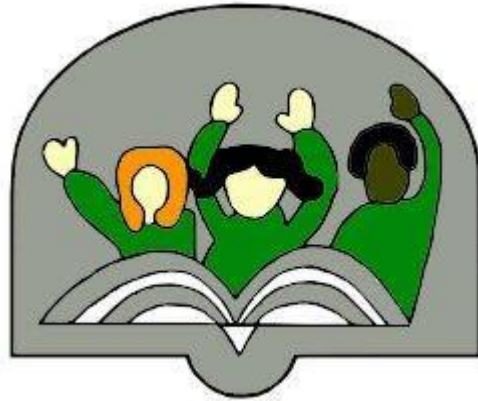


# **Broughton Community Schools**



**P.E. Policy**

January 2022

## Physical Education (PE) Policy

At Broughton Community Schools, we want every child to be

- Competent and confident physically;
- Competitive successfully; and
- Committed to maintaining a healthy, active lifestyle.

Experience has shown that the values our pupils develop in P.E and sport carry across into their academic work. Broughton Community Schools take our values from the Olympic/Paralympic values of **courage, determination, inspiration, equality and teamwork.**

Broughton Community Schools is committed to promoting the health and wellbeing of its pupils and staff through physical activity. Sport is just one of these elements of physical activity.

At Broughton; staff members, governors, families and pupils understand that competitive sport isn't an optional extra; it is key that competitive sport is viewed as part of a broad curriculum. The drive to compete and excel in sport is encouraged throughout the school, this helps to shape each pupil's character, binds the school together as a whole and reinforces the drive to compete and excel academically.

We strive to maximise opportunities for pupils to experience a range of physical activity from yoga to fencing and we offer up to two fully funded sports trips throughout the year which in the past has included Wimbledon and Silverstone. The experiences that children gain from visiting venues with a historical and significant impact on sports is crucial in their understanding of physical activity and the impact that sports have.

We are launching our Broughton 30:30 physical activity strategy in September 2021, with the aim of ensuring that every Broughton pupil is not sat down longer than thirty minutes and is physically active for at least thirty minutes during the school day. Our aim is every pupil leaves Broughton Community Schools with a sound understanding and secure knowledge of what a healthy, active lifestyle is and how they can maintain this.

Key Areas of focus for Physical Education

1. Fine and Gross Motor Skills
2. Competition and Challenge
3. Movement and Control
4. Team Work and Collaboration
5. Health and Wellbeing
6. Safety including swimming

### Teaching and learning style

We use a variety of teaching and learning styles in PE lessons. Our principal aim is to develop the children's knowledge, skills and understanding and we do this through a mixture of whole-class teaching and individual/group activities. Teachers/Support staff draw attention to good examples of individual performance as models for the other children and we encourage the children to evaluate their own work as well as the work of other children. Within lessons we give the children the opportunity both to collaborate and to compete with each other, and they have the opportunity to use a wide range of resources. Our Sports Manager has a vast knowledge and experience in teaching sport and he plans and teaches to the focus areas listed above.

We also have Sports specialists come into the school; these specialists are guided by our curriculum and teach to the requirements that our school sports vision sets out.

In all classes, there are children of differing physical ability. Whilst 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:

- setting common tasks that are open-ended and can have a variety of results.

- setting tasks of increasing difficulty, where not all children complete all tasks, e.g. the high jump;
- grouping children by ability and setting different tasks for each group, e.g. different games;
- providing a range of challenge through the provision of different resources, e.g. different gymnastics equipment.
- Providing unique lessons such as yoga and fencing
- Providing extra support in lessons to help children achieve in P.E.

### **PE curriculum planning**

PE planning is carried out by our Sports Manager - each year group will have two P.E lessons a week and we aim to cover a wide range of different sports to encourage the enjoyment and learning of all pupils.

We plan PE activities so that they build upon the prior learning of the children. While there are opportunities for children of all abilities to develop their skills, knowledge and understanding in each activity area, there is planned progression built into the scheme of work, so that the children are increasingly challenged as they move up through the school.

### **Contribution of PE to teaching in other curriculum areas, for example;**

- **English.** PE contributes to the teaching of English in our school by encouraging children to describe what they have done and to discuss how they might improve their performance.
- **Science.** Our PE curriculum helps children understand how their bodies develop, recognising the effects of exercise and active lifestyles. It also helps children to identify body parts associated with P.E. and the biological information they may need.
- **Personal, social and health education (PSHE).** PE contributes to the teaching of personal, social and health education. Children learn about the benefits of exercise and healthy eating, and how to make informed choices. Additionally, children learn how healthy bodies help support healthy minds and the impact that our physical health can have on our wellbeing and mental health. (Also see PSHE policy)
- **Spiritual, moral, social and cultural development.** The teaching of PE offers opportunities to support the social development of our children through the way 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 co-operate 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.

### **Teaching PE to children with special educational needs**

We teach PE to all children, whatever their ability. PE forms part of the school curriculum policy to provide a broad and balanced education to all children. Through PE teaching we provide learning opportunities that enable all pupils to make progress. We do this by setting suitable learning challenges and responding to each child's different needs.

We enable pupils to have access to the full range of activities involved in learning PE. Where children are to participate in activities outside our school, for example, a sports event at another school, we carry out a risk assessment prior to the activity, to ensure that the activity is safe and appropriate for all pupils.

### **Resources**

There is a wide range of resources to support the teaching of PE across the school. We keep most of our small equipment in the PE stores in both schools and we are expending on our sports equipment all the time with lacrosse and drummerise the latest in new equipment arriving at the schools. Both school halls contain a range of large apparatus, and we expect the children to help set up and put away this equipment as part of their work. By so doing, the children learn to handle equipment safely. The children use the school field for games and athletics activities, and the local swimming pool for swimming lessons.

### **Health and safety**

The general teaching requirement for health and safety applies in this subject. We encourage the children to consider their own safety and the safety of others at all times. We expect all children to have the correct

P.E. kit when coming into school, in line with our uniform policy. For children in Early Years they will be expected to change into their PE kits in school as this process is a key milestone. The governing body expects the teachers to set a good example by wearing appropriate clothing when teaching PE. The policy is that no jewellery is to be worn for any physical activity, some jewellery may be taped over if the headteacher and/or sports manager are in agreement. This agreement must be sought before the start of the lesson.

### **Monitoring and review**

The monitoring of the standards of children's work and of the quality of teaching in PE is the responsibility of the Sports Manager and the Senior Leadership Team. The work of the sports manager also involves supporting colleagues in the teaching of PE, being informed about current developments in the subject, and providing a strategic lead and direction for the subject in the school. The Sports Manager updates the senior leadership team on the progress of children in light of the school curriculum and any strengths and areas for development. The sports manager and/or SLT should complete frequent learning walks of outside agencies to ensure they are delivering the curriculum intended. Pupil voice should also be recorded as a method of monitoring on a termly basis.

### **Policy review**

The PE Policy has been reviewed January 2022, with some alterations made to reflect changes in practice due to the new National Curriculum and the school's use of PE funding and approach towards assessing in PE.

### **Extra-curricular activities**

The school provides a range of PE-related activities for children at the end of the school day. These encourage children to further develop their skills in a range of the activity areas. The school sends details of the current club activities to parents at the beginning of each term. The school also plays regular fixtures against other local schools and using our links with MK Dons allow us to take part in both girls and boys tournaments throughout the year. This introduces a competitive element to team games and allows the children to put into practice the skills that they have developed in their lessons. These opportunities help to foster a sense of team spirit and co-operation amongst our children. All extra-curricular clubs are free to children.

**Signed:**



**Date:**

**Next review date:** January 2024