



Together we can!

BEECHWOOD JUNIOR SCHOOL

PE Policy

2023 - 2025

Prepared By: Mrs L Phillips
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PHYSICAL EDUCATION POLICY

PE MISSION STATEMENT:

Beechwood Junior School is committed to providing a wide and balanced range of sport opportunities to engage all learners enabling development of knowledge, skills and understanding. These include dance, a range of invasion games, gymnastics, and swimming and outdoor adventure activities.

Please see below for Key Stage 2 National Curriculum expectations for the teaching of PE.

Key stage 2 National Curriculum for PE

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Pupils should be taught to:

- use running, jumping, throwing and catching in isolation and in combination
- play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
- develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- perform dances using a range of movement patterns
- take part in outdoor and adventurous activity challenges both individually and within a team
- compare their performances with previous ones and demonstrate improvement to achieve their personal best

Swimming and water safety

All schools must provide swimming instruction either in key stage 1 or key stage 2.

In particular, pupils should be taught to:

- swim competently, confidently and proficiently over a distance of at least 25 metres
- use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]
- perform safe self-rescue in different water-based situations

We have developed a varied and challenging PE curriculum to help the children to achieve their full potential. Our PE curriculum teaches the children an understanding their bodies in action. It develops the children's abilities to think, select and apply skills, perform to an audience and promotes a positive attitude towards a healthy lifestyle.

Beechwood will continue to use the sports premium funding to provide staff training to improve the quality and breadth of PE and sporting provision, including participation in PE and sport so that all pupils develop healthy lifestyles and reach the performance levels they are capable of.

Their PE education at Beechwood will give children an important foundation for participation and enjoyable experiences in physical activities and sport in preparation for a healthy and fulfilling lifestyle which will promote an enjoyment of physical activity into adulthood.

THE AIMS FOR OUR PE TEACHING:

- To encourage pupils to become increasingly active, both in school and out of school.
- To enable children to develop and explore physical skills with increasing control and co-ordination.
- To acquire knowledge of the skills, rules and conventions required for a variety of physical activities.
- To provide opportunities to acquire, apply, reflect, evaluate and improve upon personal performance.
- To promote a sense of achievement, satisfaction and an enjoyment of physical activity.
- To develop an understanding of the creative, artistic, aesthetic and imaginative aspects of physical activities.
- To promote positive attitudes towards teamwork, co-operation and fair play, promoting positive sports ethics through an understanding of good sportsmanship
- To provide opportunities to compete, whilst developing a healthy attitude towards competition.
- To ensure pupils have an appropriate level of knowledge, understanding and awareness of safe practice across physical activity.
- To offer additional and/or extended provision to those children who may need extra help or for those pupils achieving beyond expectations.

THE CURRICULUM:

We follow the national curriculum as a basis for our teaching. PE is integrated into the long, medium and short term planning for the whole school to ensure breadth, balance, coverage and progression. The PE curriculum is monitored and reviewed by the curriculum leader. All children are taught two hours of PE each week and all children have opportunities to compete throughout the year including in the school's annual sports day.

STAFF DEVELOPMENT:

We recognise that staff vary in their confidence when teaching PE and we offer a variety of professional development opportunities. These can range from peer observation and modelling, local authority courses or work with our neighbourhood partnership schools. Every teacher will receive a term of CPD in outdoor this year, financed by the sports premium funding.

Outdoor PE is led by trained Sports Coaches.

ASSESSMENT:

Assessment is ongoing through instant feedback during PE lessons. This will be in the form of verbal feedback, question and answer between teachers, pupils and peers. Teaching staff will monitor progress and use this information to inform future planning. Progress and achievement will be reported to parents.

HEALTH & SAFETY:

During each lesson pupils are reminded of their duty of care towards themselves and others and teachers actively teach safe working practices. Children are not permitted to undertake a PE lesson unless they are free of jewellery and wearing appropriate clothing. Children should wear shorts and t-shirt for indoor

PE but should have tracksuit trousers/jogging bottoms and a PE sweatshirt (not their school jumper) for outdoor PE. Their PE kit should include trainers or plimsolls. Children should bring in kit on the first Monday of a half term and take it home on the last day of the half term to be washed. PE kit should be regularly checked by parents to ensure appropriate fit. Staff model wearing suitable attire for PE lessons. PE equipment in school is regularly checked for wear and tear and replaced when worn.

The following procedures will apply:

If a child has left their PE kit at home, this is the procedure that the school will follow:

1. Children who do not bring in their PE kit will be included in the lesson by monitoring an activity or completing a non-participation sheet which addresses the learning taking place.
2. Class teachers will keep a register of all children who do not take part in PE lessons each half term.
3. Children will be given a letter to remind them that they need their PE kits in school.

If a child has long hair, this should be tied back during PE lessons. The office keep a supply of hairbands to give to those children that have not tied their hair back.

If a child is well enough to come to school, then they should participate in PE lessons. If the child has an injury or is becoming unwell, the class teacher will use their discretion to decide on a role for that pupil within the lesson e.g. take notes on the lesson, take on the role of a coach, keep scores etc. Children in Years 5 and 6 get changed separately for their PE lessons.

ADDITIONAL OPPORTUNITIES FOR PHYSICAL ACTIVITY:

- Working with our partnership schools provides us with many opportunities for additional activities and experiences.
- Breakfast Club provides round-the-year activities so that children can exercise and keep fit.
- Lunchtime Clubs.
- Breaktimes and lunchtimes – Pupils can use the adventure playground, the multi-use playing area and have access to a wide range of equipment for physical games. Sports captains and the pupil support team provide playground games for others to take part in.
- Children have the opportunity to participate in a range of active after school sports clubs, such as football, Gym, Basketball
- Children have the opportunity to enter intra-school and inter-school competitions throughout the year.
- Children in Year 5 have the opportunity to become sports captains, which involves supporting school sport.

This policy should be read in conjunction with the following policies:

- Equal Opportunities
- The Disability Equality Scheme
- Health & Safety
- Parents' Prospectus
- The Beechwood Curriculum & Curriculum Statement