced in books.
- Where coaches lead lessons, each teacher is to observe and record observations for quality assurance and professional development purposes. These will be kept in the PE folder and monitored by the PE coordinator.
- An assessment is to be completed for each unit taught.