

Billinghay C of E Primary School

Physical Activity Policy

Including –

Physical Education

Physical Activity

School Sports



Defining Physical Education

Physical Education is planned, progressive learning that takes place in school curriculum timetabled time and which is delivered to all pupils. This involves both 'Learning to move' (i.e. becoming more physically competent) and 'moving to learn' (learning through movement, a range of skills and understandings beyond the physical activity, such as co-operating with others). The context for learning is physical activity, with children experiencing a broad range of activities, including sport and dance.

Association for Physical Education's view of Physical Education is as follows:

'The aim of physical Education is to develop physical competence so that all children are able to move efficiently and safely and understand what they are doing. The outcome – physical literacy – is as important to children's overall development as literacy and numeracy.'

Intent

We fully adhere to the aims of the national curriculum for physical Education to ensure that all children:

- Have access to high-quality teaching and learning opportunities, which motivate, inspire, excite and incite pupils' curiosity to know more and succeed.
- Are provided with a wide range of experiences, including those in school and the local environment, to gain an understanding of the possible career opportunities within the P.E, sport and physical activity industry.
- Develop lifelong key fundamental movement skills relevant to their age and ability level.
- Develop competence and the skills to excel in a broad range of physical activities.
- Are physically active for sustained periods of time – aiming for 30 active minutes a day during school time to help towards reaching the 60 active minutes a day target.
- Engage in competitive sports and activities both inside and outside of school.
- Lead healthy, active lives.

We have tailored our curriculum and extra-curricular activities to overcome specific barriers to learning and opportunities faced by our pupils. The main barriers we encounter are lack of parental engagement, low aspirations, high percentage of pupil premium, below average fitness profiling data, above average obesity levels which has also shown links to children that use school transport. To combat these barriers, we aim to:

- Provide a challenging and well sequenced curriculum including learning about health. This is also achieved through whole school workshop days on healthy bodies and healthy diets.
- All children to have access to 2 or more hours of PE a week, Lockdown and Covid resulted in children coming in in their PE kits as a safety measure but we decided to keep elements of this rule as we found it gave the children more time in the PE lesson and therefore more time being physically active.
- Provide all children the opportunity to take part in an extra-curricular sporting activity both during the school day and after. Specific groups of children are identified via our tracking grid (Pupil Premium, SEND, school bus, low attainment, low participation, overweight and children who

struggle with their confidence during PE/physical activity) and chosen for lunch clubs and competitions that stay within the school day.

- Parents will be invited into school for children to showcase their learning (Sports Day, Swimming Gala, School Games Day)
- Host some competitions so that external schools come to us.
- Provide opportunities for awe and wonder outside of the everyday of Billingham e.g. inspirational visitors and workshops.
- Provide opportunities for the children to lead and take ownership (playtime leaders, leader logs in lessons, School Sports Crew).
- Provide opportunities for children to undertake physical activity school day EG Daily Mile, Active Maths, Active Literacy, Super Movers and Cosmic Yoga.
- Continue to encourage children to be more active at break and lunch time. New resource boxes have been purchased for each class as well as a new trim trail. The new KS2 children will also be trained in using the gym equipment.
- Show pupils career opportunities linked to P.E, sport and the physical activity industry to.

Chronology:

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Kingfishers R	Agility, Balance, Coordination	Agility, Balance, Coordination	Multi - Skills	Running & Jumping	Sending & Receiving	Team Games
						Team Games
Magpies 1	Gymnastics - Movement	Multi-skills	Running & Jumping	Throwing & Catching	Athletics Throwing	Team Games
	Multi-skills	Dance	Gymnastics - Apparatus	Team Games - Basketball	Athletics Jumping	Team Games
Chickadees 2	Gymnastics - Movement	Multi-skills	Running & Jumping	Throwing & Catching	Athletics Throwing	Team Games
	Multi-skills	Dance	Gymnastics - Apparatus	Team Games - Basketball	Athletics Jumping	Team Games
Swans 3/4	Net/Wall Tennis	Gymnastics (apparatus & jumps)	Dance	Invasion Game - Hockey	Striking & Fielding - Cricket	Athletics
	Gymnastics (balances & rolls)	Invasion/Team Games - Netball	Invasion Games - Bench ball	Striking & fielding - Rounders	Invasion Games - Tag rugby	Swimming
Penguins 4/5	Orienteering	Invasion Game - Football	Dance	Invasion Game - Tchoukball	Striking & Fielding - Rounders	Striking & Fielding - Cricket
	Invasion games - Netball	Gymnastics (balances & rolls)	Gymnastics (apparatus & jumps)	Net/wall - Tennis	Athletics	Swimming
Hawks 6	Orienteering	Gymnastics balance and rolls	Gymnastics - (apparatus & jumps)	Net/wall - Tennis	Striking & Fielding - Cricket	Striking & Fielding - Rounders
	Invasion Games - Ultimate Frisbee	Invasion Games - Football	Dance	Invasion Games - Basketball	Athletics	Swimming

Progression in PESSPA

The Journey Starts

Fundamental Movement Skills
Will be developed over R & KS1 early in the academic year so they can be later in other activities and sports.



Community Clubs

Children will be encouraged to join local clubs with taster experiences – Exit Routes / Sign-posting.

Swimming

Children will learn to swim each year in T6 from Years 3-6.

Sports Specific Skills

Children will learn specific sports skills within lessons applying them in different scenarios and related sports.

KS2 Leadership

Children will have increased Sports Leadership opportunities to complete their leadership logs EG umpiring, skill demonstrations, playground leaders, leading warm up and cool downs.



KS1 Competition

Children will be introduced to competition – Intra / Inter Sportsday / School Games / festival Fridays.



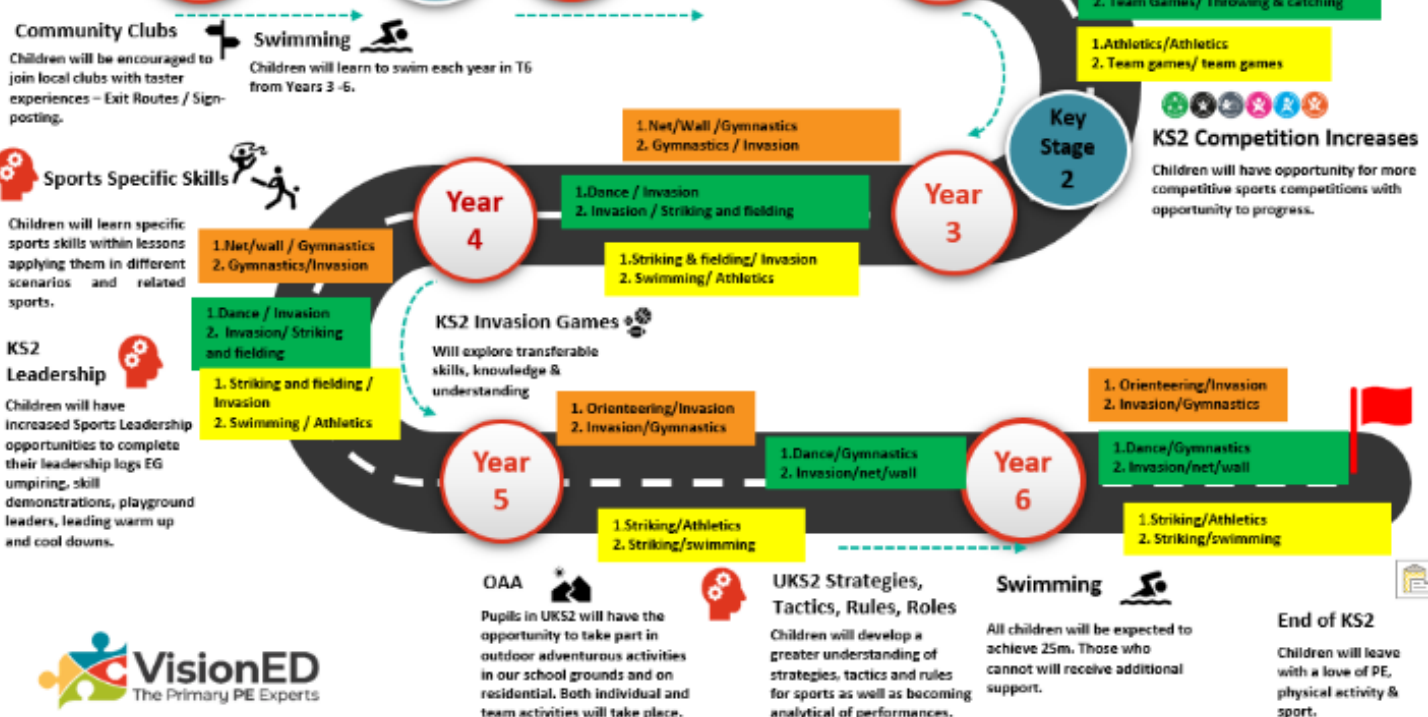
Interventions to support

Children identified for additional support with gross & fine motor skills through fitness profiling and given additional session with EH at lunch club to improve core skills.



KS1 Leadership

Children will have opportunity to show leadership in sports EG organizing equipment, keeping points, encouraging team mates and giving instructions.



As a child goes through each year group, they take their learning deeper. Acquiring new skills, application, vocabulary and understanding of tactics so that their understanding of each area of the curriculum grows and builds upon the prior year throughout the key stage. Our knowledge organisers support this growth.

Implementation

Learning Behaviours focussed on in PE

Courage

Respect

Collaboration

PE is taught as an area of learning in its own right as well as integrated, where possible, with other curriculum areas. It is taught as two one-hour sessions a week. One hour will be taught through our sports provider in which they work closely with all staff to increase confidence, knowledge and skills in teaching PE and Sport.

We teach lessons so that children:

- Secure and build on a range of fundamental movement skills and knowledge across all ages, which they can perform and retrieve with increasing competence.
- Learn in a safe environment
- Have the opportunity to participate in P.E at their own level of development.
- Have fun and experience success in Physical education, Physical Activity and School Sports
- Have the opportunity to apply acquired skills to a range of different sports.
- Develop good sporting attitudes – linking to the School Games Values
- Understand basic rules to be able to play a game successfully as well as being able to umpire and officiate during a game.
- Applying the fundamental movement skills by experiencing positive competition through both inter and intra-school sporting events, as well as having access to extra-curricular sporting activities during and after school.
- Have a foundation for lifelong physical activity, leaving primary school as physically active as possible.

To achieve the above we are working closely with Carres Grammar Outreach for the 2021/2022 academic year.

We ensure that teachers of the subject have excellent subject knowledge, and leadership supports that acquisition of this for NQT and non-specialist teachers. National Curriculum statutory requirements are planned and delivered using strategies including:

- Knowledge organisers that have been created to outline the key knowledge for each year group and specific area of P.E they are working on.
- Key vocabulary.
- Carefully chosen resources and equipment.
- Lessons for each area are set out with a skills progression document and P.E tool kit to support.

Impact

Our PE curriculum aims to motivate children to develop fundamental movement skills in which they can apply when participating in a variety of physical activity and sports. Through engaging and fun physical education lessons, children will improve their physical health, fitness and wellbeing, not only through movement skills taught, but also through the underpinning values and disciplines PE promotes. We equip our children with the necessary skills and a love for physical education, physical activity and sport. Our impact is therefore to motivate children to utilise these underpinning skills in an independent and effective way in order to live happy and healthy lives.

Our P.E Curriculum is high quality, well thought out and is planned to demonstrate progression. We measure the impact of our curriculum through the following methods:

- A reflection on standards achieved against the planned outcomes;
- A level 1 competition in each class at the end of each term to demonstrate the progression, skills and knowledge acquired in that area of the curriculum.
- Pupil discussions about their learning;

- Ensuring all our pupils are equipped with the knowledge and skill that will enable them to be ready for the next stage in their learning and to better prepare them for life as a physically fit and healthy adult in the wider world.

Equal Opportunities and Inclusion

At our school we are committed to ensuring that all children participate in PE, school sport and physical activity irrespective of any barriers to learning, special educational need(s) or physical disability they may have. We believe that children should have equal access to and participation in a range of physical education activities in order to reach their own potential.

At Billingham Primary School, all children have access to competitive sporting events both within school and out of school. The PE subject leader will liaise with staff and the schools designated Active Schools Co-ordinator to ensure that a range of children are selected for events. This is also closely monitored through the participation tracker. Each individual event will be targeted to a specific group of pupils ensuring that all children have the opportunity to participate in a sporting activity.

Health and Safety

Health and good safe practice is always emphasised in each environment, including the handling of equipment. PE equipment is to be inspected regularly. Appropriate clothing is essential and children's attire is checked by teachers prior to undertaking PE activities.

a). PE Kit

Children are informed of their PE days before the term starts and come in P.E. kit on those days.

P.E. kit includes;

- White T shirt
- Black/Navy PE shorts
- Black/Navy Tracksuit Bottoms
- Trainers and Plimsolls

The children that have forgotten their P.E kit or the families that struggle to provide kit are lent appropriate clothing in school so that they can still participate. This reduces the number of non-participation. This kit stays in school so that it can be washed and used on another occasion.

b). Jewellery and Hair

Children must not wear any kind of jewellery in PE lessons, including watches. Any children with pierced ears should remove earrings themselves or a parent to remove them before coming to school on a PE day. If a child is unable to remove their earrings a plaster will be provided to cover them up.

Children with medium/long hair are reminded to tie it up securely.

c). Weather

It is encouraged that outdoor PE lessons take place in all seasons and in as many weather conditions as feasible. If weather does not allow for lessons to be carried out outside, then lessons to be transferred inside. Children are encouraged to wear clothing in line with the season and weather conditions, maximising access to all lessons.

d). Hygiene

Children are taught about the body changes that occur when they exercise along with the recognition of the short and long-term effects of exercise on the body. Aspects of hygiene are addressed in upper KS2.

e). Staff dress

It is encouraged that Staff leading a PE lesson to dress in sports clothes to demonstrate a positive attitude towards the curriculum area. It is important that staff consider their own and their children's safety with regard to their own personal clothing, footwear and jewellery.