

## Aims

At Beckstone Primary School we aim to provide the skills and motivation for all pupils to become engaged with physical activity. Through an energised and enthusiastic approach we can foster healthy lifestyles for life. To ensure this we maintain a dedication towards:

- ◆ enabling children to develop and explore physical skills with increasing control and co-ordination.
- ◆ developing knowledge and understanding and the skills to plan and perform.
- ◆ developing the way children perform skills and apply rules and conventions for different activities.
- ◆ developing children's enjoyment of physical activity through creativity and imagination.
- ◆ Increasing children's ability to critically appraise their own and others' performances
- ◆ developing personal qualities such as self-esteem, self-confidence, tolerance and empathy.
- ◆ developing an understanding and habit of healthy living and life-long effective exercise.
- ◆ developing personal and inter-personal skills.
- ◆ forging links between the school and the community.

These aims will be developed in a context, which ensures:

- ◆ participation in a broad and balanced programme.
- ◆ appropriate groupings, experience, ability, gender.
- ◆ promotion of enjoyment, achievement, understanding, purpose and action with maximum participation.
- ◆ promotion of co-operation, tolerance, fairness.
- ◆ a safe environment, which challenges but eliminates danger.
- ◆ a well managed and organised framework, which involves good levels of activity and sets high standards of performance and competition.

## Teaching and Learning

At Beckstone School we use a variety of teaching and learning styles in P.E. 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, individual, paired and group activities using instruction, demonstration, experiences and practice. Teachers draw attention to good examples of individual performances 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 compete with each other, as well as the opportunity to use a wide range of resources. In addition to this, whole school focus weeks such as Health Week, allow pupils to deepen their understanding of P.E and healthy lifestyles.



## Organisation – Ensuring Two Hours

P.E. is a foundation subject in the National Curriculum. As required at Key Stage 1, we teach dance, multi-skills, games and gymnastics. In KS2 the subject is organised into dance, games, gymnastics, swimming, athletics, fitness related activities and outdoor adventurous activities. Children are taught physical education each week and within an average week at least 2 hours is dedicated towards P.E curriculum time. Alongside this, each class also uses a GoNoodle account to improve fitness; has an adventure playground session allocated; supports the Feet First scheme and uses the Play Leader Scheme at playtimes/dinner times. Teaching and learning is further supported through our extensive range of popular extra-curricular activities. After School Clubs have now been extended to Reception after feedback from our parents' questionnaire showed this was in demand.

### Planning

#### Curriculum planning is organised into three levels:

- ◆ Long-term planning gives a broad curriculum framework for each year group. The scheme of work identifies themes and ensures coverage in terms of progress, balance and continuity.
- ◆ Medium-term plans are specific, half termly units of work.
- ◆ Short-term plans (weekly/daily) are undertaken by the class teacher and the P.E teaching team. These give details of objectives and activities.

We follow the Suffolk P.E. scheme of work incorporating ideas using the TOPS cards to ensure we're meeting the National Curriculum fully. Our highly experienced P.E teaching staff (covering PPA for 1 hour) also adapt plans to ensure the best coverage specific to the needs of each class. In every plan our sporting apprentice is designated specific activities which ensure maximum learning and progress.

Coaches completing teaching cycles at Beckstone are required to hand in plans to ensure high quality teaching can be replicated.

### Cross Curricular Links

Where appropriate, links with other subject will be made, E.G:

- ◆ There are natural links to the teaching of personal, social and health education (PSHE) and citizenship as well as in health related science topics.
- ◆ Creativity through art, music and literacy can often be combined with physical expression in movement and dance.
- ◆ Children's speaking and listening skills are developed and encouraged as they discuss and describe their own, and other's, performance.
- ◆ In this we can use ICT to record movements and actions, which can lead to developing and improving performance. Also we now have DVDs which show other children learning and practising a variety of PE skills.



## The Foundation Stage

We encourage and promote the physical development of our children from the Nursery and Reception classes as set out in the Early Learning Goals. We encourage the children to develop confidence and control in 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 range of resources to support specific skills and ensure the best start at this critical developmental stage.

### Assessment, Recording and Reporting

Assessment is a continuing process to inform planning, ensure continuity and report progress to parents. At the end of a unit of work teachers (for gymnastics) and the P.E. Team (KS1 & KS2 PPA cover) make an informed judgement based on the 'Beckstone P.E. Passport'. This will detail if a pupil is emerging, expected or exceeding for dance, games and multi-skills. Parents will also be notified of the effort their child has shown through the use of the school's R.A.G. (red, amber, green) system.

Parents will receive a written report at the end of the year and are invited to attend parents' evenings in the Autumn and Spring terms to discuss their child's progress. These records are passed on to the next teacher at the end of each year.

Throughout the year, progress will be monitored and the P.E Team will work collaboratively to set challenging, yet realistic targets in order for every child to reach their best.

### Inclusion

All pupils irrespective of gender, ability, ethnicity and social circumstances have access to the curriculum and extra-curricular activities and therefore Beckstone:

- ◆ provides ALL pupils with equal opportunities to participate and to achieve in different activities.
- ◆ ensures that all children have access to a varied programme, which allows them the opportunity to meet the national expectations as outlined in the National Curriculum.

The programme is differentiated to provide for both the physically gifted and the physically challenged, including those with specific disabilities and health conditions. It takes into account the different stages of development, previous movement experience, body size, fitness, age and skill levels by:

- ◆ matching tasks to different abilities, needs and interests
- ◆ progressing from different starting points

Achievements are maximised by providing variations in:

- ◆ range and difficulty of tasks
- ◆ use and variety of equipment
- ◆ variations in pace of work
- ◆ amount of additional support



## Celebrating our Success!

As Beckstone Primary champions sport as a major part of a child's life at the school. We embrace the Olympic values of respect, excellence and friendship in all that we complete. This has enabled the children to thrive, as every sporting success is celebrated as a whole school.

Our children's abilities are not only celebrated annually in our sport's day but throughout the year as they complete a plethora of sporting activities as part of festivals, intra-school competitions and inter-school competitions. It is the school's dedication towards active lifestyles that has enabled Beckstone to repeatedly gain the Gold standard in the Sainsbury's School Games Criteria.

We not only uphold the Sporting Values (SSG) but we have a termly celebratory assembly where we present trophies based on the awards below.



**Determination:** Keep going no matter what. Determination is about the journey you have to go on to push yourself and achieve your dreams. Have the mental strength and the self-discipline to overcome obstacles, commit to your goals and keep working every day to be the very best you can be. Don't hold back!

**Honesty:** With others and with yourself. Have the courage to do the right thing. Be truthful and promote fairness in every situation.

**Passion:** Giving it 100%, putting your heart and soul onto whatever you are doing and never giving up. Care about what you do and the people around you, and approach each opportunity with enthusiasm and positivity.

**Respect:** Treating others politely and with understanding. Accepting life's 'ups and downs' with grace. Respect every day, in everything you do and for everyone around you.

**Self Belief:** You've got to believe to achieve. Have the self-belief and confidence to succeed and reach your personal best.

**Teamwork:** Treat everyone equally, support each other and work together to have fun and achieve. Celebrate each other's success. Be a good friend and a positive team player in school, sport and life.

## Resources

Most equipment and some apparatus are in the PE cupboards in the hall, this is accessible to children only under adult supervision. Outdoor equipment is located in an outside shed. The maintenance, replacement and purchase of equipment for school are the responsibility of the Headteacher and Co-ordinator.

## Monitoring, Evaluation and Impact

The impact of the P.E funding is analysed yearly by the Head Teacher and the P.E Coordinator. It is required that the results can be easily measured and that they are sustainable, therefore transport costs have been taken from school budget allowing for a greater impact to be made by the national funding. Performance data is reviewed, not only in relation to the school staff but in relation to the impact of outside coaching facilities e.g. the SSCo Allerdale partnership. The evaluation of P.E is closely linked with the SSG Kitemark (Gold Award) ensuring that instant initiatives are put in place if needed.

## Participation

All pupils are expected to participate fully in P.E. lessons. On occasions when pupils are physically incapable of participating parents must inform the class teacher either verbally or in writing. The class teacher will keep a record of this. Non-participants will sit in the hall during the lesson or, as in the case of swimming, be accommodated in another class

## Clothing



PE Kit is also compulsory for sporting lessons and this must be a change of clothes. Your child's class teacher will let you know on which days of the week it is required although it may be left on the child's peg/locker, in an appropriate bag, for a week/half term. It consists of;

**Indoor** – Black shorts, a light blue T shirt (with name in) and plimsoles. However, gymnastics lessons are conducted in bare feet as flexibility and grip of the sole is essential for safety reasons if using the apparatus.

**Outdoor** – Shorts/joggers, a light blue T shirt and appropriate footwear. In Years 5 & 6 a pair of football boots would be useful for those wishing to play.

**Swimming** – Appropriate swimming costume (not loose shorts) and a towel in a waterproof bag (plus hair brush/comb)

## Health and Safety

The booklet "Safe Practice in Physical Education and Sport" (AfPE 2016) provides the guidance for our policy. Teachers should check the facility and all equipment to ensure they are safe before use. Children must be taught expected standards of behaviour and safety. E.g. correct carrying of apparatus, rules when getting on/ coming off apparatus. Hair should be securely tied back and no jewellery should be worn. Children are required to remove their earrings themselves (studs only) or they must bring their own tape to cover them if they are newly pierced.



# Physical Education & School Sport Policy



Policy reviewed by H.Gorman  
Next Review date: Summer 2019.

