

Burton Road Primary School P.E Policy

-RATIONALE-

Physical Education at Burton Road 'Fit For Learning, Fit For Life'

Burton Road's ethos is to develop the whole child in order for our pupils to go on to live happy, healthy and successful lives – we believe that physical education is at the heart of that ethos. It has been recognised that sports are important to future success – research has shown that sports players often go on to develop better leadership skills, confidence, discipline and better team-working abilities*. Burton Road aims to build a PE curriculum that priorities these aspects of Physical Education

PE at Burton Road we know how to...

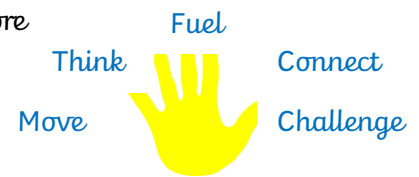
MOVE– we are active and can feel how our body changes as we move more

THINK– we learn rules, techniques and tactics to be successful

FUEL – we know what are bodies need for use to be healthy

CONNECT – we learn how work together, as a team and represent our school with pride

CHALLENGE – we adapt activities to keep us motivated and improve our skills



-INTENT-

The PE Curriculum at Burton Road is designed to ensure activity, progression and engagement for **all pupils**, regardless of background, need or previous knowledge, and it should enable them to progress and achieve success. Our key aims are:

- to provide a broad, balanced and rich curriculum of physical education for all
- to foster opportunities for children to find enjoyment and achieve success in physical activity
- to develop competences (motor competences; rules, strategies and tactics; and healthy participation) in a broad range of activities
- provide lessons where knowledge is built in order for children to know what to do and know when to do/apply it
- Ensure children are physically active for sustained periods (min 50% lesson time, aim 80% (dependent on the activity)
- activities are adapted (progressed and regressed) to meet the needs and challenge all pupils

-IMPLEMENTATION-

Taught discretely and delivered by subject specialists, who work alongside our class teachers, we strive to meet the recommended two hours of lesson time, and ensure that within this time, children are **active** – moving, demonstrating and practising the sequential knowledge from their lessons. Supported by the **Get Set for PE Scheme**, our sequential and varied curriculum is dynamic, offering challenging and enjoyable learning experiences that both motivate our pupils whilst developing their knowledge. This scheme offers us the flexibility to design a curriculum that matches our vision whilst meeting the Early Learning Goals, KS1 and KS2 National Curriculum outcomes. The high-quality resources provided support our teachers in their quality -first delivery and ensure the unit content in segmented, clear and progressive whilst offering motivating and

memorable learning experiences beyond these standards. Our adapted [Teaching and Learning Policy for PE](#) ensures that lessons are sharply focused upon the pillars of progression: Motor competences; rules, strategies and tactics; and healthy participation. See examples of our detailed medium and short term plans.

Children will be taught to:

- develop skilful use of the body, the ability to remember, repeat and refine actions and to perform them with increasing control, coordination and fluency (acquiring and developing). To
- develop an increasing ability to select, link and apply skills, tactics and compositional ideas (selecting and applying).
- improve observational skills and the ability to describe and make simple judgements on their own and others work, and to use these judgements to improve performance (improving and evaluating).
- understand the effects of exercise on the body and an appreciation of the value of safe exercising (Knowledge and understanding of fitness and health).
- develop their leadership skills and confidence in providing feedback and leading aspects of lessons or activities both in and out of lessons.
- celebrate their own and others' achievements and improvements through a range of opportunities – PE Star of the lesson, PE Class of the week, Celebration events (both intra and inter school) for team of the year, most improved, fair play award.

-IMPACT-

The school has a robust monitoring schedule, which ensures the co-ordinator regularly monitors the provision and pupil knowledge and understanding. This is supplemented by yearly Governor reviews on the subject, where next steps are planned to ensure PE continues to improve its outcomes for all pupils.

The children complete each key stage with a high proficiency in each aspect of PE. Children are aware of the link between physical activity and good mental health and understand it's significance as part of a healthy lifestyle. Pupils demonstrate that they can remain physically active for sustained periods of time and to understand the importance of exercise in leading a healthy, active lifestyle. The impact of our PSP Inter-school Competition programme has been outstanding, not only for our pupils but also the local authority– see the overview of participation, with Burton Road excelling in many events. Another clear signal of our impact is seen in the number of children now accessing sports and clubs directly through community links fostered by the school, with children participating in activities such as gymnastics, dance, table tennis and climbing, leading to participation outside of school and in life beyond that of primary school.

Children attend swimming at Year 3 in a continuous block to maximise progress, resulting in consistently strong data for children's ability to swim at least 25 metres before the end of Year 6 and the skills to self-rescue in different water-based situations.

-PUPILS WITH SEND-

Many of our SEND pupils at Burton Road excel in PE and it is a curriculum area where they display confidence, independence and build their self-esteem. Our Inter school competition model also gives high priority to both competitive, participation and inclusive events so all children can represent the school and experience being part of a team. Our [PE Teaching and Learning Policy](#), along with staff training and support focuses upon adapting the main activities through (progression and regression) to best meet the needs of pupils and provide the right level of

challenge so that they can achieve success. Our [SEND crib sheet](#) ensures that all staff are fully aware of all pupils' needs in order to allow them to plan and adapt tasks appropriately. Mr Hawksworth, our Sports Specialist, provides further training and on-going support to help teachers continue to be responsive, and adapt different activities to meet the different needs of our pupils.

-Wider Opportunities in PE-

In response to the diminishing opportunities available to our pupils, Burton Road stepped forward and proudly launched our inter-school competition program, [Pro Active Schools Performance](#) (see link in *Children/Pro Active Schools Performance*).

Led by Mr Hawksworth, our Sports Specialist Lead, [PSP](#) works with a group of 12 local primary schools (with more waiting to join) to enable our children to experience a wide range of competitive and inclusive events in a friendly and supportive environment, accessing the best sporting facilities in our local area. It is our aim that every year, every pupil has the opportunity to represent their school – see our current participation data.

The school promotes leadership opportunities for our pupils and we are proud of our sports leaders, who support the running of activities both in school and within competition.

-PARTICIPATING IN LESSONS -

We accept a responsibility to plan safe activities for P.E. When in doubt, consult the P.E co-ordinator or headteacher. Resources are stored centrally in the PE store located in school hall and managed by the Sports Leader.

Dress code: Staff should change clothing and footwear to teach P.E. Children are required to wear the following kit and will wear it in place of school uniform on PE days: Burton Road T-Shirt (support is provided for families where necessary) with Burton Road or plain black/navy blue hoodie. Pupils to wear black shorts (no jogging bottoms) with bare feet. Outside, children require black trainers. Children attend school in their kit. Long hair must be tied back and all jewellery removed by the child (no earrings or plasters), following Local Authority guidance.

Reviewed: 3.23

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