

Birkdale Primary School



Physical Education Policy

Reviewed 2023



Birkdale Primary School PE Policy

Introduction

At Birkdale Primary School we are committed to providing all children with learning opportunities to engage in Physical Education. This policy reflects our School's values and philosophy in relation to the teaching and learning of PE. It sets out a framework within which teaching and non-teaching staff can work, and gives guidance on planning, teaching and assessment.

Aim

This policy document aims to reflect the philosophy of our school in relation to how PE is both taught and learnt. At Birkdale primary we aim to inspire and engage children's interest in sporting activities and build resilience through providing a wide range of opportunities within school, after school and within the wider community. We aim to nurture children's interest in physical wellbeing and healthy lifestyles in order to establish long lasting lifestyle messages.

Objectives

- To provide a curriculum that satisfies the requirements of the National Curriculum.
- To provide up to two hours of high quality physical activity per week for all pupils.
- To provide an environment in which pupils enjoy and are committed to PE and sport.
- To ensure pupils understand that physical activity is an important part of a healthy lifestyle, including social and emotional well-being; both in and out of school and now and in the future.
- To provide all pupils, irrespective of ability, opportunities to experience and succeed in positive, enjoyable and stimulating PE and sport.
- To provide opportunities, within the school (intra) and between schools (inter), for pupils to participate in a range of competitive, creative and challenge-type activities, as individuals and as part of a team.
- To develop competence in the fundamental movement skills and control in gross and fine motor skills.
- To develop stamina, suppleness, strength and agility and the determination and resilience to keep going.
- In lessons, to establish: clear learning objectives and success criteria, opportunities for pupils to demonstrate their knowledge, understanding and competence, challenges to enable pupils to select and use skills with regards to

tactics and composition and other opportunities for pupils to communicate, solve problems and make decisions.

- To provide meaningful links to other areas of the curriculum and to national and international agendas.
- To provide an out of school hours' programme of activities which enables pupils to extend and enrich curriculum provision.
- To establish good habits: an awareness of safety and hygiene and being responsible for PE equipment.
- To maintain our school games award.

Curriculum

Our school curriculum embraces Development Matters 2020 for our Early Years children and the National Curriculum for Key Stages 1 and 2. Throughout the school we use the PE scheme 'Getset4PE' and supporting materials. Early years children have one indoor session as well as continuous outdoor play and children in KS1 and 2 have one indoor and one outdoor session every week.

In Early Years Foundation Stage pupils should be taught to:

- Negotiate space and obstacles safely, with consideration for themselves and others.
- Demonstrate strength, balance and coordination when playing.
- Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.

In Key Stage 1 pupils should be taught to:

- Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
- Participate in team games, developing simple tactics for attacking and defending
- Perform dances using simple movement patterns.

In Key Stage 2 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.

Coaches from local sport clubs regularly provide additional opportunities for extending the PE curriculum.

We work with and alongside North Sefton School Games and our School Games Organiser who supports our school to constantly strive to include and improve our sporting curriculum and provision. Every term, the children are supported and encouraged to take part in personal challenges where they compete against other North Sefton Schools. We positively promote and encourage our children to be involved in as many sporting events, competitions and festivals as we can to lead active, healthy lifestyles but also to experience fun and enjoyment within the sport.

Throughout the year, we join in with national events such as 'National Fitness Day', 'National Sports Week', 'Sport Relief' as well as our own school sporting events and activities. Our KS2 sport leaders and sports council ensure that events are organised effectively, while developing their leadership skills in the subject.

The Foundation Stage

The physical development of children in the Foundation Stage is an integral part of their school work and is related to the objectives set out in the Early Learning Goals. The children are encouraged to become Competent Movers, developing their Fundamental Movement Skills in the way they move, balance and handle equipment, both indoors and outdoors.

Curriculum Overview for Early Years

NURSERY	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Indoor	Introduction to PE: Unit 1	Fundamental: Unit 1	Dance: Unit 1	Gymnastics : Unit 1	Ball Skills: Unit 1	Games: Unit 1
Outdoor	Outdoor Provision					

RECEPTION	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Indoor	Introduction to PE: Unit 2	Fundamental: Unit 2	Dance: Unit 2	Gymnastics: Unit 2	Ball Skills: Unit 2	Games: Unit 2
Outdoor	Outdoor Provision					

Curriculum Map Key Stage 1

YEAR 1	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Indoor	Fundamentals	Dance	Gymnastics	Yoga	Target Games	Fitness
Outdoor	Ball Skills	Invasion	Team Building	Sending & Receiving	Athletics	Athletics

YEAR 2	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Indoor	Fundamentals	Dance	Gymnastics	Yoga	Target Games	Fitness
Outdoor	Ball Skills	Invasion	Team Building	Striking & Fielding	Athletics	Athletics

Curriculum Overview for Lower Key Stage 2

YEAR 3	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Indoor	Gymnastics	Fitness	Yoga	Dance	Golf	OAA
Outdoor	Fundamentals	Ball Skills 3/4	Dodgeball	Netball	Cricket	Athletics

	Swimming	Swimming	Swimming	Swimming	Swimming	
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YEAR 4	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Indoor	Gymnastics	Handball	Yoga	Dance	Golf	OAA
Outdoor	Fitness	Football	Hockey	Tennis	Rounders	Athletics
	Swimming	Swimming	Swimming	Swimming	Swimming	

Curriculum Overview for Upper Key Stage 2

YEAR 5	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Indoor	Gymnastics	Fitness	Athletics	Golf	Yoga	Dance
Outdoor	Dodgeball	Handball	Netball	Tennis	Cricket	OAA

YEAR 6	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Indoor	Gymnastics	Dodgeball	Athletics	Dance	Golf	Fitness
Outdoor	Hockey	Football	Basketball	Volleyball Y5/6	Rounders	OAA

Swimming

Swimming lessons are provided by qualified teachers from Dunes swimming pool (Active Aquatics). Swimming takes place in years 3 and 4 (12 lessons per class each year).

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.

Assessment

- On-going Assessment for Learning (AfL) practices within class and group sessions, including the sharing of and reference being made to Learning Objective and Assessment Criteria and self and peer assessments of understanding, outcomes and progress.
- Feedback of children's work; against the shared learning objective and success criteria is given in the form of verbal feedback.
- Assessments are recorded with the getset4pe assessment tool for each unit of work in the form of videos, observation notes, pupil feedback and photographs.

Extra-Curricular Activities

Pupils have opportunities to develop their skills in a range of activity areas. They benefit from PE and Sport opportunities provided within the Sefton cluster; these include competitions and tournaments which are open to a large number of pupils. External coaches also provide PE and Sport afterschool activities and pupils are actively encouraged by supervisory staff to be physically active. When appropriate, parents and children are sign-posted to local sports clubs and leisure centres (Sports board regularly updated). Participation and success is celebrated in assemblies.

School Sports Premium

The school has a detailed plan to improve the quality of PE provision for all pupils. This is updated yearly and reviewed by Governors. The plan includes an overview of sports premium spending and a review of the impact of the allocated funds. An action plan is also carried out each year by the subject leaders. The main aim we are working towards is for the funding to have a lasting impact on whole school Physical Education. The Sports Premium Expenditure and Action Plan can be viewed on the school website, www.birkdaleprimary.com.

Pupil Premium and SEND

- Weekly sessions with our sports coach 'Ready, Set, Go' groups (Reception to Year 6).
- See the SEN and Equal opportunities policy for more details.
- Children are given opportunities to attend intra and inter-school competitions.
- Wider opportunities are given to children to participate in competitions.
- Links to outside clubs create more opportunities for children to engage in new sports.
- Links with PE leaders in the same catchment area provides leadership support and opportunities to organise events.

Resources

Staff and pupils are encouraged to look after resources by using the equipment correctly and ensuring that the resources are returned and stored in the right place and tidily. Also, the pupils are taught to carry and handle resources safely. Resources are ordered frequently throughout the year as and when they need replenishing or replacing.

Equality and inclusion

Inclusion is about every child having educational needs that are special and the school meeting these diverse needs in order to ensure the active participation and progress of all children in their learning. Inclusive practice in PE should enable all children (including those that are gifted and talented within PE or those that have Special Educational Needs) to achieve their best possible standard; whatever their ability, and irrespective of gender, ethnic, social or cultural background, home language or any other aspect that could affect their participation in, or progress in their learning.

Inclement weather

Where weather renders an outdoor lesson non-viable, every effort is made to move the lesson into the hall. The lesson maybe adapted or suitable indoor games played instead. We also use Gonoodle classroom sessions which provides a wide range of activities (e.g. Zumba).

PE Uniform

- Children in the EYFS, KS1 and KS2 should arrive at school wearing their PE uniform on their PE days in school. Children should wear trainers to school and their pumps are to be kept in school ready to be worn for indoor sessions.

The uniform consists of;

INDOOR PE

- a plain white round neck t-shirt with or without the school logo

- royal blue shorts
- pumps

OUTDOOR PE

- a plain white round neck t-shirt with or without the school logo
- royal blue shorts
- a royal blue tracksuit with the school logo
- trainers

Jewellery must be removed and hair longer than shoulder length must be tied back.

Children should bring a note if they are unable to participate through illness or injury. Staff should be vigilant if a pattern in non-participation is established for a variety of reasons (including child protection issues). For those children who are unable to participate in the lesson, they will be given a task to do set by the teacher resourced from 'getset4pe'.

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