

# Balcombe C E (C) School

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## PE Policy

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Adopted by Governors: Sep 2016

Reviewed: November 2019

Next Review: November 2022

## Rationale

Balcombe Primary School recognises the contribution of physical education to a child's physical, cognitive, social and emotional development. We aim to provide a broad and balanced P.E. curriculum to aid children's increasing self-confidence in their ability to manage themselves and their bodies. Through a balance of individual, paired and group activities, we aim to cater for the different strengths, needs and preferences of each child, using differentiated activities where appropriate. We believe that through the variety of opportunities that PE offers, children can develop a sense of personal achievement, wellbeing, fair play, trust, respect and teamwork. We aim to plan a range of activities that provide children with a broad base of movement knowledge, skills and understanding, which they can refine and expand throughout their primary school years. All children are encouraged to join clubs and extend their interest and involvement in sport. Children are taught to appreciate the importance of a healthy and fit body, and begin to understand factors which affect health, wellbeing and fitness. This work is closely aligned with our policy on Personal, Social and Health Education (PSHE).

## Aims

- 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 develop physical competence and confidence by acquiring and developing a range of fine and gross motor skills.
- To develop a love of physical exercise.
- To develop knowledge, skills and understanding, and the ability to remember, repeat and refine actions with increasing control and accuracy
- 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 develop a sense of fair play
- To develop decision making and problem solving skills.
- 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 be able to evaluate performance and act upon constructive criticism.
- 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 develop a positive attitude about themselves and others.
- To raise self-esteem through opportunities to celebrate sporting success.

## **Curriculum**

At Balcombe Primary School each class will receive 2 hours of physical activity per week. The sessions will cover the statutory elements required by the Physical Education National Curriculum:

### *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. Pupils should be taught to:

- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
- participate in team games, developing simple tactics for attacking and defending
- perform dances using simple movement patterns.

### *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. Pupils should be taught to:

- use running, jumping, throwing and catching in isolation and in combination
- play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
- develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- perform dances using a range of movement patterns
- take part in outdoor and adventurous activity challenges both individually and within a team
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Teaching will follow the yearly plan to ensure a balanced and progressive PE Curriculum.

## **Swimming**

In line with The Physical Education Curriculum Balcombe Primary School will provide swimming lessons for children in Year 5 at The Dolphin Leisure Centre run by qualified swimming instructors.

## **Recording and Assessment**

In line with overall school policy, teachers should make a record of achievement against the 'I can' statements sheet for each child. The PE co-ordinator will keep a record of participation in out of school events and extra-curricular sporting clubs. End-of-year reports are focused on qualitative judgements based on observation of achievement and effort made.

## **Inclusion**

Inclusion in PE means we should aim to create an environment in which all children learn to respect and value each other and each other's interests. This can be achieved by employing the following strategies:

- Considering the needs of children with physical or learning difficulties and taking the necessary steps to ensure they have equal access to the curriculum.
- Mixing groups in terms of gender and ability.
- Recognising the need to extend more able pupils.
- Giving children an opportunity to share their work.

## **Safety**

As with all physical activity, it is important that procedures are followed to minimise the risk of injury.

- Children should wear the PE kit listed by the school.
- Children will work in bare feet for all indoor and apparatus work.
- Plimsolls or trainers are worn for outdoor games
- Jewellery is not to be worn.
- Long hair should be tied back and rigid headbands should be removed.
- Children will be trained to lift and carry apparatus sensibly into position under adult supervision. The teacher will check it before use.

## **Extra-curricular sport**

Our extra-curricular programme compliments and supplements the range of activities covered in curriculum time. At the beginning of each term, we send a timetable of clubs out to all parents. The clubs rotate through different sports throughout the year depending on participation in external competitions and also the level of interest by the children.

As well as clubs we take part in a range of inter-school fixtures, tournaments and festivals. Where these events are competitive we do aim to take the children with the best aptitude for the sport to enable them to compete successfully as part of a school team.

## **Links with other agencies**

Balcombe School will make use of local agencies to improve and widen its sporting provision. This may include:

- participation in the MSA sports events
- using local sports coaches to run extra-curricular sports clubs
- employing sports coaches to teach classes
- using local leisure facilities
- bringing in specialists for one off events