



# PHYSICAL EDUCATION POLICY

## Introduction

Physical education develops physical competence and confidence and it provides opportunities for our pupils to:

- be creative
- enjoy sport
- build their physical coordination
- develop their social skills, working as individuals and as part of a team
- rise to challenges
- learn about important values
- compete in a safe environment

## Intent

At Boyne Hill, we believe our school has an important part to play in promoting the importance of physical activity. Through providing a balance of individual, team, cooperative and competitive activities, our inclusive PE curriculum will cater for pupils with a variety of abilities and needs and promote safe practice. We want to promote the pleasure and enjoyment that pupils can gain from physical activity and to enable them to lead a healthy, active lifestyle for the rest of their lives.

Our aims as a school are to:

- make PE and school sport enjoyable and accessible for all pupils
- encourage pupils to enjoy and show a positive attitude towards physical activity, sport and learning
- give our pupils a variety of different sporting and physical activity experiences
- promote safe practice

We will teach our pupils to:

- acquire and develop a range of skills in all aspects of PE
- select and apply skills, tactics and compositional ideas
- evaluate and improve performance
- work as an individual and part of a team
- understand that exercise is an essential part of a healthy lifestyle
- develop a life-long love of sport and physical activity

We use PE to:

- promote physical and emotional health and wellbeing and build resilience
- promote pupils' spiritual, moral, social and cultural development
- support the promotion of key skills such as working independently and with others and improving confidence in problem solving and thinking skills which are needed in all areas of the curriculum
- give pupils opportunities to apply communication skills and number concepts

## Implementation of Physical Activity and School Sport

Our approach includes a range of activities.

Within class time:

- The class teachers are responsible for their own class organisation and teaching style in PE;

- The pupils are given opportunities to explore dance, games and gymnastics during two planned PE times each week;
- The pupils are taken to the local leisure centre for a block of swimming lessons for one term in Year 2.

As a school:

- As well as using apparatus in PE lessons, pupils also have the use of climbing and balancing equipment and small apparatus in the playground;
- We celebrate the pupils' sporting successes on our website, in our fortnightly Newsletter and on the PE Board outside the school's main entrance;
- We take part in the annual Dance Festival and Wake-up Shake-up Festival run by the School Sports Partnership if/when funding allows;
- We make use of specialist coaches to offer the pupils different sporting experiences;
- Our KS1 pupils may receive a fully funded term of additional core skills development through an extra-curricular club;
- We hold an annual Sports Day for the whole school;
- We encourage pupils to offer their ideas and opinions through School Council meetings and annual questionnaires;
- We provide a range of optional lunchtime and after school sports clubs;
- We ensure that all teachers have up to date PE training;
- We invite our families to attend sporting activities and watch displays;
- We advertise appropriate activities on our school notice boards;
- The Primary Link Teacher attends regular School Sports Partnership meetings.

### **Entitlement**

The school provides the minimum of 2 hours, high quality physical activity per week for all pupils. Class teachers will ensure that all National Curriculum areas are covered over the year in delivering a broad and balanced curriculum.

### **Equal Opportunities and Inclusion**

The National Curriculum provides staff with the flexibility to respond to the needs of all pupils, including those with identified special educational needs. No child will be excluded from any PE activities taking place in the school providing there is adequate support and it is safe to do so. We will strive to offer as many activities as possible to all pupils. Liaison with outside agencies will enable teachers to plan appropriately for pupils with special educational needs. In PE lessons, open-ended and extension tasks mean that pupils can perform to the best of their ability. For those identified as gifted and talented in PE, recommendations are made to parents and carers to attend out of school hours coaching and clubs.

### **Impact and Assessment**

Class teachers and/or sports coaches continually assess every pupil's progress against the National Curriculum requirements throughout the year. These assessments are made through observation and by listening to and questioning the pupils. Reports are sent out at the end of the school year detailing progress. Assessment informs planning by identifying pupils' future learning needs.

### **Safe Practice in PE**

Health and safety awareness is an integral part of pupils' learning in PE and staff work to accepted codes of practice following Local Authority (LA) guidelines in the BAALPE Safe Practice in PE publication. The BAALPE publication is available to all staff and is located in the Staffroom.

To ensure safe practice in PE activities, teachers will ensure that:

- Pupils are aware of the rules about the safe use of equipment;
- Pupils behave in a manner which is conducive to a safe learning environment;
- Warm up and cool down activities are employed to reduce risk of injury;

- Support staff and students are aware of their role during the lesson;
- Equipment has been checked for safety;
- Safe methods of lifting and carrying equipment and attaching one piece to another are taught, supervised and checked;
- Cultural and social needs will be respected wherever possible so long as the health and safety of the pupil and other pupils in the group is not jeopardised in any way;
- Emergency and accident procedures are known and understood by all staff and records are kept in the accident books where necessary;
- Aspects of health and hygiene are promoted during PE lessons to ensure the development and wellbeing of all pupils.

Parents/carers should be aware of the following:

- No jewellery should be worn at all during PE lessons (if ear studs cannot be removed they will be taped up by the class teacher);
- Long hair must be tied back;
- Appropriate PE kit is required, in line with the school's Uniform policy and a slip may be sent home with the pupil if appropriate kit is not in school;
- Gymnastics and dance will be done in bare feet;
- A note or verbal communication is needed from the parent/carer if a pupil is not able to take part in PE lessons.

The Head Teacher will ensure that:

- An annual safety check is made on all gymnastics equipment.

**This policy will be reviewed biennially**

Last reviewed: August 2024