



Brinsley Primary and Nursery School

Learn today, be a star of tomorrow

School Policy for

Physical Education

Person Responsible: G Standring

To be reviewed: May 2023

"The teaching and learning of PE and Sport is to become an embedded culture where children progress and develop in all personal, social, cultural and physical aspects and fundamentally enjoy being active."

Why do we teach PE the way we do?

When determining the Physical Education curriculum for the children of Brinsley Primary School there are a range of things that need to be taken into consideration:

First and foremost, our curriculum aligns with the Early Learning Goals and the National Curriculum. This means that within the:

- Early Years: Children will be taught to show greater control of their gross motor skills, while also beginning to balance, move in a variety of ways, etc. This will work alongside developing fine motor skills.
- 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.'
- 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.'

Central to our curriculum is a need for our children to be fit and healthy. Not only physically healthy but mentally healthy also. To this end our PE offer includes:

- The Daily Mile – regular exercise.
- Activities like Yoga during our Enrichment sessions.
- An underlying ethos and strategy that entails the work done by our Mental Health and Wellbeing lead.

There are two driving factors in our children's involvement in sport. Our aim with both is to encourage our children to enjoy physical activity and sport, but also to develop their skills in a competitive manner.

1. That all children get an opportunity to be involved in sport. That they get to experience the joy and the skills involved in playing sport. The priority here is mass participation and includes events like: Some intra and inter-school sports, PE lesson sports, annual sports day, etc.
2. We also encourage as many children as possible to participate in competitive sport. This is primarily done through the Ashfield District Sports Network. Currently we train and send a variety of competitive teams through to different

competitions in our area. In doing this we are also strengthening the case for us to achieve the GOLD School Games mark (currently on SILVER). Every week at our celebration assembly we also celebrate the success children have outside school in gymnastics, athletics, martial arts, etc.

Obviously, a large part of any curriculum is to prepare the children for their next phase. In the case of Brinsley children that means preparing them for the expectations of Key Stage 3. As most of our Year 6 children go to Selston High School, the PE lead there has stressed the importance of the following things for children beginning KS3:

Gymnastics

- Rolls - Forward rolls, Teddy bear rolls, Backwards Rolls
- Shapes - Can perform basic tuck, straddle, pike, 1/2 twist and full twist
- Balances - Individual and Paired Point and Patch balances
- Transitions - Moving from move to move

Invasion

- Ability to catch, pass, shoot, dribble, intercept/tackle
- Understanding of positions in games

Net and Wall

- Using a racket to strike the ball/shuttle to a set target
- Hit using forehand and back hand

Striking and Fielding

- Ability to strike a ball to different areas
- Ability to bowl the ball to a set target
- Ability to throw the ball to a set target using both underarm and over arm
- Ability to catch the ball from a variety of heights.

Athletics

- Ability to pace themselves
- Ability to throw shot, javelin, discus (obviously this may be ball, foam javelin and bean bag)
- Ability to complete relay changeovers

Enriching our curriculum and the experience of our children is very important to us. With this in mind we go on a wide variety of visits and we also offer 3 residential visits each year:

1. Year 6 go to Caythorpe PGL
2. Year 4 go to Millbase (Kingsmill Reservoir)
3. Year 2 go to Sherwood Forest

In attending these the children experience a range of activities that increasingly focus on pushing their limits in order to build their confidence and social skills, through adventurous activities.

Finally, like all subjects that are taught within Brinsley Primary School, PE provision seeks to reinforce and explicitly teach the values and beliefs we hold dear.

- **Ambition:** We encourage the children to be the best they can be and if they have a skill or inclination to compete to this effect.
- **Resilience:** We teach the children not only to win, but to lose and how to cope with loss, or adversity in a positive way.
- **Sportsmanship and mutual respect:** In all aspects of PE and sport we teach the children of respecting each other and relating to each other in a positive way.
- **Rule of law:** There is an expectation that children will follow the rules of sport and respect the people who are enforcing it.
- **Personal responsibility:** Like everything we encourage the children to be responsible for themselves and their own actions.

In teaching PE...

We aim:

Physical development:

- To develop physical competence and confidence by acquiring and developing a range of fine and gross motor skills.
- To be aware of the different shapes and movements that can be made with the body.
- To develop knowledge, skills and understanding, and the ability to remember, repeat and refine actions with increasing control and accuracy.
- To promote fitness and a healthy lifestyle by understanding the effects of exercise on the body and the importance of developing strength, endurance and flexibility
- To appreciate of the value of safe exercising.

Social and emotional development:

- To develop a love of physical exercise.
- To develop the ability to work independently and communicate with, and respond appropriately towards others using verbal and non-verbal communication.
- To develop confidence in their own skills and abilities.
- To promote an understanding of safe practice, and develop a sense of responsibility towards the safety of themselves and others.
- To realise that the right exercise for you can be fun and will give you energy for other things in life.
- To create and plan games and teach them to one another.

- To develop a sense of fair play.

Cognitive development:

- To develop decision making and problem-solving skills.
- To develop reasoning skills and the ability to make judgements.
- To develop an increasing ability to select, link and apply skills, tactics and compositional ideas.
- To develop the ability to communicate non-verbally with the body
- To improve observational skills, the ability to describe and make simple judgements on their own and others' work, and to use this knowledge and understanding to improve their own performance.
- To understand that using the correct technique will improve accuracy and individual performance.
- To be able to evaluate performance and act upon constructive criticism.

Spiritual, moral and cultural development:

- To develop a positive attitude to themselves and others.
- To experience a range of differing activities and realise that physical activity doesn't have to be about winning a competition - doing your best is as important.
- To be able to encourage others and give praise for their achievements so that when children perform they do not fear failure.
- To treat your team, the opposition and the referee with respect.
- To raise self-esteem through opportunities to celebrate sporting success.

The PE Curriculum:

We aim to provide a well-balanced curriculum which covers the statutory requirements for the Early Years Foundation Stage (EYFS) and the new PE National Curriculum.

In EYFS, opportunities are provided for children to be active and to develop their co-ordination, control and movement through fine motor and gross motor activities which involve the use of a range of equipment and involve different spatial experiences. Structured lessons and opportunities for outdoor physical activity amount to at least two hours each week.

Pupils in both KS1 and KS2 engage in sessions of high-quality PE during the course of each week. In KS1 the curriculum focuses on fundamental movement skills to develop agility, balance and co-ordination. Curriculum content includes ball skills and team games, gymnastic and dance activities. At KS2 pupils continue to apply and develop a range of skills and units of work include a range of invasion, net / wall, and fielding

and striking games, gymnastics, dance, athletics and swimming. We also enrich children's experiences through opportunities for outdoor and adventurous activities.

A range of resources are used to support progression across the curriculum including: The 'Key Sports' PE Scheme of work and assessment tools as well as sport specific programmes introduced via specialist coaches which link to our PE skills progression map.

Swimming:

At Brinsley Primary and Nursery School, children learn swimming from Year 3 with qualified swimming coaches and school staff who have attended swimming training. As a school we will also offer the Non-swimmers from year 4, 5 and 6 within the school to have provisions made to top up their swimming confidence. These hour-long sessions will take place for 18 weeks in the Spring/Summer terms. During the sessions the children will be learning a variety of strokes as well as learning to self-rescue in different water-based situations. The County guidelines recommend appropriate swimwear i.e. a one-piece costume for girls and trunks (not shorts) for boys. Goggles can be worn if parental permission has been obtained.

OFSTED Expectations of PE and Sport Funding:

At Brinsley Primary and Nursery School we are focussed to effectively using the additional funding to provide the children with:

- Securing quality-assured professional training for staff to raise their confidence and competence in teaching PE and sport
- Paying for transport, pool hire and instruction to provide additional swimming lessons for those pupils unable to swim competently 25m using a range of strokes and able to perform safe self-rescue by the end of Year 3
- Employing specialist PE teachers or qualified coaches to be observed by teachers in lessons to increase their subject knowledge and confidence in PE.
- Provide and increase the children's participation in sport and PE activities and competitions.
- Monitor the impact of professional development to ensure a lasting legacy of consistently good teaching of PE

Staffing/Staff development

The class teacher, alongside a qualified PE Teacher/Coach, has the responsibility to teach the children a broad PE Curriculum and assess the progress within PE; this is linked to the 'Key Sports' PE Scheme and Next Level Sports (NLS) scheme. This will provide the children with a varied range of activities. These sessions are for all children in EYFS, KS1 and KS2 and run on a half termly rotational basis. All staff take part in professional development to ensure secure subject knowledge and awareness

of health and safety procedures. Staff should be comfortable and competent in the area of activity being taught. Staff should indicate where they feel they need support.

Safety

- As with all physical activity, it is important that certain procedures are followed to minimise the risk of injury.
- Children should dress in shorts, tracksuit bottoms and t-shirts.
- Children will work indoors in well fitted plimsolls or bare feet.
- Plimsolls or trainers are worn for outdoor games, together with tracksuits if it is cold.
- Jewellery is not to be worn.
- Children are to remove earrings for PE sessions. For children with newly-pierced ears there is a consent form in school to be filled in by parents/carers to give permission for the child to wear plasters.
- Long hair should be tied back
- Children will be trained to lift and carry any apparatus sensibly into position under adult supervision. The teacher will check it before use.

Safeguarding:

All adults working with children in school are to be checked for appropriate DBS clearance. This includes all coaches and teachers, as well as staff working on a one-off basis or with after school clubs, non-competitive and team- and individual based clubs appropriate for all pupils.

Equality:

All aspects of PE are taught in such a way as to include all children regardless of their gender, background, culture or physical ability. Learning objectives are set in line with our Special Needs and Equality Policies.

How do we measure the impact of our PE provision?

Records and Assessment:

Assessment for learning is made through short term (daily/weekly) observations, through discussion with the children and through their own self-assessment. Additionally, half-termly, formative assessments will be completed at the end of each sport/activity.

School Sports Partnership (SSP):

Brinsley Primary and Nursery School is part of the Ashfield Sports District. Brinsley Primary and Nursery accesses curricular support, competitive opportunities for our pupils and training for staff via the partnership. As a school, we aspire to:

- Increase participation in High Quality Physical Education.
- Increase Participation in High Quality Out of School Hours Learning.
- Increase attainment and achievement through PE and Sport.
- Improve behaviour and attitude in PE, Sport and whole school.
- Increase participation in competitive and performance opportunities.
- Increase involvement in community sport and improved quality of community life.