

# Sibsey Free Primary School



## Curriculum Policy For Physical Education

July 2023

Approved by: Headteacher

Date: May 2023

Next review due by: July 2025



## **1. Introduction**

1.1 Physical Education is a foundation subject within the national curriculum.

This policy outlines the purpose, nature and management of the physical education taught and learned in our school.

1.2 This document was compiled by the Headteacher and the teaching staff. The implementation of this policy is the responsibility of all the teaching staff.

## **2. The Nature of Physical Education**

2.1 Physical Education is about developing children's enjoyment, confidence, and skill in physical activity and introducing them to the pleasures of sport. It is a practical subject which gives all children, irrespective of age or gender, opportunities for participation, enjoyment and success. Physical activity is wider than physical education and includes a range of opportunities that the school can provide through play, teaching approaches, school trips, residential visits, etc. We strive to maximize opportunities for our young people to be physically active through the curriculum, environment and wider community.

2.2 Physical Education at Sibsey School promotes personal, social, cognitive, creative, health and fitness and physical skills. Our school aims to promote an enjoyment in undertaking exercise in all that will, hopefully, be continued into adulthood as part of a healthy lifestyle.

## **3. Entitlement**

### **Purpose of study**

A high-quality physical education curriculum creates positive experiences by ensuring that physical activity and competition provision is designed to reflect the motivation, competence and confidence of the young person and has clear intent. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.

### **Aims**

The national curriculum for physical education aims to ensure that all pupils:

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives.

### **Attainment targets**

By the end of each key stage, pupils are expected to know, apply and understand the matters, skills and processes specified in the relevant programme of study.



## **Subject content**

### **Key Stage 1**

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

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.

### **Key Stage 2**

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**

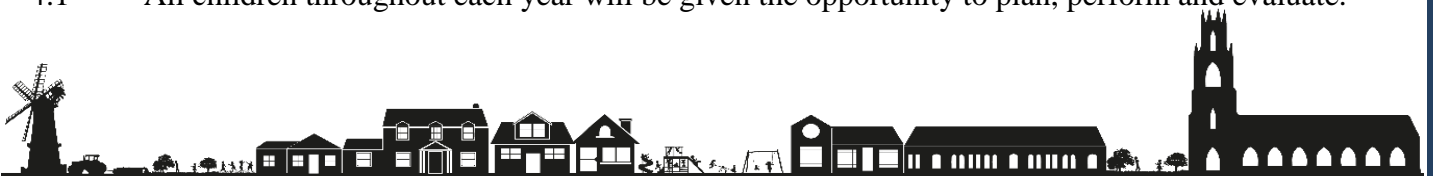
All schools must provide swimming instruction either in key stage 1 or key stage 2.

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.

## **4. Implementation**

4.1 All children throughout each year will be given the opportunity to plan, perform and evaluate.



4.2 The school's curriculum framework will ensure that all children at KS1 have the opportunity to participate in Dance, Gymnastics and Games.

At KS2 the children will participate in Dance, Gymnastics, Games, Outdoor and Adventurous Activities, Athletics and Swimming.

4.3 Lessons will be structured into 4 parts-warm-up, fundamental movement skill, main activity and review.

4.5 Fair play and good sporting behaviour will be encouraged at all times.

4.6 Children will usually be taught in their normal class group. These may be mixed-age groups.

4.7 All teachers will be responsible for the planning and teaching of physical education.

4.8 Great emphasis will be placed, in the reception years, at developing the child's physical skills through P.E. lessons and Movement for Learning.

4.9 Every attempt will be made to fully integrate special needs children into participating on equal terms with other children.

4.10 All Physical Education Lessons will ensure an equal level for both boys and girls. Teachers will choose activities, themes, music etc that will be of equal interest to both boys and girls.

4.11 Health Education, particularly those areas addressing the effect of exercise on the heart and the need for exercise to keep us healthy, will be addressed during the appropriate physical education lessons and in other curriculum areas.

4.12 The School Health and Safety Policy (issued to all staff, with copies always available in the office) outlines guidance for all out of school activities including swimming lessons and the use of playground/playing field equipment.  
Guidance can also be found in "Safe Practise in Physical Education". A copy is kept in the staffroom.

The Health and Safety Policy gives clear guidance on the response and reporting of accidents, however small.

4.13 When engaged in physical education children are expected to behave in a considerate responsible manner showing respect for other people and equipment.  
During Physical Education, children will be encouraged to discuss safety implications concerning themselves and others.

4.14 All children must change into shorts and a short-sleeved T-shirt for Dance and Gymnastics. For gymnastics all children will be barefooted or wear plimsolls. Fashion trainers are not worn for P.E.  
For outdoor activities children will wear shorts, T-shirts and trainers.

During winter months tracksuits, jogging suits and sweatshirts may be worn.

Children participating in football clubs and matches should wear football boots or trainers kept for football. They must wear shin pads if they are wearing football boots.



No jewellery or watches are to be worn for P.E. If parents are unwilling for their children to remove jewellery during P.E. then they must send a letter accepting responsibility and the jewellery must be taped over. Long hair must be tied back.

- 4.15 Children should not wear/use Garmin/Fitbit/Sports during PE lessons or swimming sessions, however the teacher in charge can allow this if s/he has risk assessed the activity appropriately.
- 4.16 The safe use of equipment will be encouraged at all times and children will be trained to move and store equipment in a safe manner. All equipment will be checked by a teacher before the children use it.
- 4.17 All adults working at the school have a responsibility to report any defects in equipment which need attention to the Health and Safety Representative or the Headteacher.  
All adults should minimise the risk of primary hazards; slips, trips and falls and contact with other people or equipment.

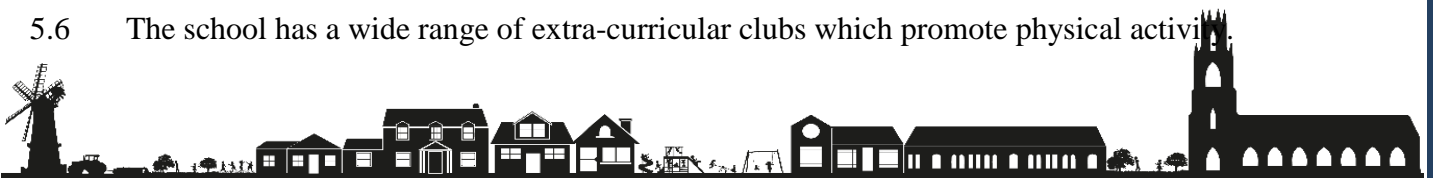
All activities which involve children working above floor level must have mats, appropriately placed. Apparatus being used should be at least two metres from any wall.

- 4.18 All teachers involved in swimming lessons must have successfully completed the Royal Life Saving Society's "Swimming Teacher's Life Saving Certificate" examination, or equivalent. For further details see the school's Swimming Policy.
- 4.19 P.E equipment is stored in the Hall.  
Children are trained to collect and return small equipment with the supervision of the teacher. Teachers should ensure that this is carried out safely.

The P.E co-ordinator will ensure that all P.E. equipment is in good condition and well organised.

## **5. Planning for Physical Education**

- 5.1 Most lessons will be planned and delivered through the Real PE platform, a progressive platform designed to include challenges and support the development of the fundamental movement skills at all ages, stages and abilities. High quality teaching and learning in P.E. will be delivered through a broad, holistic approach where the aim is to develop the 'whole child' through the 6 learning areas.
- 5.2 Specific sports taught in Key Stage 2 will be planned and delivered by JB Sports and Boston United coaches.
- 5.3 In addition to P.E. lessons, teachers deliver 'Active Bursts' in class and every class participates in a 'Daily Mile'.
- 5.4 Children in years 5 and 6 are trained as playground leaders to help facilitate play at lunchtimes. Lunchtime supervisors also receive training when it is available.
- 5.5 We regularly participate in a wide range of competitions, taster sessions and development days in activities such as football, netball, tag rugby, cricket, gymnastics, cross-country and Capture the Flag, etc. We also compete in inclusion sports such as Boccia, Goalball and New-Age Kurling.
- 5.6 The school has a wide range of extra-curricular clubs which promote physical activity.



- 5.7 Children are given the opportunity to participate in various school visits, including residential visits, which promote physical and outdoor experiences.
- 5.8 Children are encouraged to walk to school whenever possible and this is promoted at different points throughout the year such as the BSSP Active Travel Award.
- 5.9 Year 5 children undertake 'Bikeability' training which, if successful, permits them to travel to school on their bike.

## **6 Equal Opportunities / Special Educational Needs and Disabilities SEND**

All teaching and non teaching staff are responsible for ensuring that all children, irrespective of gender, ability, ethnic origin and social circumstances have access to the whole curriculum and opportunities to make the greatest progress possible in all areas of the curriculum.

## **7 Technology**

Teachers are encouraged to ensure that technology is used wherever possible in the children's learning in Physical Education. Opportunities for children to integrate technology into their Physical Education work are provided through the use of digital cameras, digital movie makers and applications such as Microsoft Excel, Word, Publisher and Power Point. The aim is to allow children to see the opportunities for technology and to integrate it naturally into their Physical Education work.

## **8 Assessment**

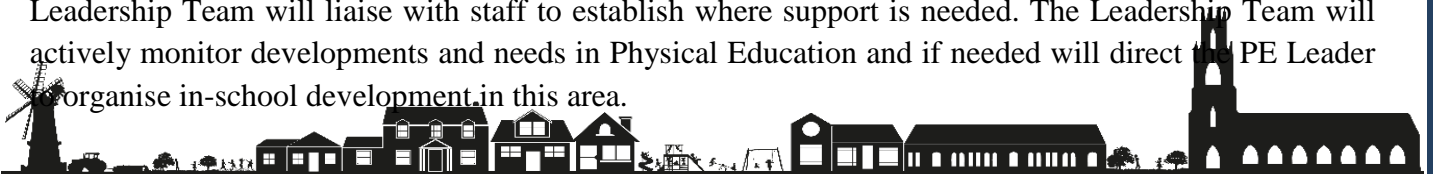
To inform their planning, teachers will carry out assessments before starting a unit of work. Teachers' assessments will be ongoing during lessons and the review. Formal assessments will be completed each term on Insight Tracking.

## **9 The Role of the Leadership Team**

The Leadership Team will:

- Ensure that each member of staff is aware of this Policy.
- Review and update this policy, in consultation with the teacher responsible for this area of the curriculum where appropriate.
- Offer support to any staff member who needs it.
- Make themselves aware of new developments in this subject area relevant to primary schools.

When Physical Education needs a specific focus of attention as a whole school development issue the Leadership Team will liaise with staff to establish where support is needed. The Leadership Team will actively monitor developments and needs in Physical Education and if needed will direct the PE Leader to organise in-school development in this area.



## **10 Background Documentation**

This policy was informed by reference to the Statutory Orders for Physical Education, non-statutory guidance of the National Curriculum document for Physical Education, and guidance from the Lincolnshire Curriculum Service.

## **11. Sports Premium Funding**

Schools receive PE and sport premium funding based on the number of pupils in years 1 to 6.

Schools must use the funding to make additional and sustainable improvements to the quality of PE and sport they offer.

This means that we use the premium to:

- develop or add to the PE and sport activities that are already offered;
- make improvements now that will benefit pupils joining the school in future years.

For example, the funding may be used to:

- hire qualified sports coaches to work with teachers
- provide existing staff with training or resources to help them teach PE and sport more effectively
- introduce new sports or activities and encourage more pupils to take up sport
- support and involve the least active children by running or extending school sports clubs, holiday clubs and Change4Life clubs
- run sport competitions
- increase pupils' participation in sports
- run sports activities with other schools.

Ofsted assesses how Primary Schools spend their PE and sport premium.

Schools must publish details of how they spend the PE and sport premium funding, and this is available on the school's website.

## **12 Health and Safety**

The School operates a Health and Safety Policy and Risk Assessment Procedure.

Use of any external personnel including sports coaches and volunteers will be in line with the requirement for DBS checks.

