

Physical Activity Policy



St Mary's Bryanston Square
Church of England Primary School

EXCELLENCE WITH COMPASSION'

'Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength. And love your neighbour as yourself.' (Mark 12:30-31)

St Mary's Bryanston Square CE Primary School is committed to promoting the health and well-being of its pupils and staff through physical activity. This policy outlines the school's organisation, teaching and management of physical activity. The implementation of this policy is the responsibility of all the teaching staff.

Intent

At St Mary's Bryanston Square CE Primary School we recognise the importance PE plays in the curriculum and are committed to providing all children with opportunities to engage fully in Physical Education. The aim of our PE programme is to develop children's basic physical competencies, build confidence in their ability and build the foundations for a lifelong love of sport, physical activity and a healthy lifestyle. PE lessons encourage children to compete against themselves and others whilst being challenged to improve their physical, social, emotional and thinking skills. These skills are embedded in the heart of our planning.

We aim to develop:

- The ability to acquire new knowledge and skills exceptionally well and develop an in-depth understanding of PE.
- The willingness to practise skills in a wide range of different activities and situations, alone, in small groups and in teams and to apply these skills in chosen activities to achieve exceptionally high levels of performance.
- High levels of physical fitness.
- A healthy lifestyle, achieved by eating sensibly and exercising regularly.
- The ability to remain physically active for sustained periods of time and an understanding of the importance of this in promoting long-term health and well-being.
- Exceptional levels of originality, imagination and creativity in their techniques, tactics and choreography, knowledge of how to improve their own and others' performance and the ability to work independently for extended periods of time without the need of guidance or support.
- A keen interest in PE. A willingness to participate eagerly in every lesson, highly positive attitudes and the ability to make informed choices about engaging fully in extra-curricular sport.
- The ability to swim at least 25 metres before the end of Year 6 and knowledge of how to remain safe in and around water.

Our objectives

Our objectives in the teaching of PE align with the National Curriculum, in that we aim to ensure 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

Implementation

PE lessons are planned and adapted from the Complete PE scheme of work, which aligns with our physical activity policy, our whole child approach to PE and the objectives laid out in the National Curriculum. The use of Complete PE to aid our PE curriculum ensures progression and increasingly challenge as children move up through the school.

In each class, children have a wide range of physical ability. Recognising this fact, we provide suitable learning opportunities for all children by matching the challenge of the task to the ability of the child. We achieve this through a range of strategies, such as:

1. Setting common tasks that are open-ended and can have a variety of results
2. Setting tasks of increasing difficulty
3. Grouping children by ability, and setting different tasks for each group
4. Providing a range of challenge through the provision of different resources

Swimming and Water Safety

All children must have access to swimming instruction in key stage 2. In particular, pupils should be able to:

- Swim competently, confidently and proficiently over a distance of at least 25 metres
- Use a range of strokes effectively such as front crawl, backstroke and breast stroke
- Perform safe self-rescue in different water based situations

At St Mary's Bryanston Square CE Primary School the children have access to swimming instruction in Y4. Swimming instruction is delivered by trained instructors at Seymour Leisure Centre.

Physical Education Curriculum Planning

PE is a statutory foundation subject in the 'National Curriculum' and planning in PE is carried out in three phases (long-term, medium-term and short term).

The long-term plan maps out the PE activities covered in each term during the year, to ensure a broad and balanced curriculum that is exciting for our children to learn through.

Our medium-term plans give details of each unit of work for each term, including specific knowledge and skills which are to be taught.

The short-term lesson plans provide tailored opportunities for children of all abilities to develop their skills, knowledge and understanding in each activity area. All pupils should be physically active for sustained periods of time in every lesson. Progressively they should learn about the components and how to perform warm up and cool down exercises, paying attention to the principles of safe exercise practice.

PE is delivered throughout the whole day and all classes have at least two hours of PE per week. We are endeavouring to ensure we implement the Department of Health guidelines for daily physical activity which are as follows:

Early Years/Under 5s: Children of pre-school age who are capable of walking unaided should be physically active daily for at least 180 minutes (3 hours), spread throughout the day. All children should engage in moderate to vigorous intensity physical activity for at least 60 minutes and up to several hours every day.

5 to 18 years: All children and young people should engage in moderate to vigorous intensity physical activity for at least 60 minutes and up to several hours every day. Vigorous intensity activities, including those that strengthen muscle and bone, should be incorporated at least three days a week.

Alongside our PE lessons we also ensure we are engaging the children in daily physical exercise through the provision of equipment such as bats and balls, skipping ropes and scooters which are available for use during break and lunchtimes.

EYFS

We encourage the physical development of our children in the nursery and reception class as an integral part of their work. As these classes are part of the Foundation Stage of the National Curriculum, we relate the physical development of the children to the objectives set out in the Early Learning Goals, which underpin the curriculum planning for children aged three to five years of age.

We encourage the children to develop confidence and control of the way they move, and the way they handle tools and equipment. We give all children the opportunity to undertake activities that offer appropriate physical challenge, both indoors and outdoors, using a wide range of resources to support specific skills.

Assessment

Teachers assess the children's learning in PE through ongoing observations during lessons, and through assessment against the specific objectives set out in the National Curriculum. We have clear expectations of what the pupils will know, understand and be able to do at the end of each Key Stage.

Extra-curricular activities

St Mary's provides a range of extra-curricular activities for children at the end of the school day. Pupils are included in the selection of after school clubs and activities on offer encourage children to further develop their skills in a range of physical activity areas. The school sends details of the current club activities to parents and carers at the beginning of each term. The school also competes against other local schools and takes part in competitions organised by Active Westminster. This enables children to apply and practise the skills that they have developed in their lessons, as well as providing children with the opportunity to foster a sense of team spirit and cooperation.

Equal Opportunities and SEND

A range of PE activities are offered to both boys and girls; experiences and expectations are the same regardless of gender. Selection for school sport teams is based upon both ability and also opportunity. We aim to have a high percentage of children from the school represent the school in

some capacity. PE lessons and lunchtime sport clubs offer all children the opportunity to improve their knowledge and techniques so everyone has the opportunity to be the best they can be.

For children who have physical or learning disabilities, some modification may have to be made to the way in which an activity or sport is taught, learnt and played. Any such modifications will be made in consultation with the relevant staff and specialists, and noted on teachers' plans.

Children should only refrain from physical activity during a PE lessons on health grounds, if this is requested by their parents/carers, either by direct contact with the school or in a note to their teacher.

Resources

There is a wide range of resources to support the teaching of PE across the school. Equipment is stored in the PE cupboard in the hall and in the external PE shed in the playground. The hall is also equipped with large apparatus, such as benches, mats, ropes and bars which we expect the children to help to set up and put away as part of their lessons. By so doing, the children learn to handle equipment safely. The children use the school playground and hall for physical activities, and the local swimming pool for swimming lessons. Teaching staff are expected to ensure equipment is put away after each lesson. Any broken or faulty equipment must be reported to the PE Lead.

Contribution of PE to teaching in other curriculum areas

English

PE contributes to the teaching of English in our school by encouraging children to orally describe what they have done, and to discuss how they might improve their performance.

Mathematics

PE contributes to the teaching of mathematics by encouraging children to measure and record what they do accurately.

Music

Children explore music and rhythm through dance.

Personal, social and health education (PSHE) and citizenship

PE contributes to the teaching of personal, social and health education and citizenship. Children learn about the benefits of exercise and healthy eating, and how to make informed choices about these things.

Spiritual, moral, social and cultural development

The teaching of PE offers opportunities to support the social development of our children through the way in which we expect them to work with each other in lessons. Groupings allow children to work together, and give them the chance to discuss their ideas and performance. Their work in general enables them to develop a respect for other children's levels of ability, and encourages them to cooperate across a range of activities and experiences. Children learn to respect and work with each other, and develop a better understanding of themselves and of each other.

PE Kits

Pupils should wear appropriate clothing as detailed in our school uniform policy. The school PE kit consists of: Navy shorts/tracksuit bottoms, a plain white T-shirt and plimsolls or trainers.

Pupils without the correct PE or swimming kit will miss out on the PE lesson. Teachers should keep a record of children who forget their kit or who have incorrect kit. Children who persistently have incorrect kit will have a letter sent home asking parents to supply them with appropriate clothing.

Teachers are also expected to wear appropriate clothing and shoes.

Health and Safety

We recognise that participation in PE and Physical Activities contains an element of risk. Staff are responsible for ensuring that they are familiar with safe practice to reduce the element of risk to the absolute minimum within their control.

Staff are aware of pupils who have special needs with regards to physical activity and make special provision for needs where appropriate e.g. physical disability, asthma.

Staff know about the safe practices involved in moving and using apparatus.

- Pupils may be asked to remove shoes when participating in indoor activities such as gymnastics and dance.
- Correct use of equipment is taught along with any potential hazards, and risk assessments are available
- Equipment and apparatus are stored safely at the end of each lesson.
- Pupils are taught to consider their own safety and that of others at all times.

Monitoring and Reviewing

The planning and coordination of the teaching of PE is the responsibility of the subject leader, who:

- Supports colleagues in their teaching, providing a strategic lead and direction
- Evaluates the strengths and areas for development in the subject through staff and pupil voice questionnaires
- Reviews evidence of the children's work and observes PE lessons

The quality of teaching and learning in PE is monitored and evaluated by the subject leader and is overseen by the senior leadership team.