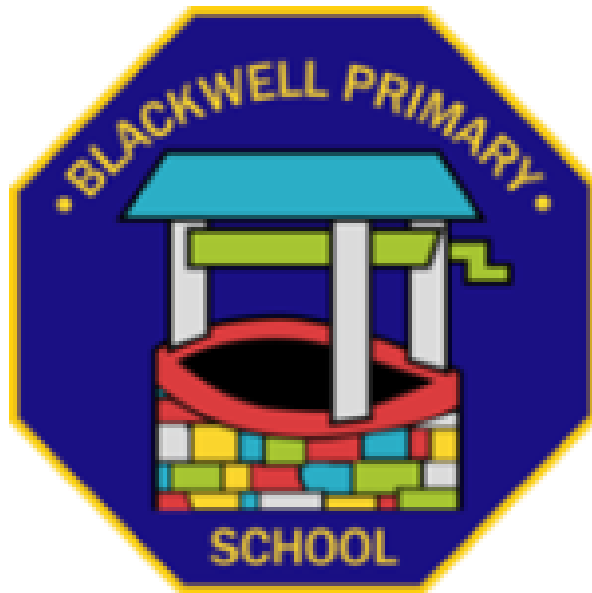




Blackwell Primary School

**Physical Education and School
Sport Policy**

What Is P.E.?

Physical Education, or P.E., is the development of knowledge, skills and understanding of physical activity, through a continuous process of planning, practice, exploring, performing and evaluating. At Blackwell Primary School, we strive to ensure that our P.E. curriculum inspires all pupils to succeed and excel in competitive sport and other physically demanding activities. We aim to provide opportunities for pupils to become physically confident in a way which supports their health and fitness and offer all children the chance to compete in sport and other activities, designed to build character, and help to embed values such as fairness and respect.

Aims and Purposes of P.E.

At Blackwell Primary School, our lessons are planned and delivered so all children are provided the best opportunity to meet the National Curriculum aims and objectives. 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

At Blackwell Primary School, all children are encouraged to:

- Experience a wide range of physical activity.
- Develop and explore physical skill with increasing control and coordination.
- Develop confidence and competence in performing different skills.
- Develop positive attitudes to physical activity.
- Improve social and interpersonal skills.

- Appreciate the efforts of others, as well as their own. Respond positively to different challenges.
- Persevere and make sustained efforts to develop and improve their own performance, encouraging a 'Growth Mind-set'.
- Pursue habits and interests that promote a healthy lifestyle.
- Become increasingly aware of how physical activity affects the body.
- Represent Blackwell Primary School in a sports or P.E.-based tournament or festival by the time they finish their educational journey through our school; this makes up part of our school experience charter.

Sports Premium

The School Sports Premium is government-provided funding, given to maintained primary schools and academies that is specifically targeted at improving the provision of Physical Education (PE) and sport each year. At Blackwell Primary School, we ensure that the funding is distributed efficiently to ensure that our children receive the highest- quality physical education and activity possible. The Sports Premium is distributed between areas such as:

- High-quality curriculum sports coaching, including new sports and activities our school cannot provide due to limits on equipment.
- The opportunity to buy new, innovative, and high-quality P.E. and sports equipment.
- The opportunity to target less active children, and offer them a tailored programme of Physical Education to help increase their physical activity, and to inspire them to take part in more sporting activities and competition.
- Intervention programmes such as 'Physical Literacy', which help develop gross and fine motor skills, which in turn help children to improve and achieve in other curriculum areas in school.
 - The opportunity to purchase new, high-quality and inclusive P.E. resources and equipment to ensure all P.E. lessons across the school are adequately resourced to help all learners make progress during lessons, and help solidify quality-first P.E. lessons in all classes and Key Stages.

- To provide opportunities for staff to attend a wide-range of P.E. and school sport CPD courses, to help develop staff confidence and skills when teaching P.E., to ensure a quality-first P.E. education for all pupils across the school.

(See appendices for a comprehensive breakdown of the School Sports Premium budget plan)

Governors

At Blackwell Primary School, school governors play a key role in the monitoring and evaluating of policy and the implementation of PE across the whole school. Our Governors conduct focused visits to the school and liaise with the PLT/subject leader to keep informed of the implementation and changes in policy, any changes in legislation and curriculum, and to celebrate the success of P.E. and school sport at Blackwell Primary School.

Planning, Teaching and Assessment

We use a variety of teaching and learning styles in PE lessons at Blackwell Primary School. Our principal aim is to develop children's knowledge, skills and understanding of physical activity, as well as a range of sports.

To plan, deliver and assess P.E. at Blackwell Primary School, we use the 'Get Set 4 PE' comprehensive P.E. scheme. Teachers across the school use this scheme to plan and deliver lessons, and assess the children's progress across each unit of work.

Each class works from a 2-year cycle of P.E. schemes of work to ensure every child accesses all required National Curriculum objectives during this period, acquired through a range of sporting activities, before they move on to their next class.

As a Primary P.E curriculum demands specific skills, it is taught as a sequence of lessons, designed and adapted so children acquire, and then build-on their skills, applying them in different scenarios. Children are taught through a combination of whole-class teaching and individual/group activities, adapting planned activities and equipment to allow all learners to make progress during a lesson; teachers scaffold successful skills and techniques, as well as drawing

attention to good examples of individual performance, as models for children, and encourage children to evaluate their own work as well as the work of their peers. Within lessons, children are encouraged to both collaborate, and to compete with their peers, and use a wide range of good-quality resources that help enhance their learning experience.

Teachers assess the children's learning in PE by observation and photographic evidence during lessons. They then record the progress made by children against the learning objectives of the lesson, using photos of selected, focused activities as evidence to show attainment and progress. At the end of a unit of work, teachers make a judgement as to whether the child has met, exceeded or is working towards the expectations of each individual objective within a unit. These records also enable the teacher to make an annual assessment of progress for each child, as part of the child's annual report to parents. At the end of each academic year, the class teacher then passes this information on to the next teacher, to ensure the child continues their progression of skills effectively.

P.E is taught in line with our school's Teaching and Learning Policy. All children at Blackwell Primary School get a standard two hours of physical education a week, our structured 'Active Lunchtime' programme also allows children the opportunity to access up to an extra 2 hours per week of structured physical activity per week through a range of structured sporting activities during lunchtimes.

Inclusion and Equal Opportunities

All children at Blackwell Primary School are entitled to participate in the P.E. curriculum regardless of ethnicity, gender, religion and special educational need. At Blackwell Primary School, we feel that it is essential that all children's efforts are valued and supported in a safe and secure environment. Where children have specific sensory and physical needs, adaptations are made to the curriculum and lessons to ensure that children have equal opportunity to succeed at their stage of development. (see S.E.N Policy).

We are passionate about offering as many opportunities for our children to take responsibility for activities in our school, which is where we have our 'Blackwell Primary Sports Leaders'. This group is made up of children that will:

- Help promote school sport and P.E. to children and parents, by updating our P.E. display and school website.
- Plan, organise, resource and conduct a range of daily physical activities during lunchtimes as part of our 'Active Lunchtime' programme, as well as inclusive intra-school competitions for children of all ages throughout the year.

P.E. In The Foundation Stage

We believe that young children learn through using all their senses through being active and interactive. Physical Development is one of 6 areas in the Foundation Stage Curriculum. Activities planned at Blackwell provide children with opportunities to achieve nine early learning goals; they are planned specifically to ensure a safe, well-resourced environment, which helps them to build on and develop their confidence and independence. Children are given time to explore, experiment and refine their social, interpersonal skills as well as gross motor skills and hand-eye coordination. Staff provide children with a balance of opportunities for all round physical development. This is achieved through use of in and outdoor play, use of our school hall, playground, and our school field. A range of equipment, apparatus and stimuli is employed to encourage the development of specific skills.

P.E. In Key Stage 1

In Key Stage 1, children continue to build on their early experiences and move into paired and group activities. They begin to play simple games, explore and link actions, improve coordination and response to stimuli. They develop greater awareness of others and begin to develop their own ideas and creativity. Children improve their use of apparatus and equipment and continue to develop gross motor skills and hand-eye coordination. They learn to refine skills in throwing, catching, and kicking balls and working cooperatively. They continue to develop coordination, balance and achieve greater control over their movements. They develop their visual and auditory

awareness and begin to express themselves through movement and communicate ideas and feelings about their performance.

In Key Stage 1, pupils 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 are taught to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

P.E. In Key Stage 2

In Key Stage 2, children build on their previous experiences through a broader P.E curriculum. They learn specific skills and refine and improve existing ones. Children learn and demonstrate the importance of teamwork in pairs and small groups and are taught common skills and principles for playing games with increasing complexity. They are given opportunities to be creative in developing their own rules as well as learning the conventions of traditional games.

Children will take part in competitive experiences and develop greater awareness over the importance of their efforts as well as winning. Children begin to sequence movements with greater complexity, and develop poise and control over their actions, including equipment and apparatus. They respond creatively to stimuli and improve compositional work, performance and content. They become confident at evaluating their own performances and others and reflect on how they can refine and improve their skills. Children develop greater awareness of the importance of physical activity and the effect upon their own body.

Resources

At Blackwell Primary School, we constantly strive to ensure that our children have access to a range of well organized, high-quality resources to help develop their skills and ensuring 'Quality-First' teaching, therefore enhancing their learning experience. Teachers ensure that all resources are readily available when they are needed, and that resources are stored safely and

accessibly, so children can collect and return them independently. Teachers will notify the PE Leader of damaged resources, to ensure the safety of our children and teach children throughout the school to use resources and equipment appropriately, independently and safely.

Appropriate Dress

At Blackwell Primary School, we expect children to come to school in suitable, agreed clothing for their PE lessons, to ensure their safety, comfort and to promote good hygiene; all teachers set a good example by wearing appropriate clothing when teaching PE.

An indoor P.E. kit should consist of: a suitable, comfortable plain black, white, blue or yellow t-shirt; a pair of black, grey or navy blue shorts or a P.E. skirt; and plimsolls or suitable trainers.

For outdoor lessons, children should wear: a suitable, comfortable plain black, white, blue or yellow t-shirt; a suitable, comfortable plain black, white, blue or yellow jumper, hoodie or jacket; plain black or navy blue shorts, P.E. skirt or jogging bottoms; and suitable trainers (or studded boots if playing football, rugby etc on grass).

Jewellery should not be worn during any P.E. lessons, meaning children are required to remove items such as earrings, necklaces, watches and rings; items such as earrings, that the child may be unable to remove, should be covered by surgical tape.

Bolsover District School Sports Partnership Affiliation

Blackwell Primary School is part of the Bolsover District School Sports Partnership, an organisation we use an allocated amount of our Sports Premium Fund to be part of. This means we have access to Professional Development Opportunities, where teachers can attend courses to develop their skills in teaching P.E., which in turn enhances our children's P.E. experiences, and helps accelerate their progress.

Our affiliations also means we are invited to Tibshelf cluster, and district open sports competitions, where our children have the opportunity to

compete against other schools in our district in a wide-range of sports and inclusive physical activities. At Blackwell Primary School, we believe structured, competitive-yet-respectful competition is an important part of every child's development, and we strive to offer these competition opportunities to all children.

Swimming

Swimming is a key life skill, and at Blackwell Primary School we provide the opportunity for all children to attend swimming lessons when in Key Stage 2 (Years 3, 4, 5 and 6)

The lessons are taught by trained instructors from Alfreton Leisure Centre, along with fully ASA trained staff from school, where they are taught a progressive range of skills in conjunction with Derbyshire ASA objectives.

For their swimming lessons, children need: a suitable swimming costume (not bikini) for girls; swimming trunks or shorts for boys (shorts must not be longer than knee length), goggles if required; and a suitable towel.

The government states that all schools should provide swimming education to children in either Key stages 1 and 2, and should work towards these objectives:

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

Evaluation

This policy will be evaluated in line with the school's review policy, which will include: effectiveness, ease of implementation, resourcing issues identifying any amendments needed and additions required to the policy as a result of legislation or other changes in the PE curriculum.

Updated November 2024