

# Butts Primary School



“One school, one community”

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Head of School: Mrs D Marusamy

## PE Policy

<b>Chair of Governors</b>	M Mortiboys(March 23)
<b>Executive Headteacher</b>	A Hill (March 23)
<b>Next review date</b>	March 2025

### **Aims.**

1. To promote a healthy lifestyle by ensuring children are aware of the issues regarding health related fitness allowing the children to make informed decisions around healthy eating.
2. To contribute to the physical development of each child including growth, fitness and strength along with fine motor and gross motor skills.
3. To contribute to the intellectual development of each child through aesthetic appreciation and understanding Dance and Gymnastics along with the knowledge of the 6 areas of P.E. e.g. the rules of different games.
4. To establish the individual child's self-esteem and confidence through facilitating the skills to cooperate effectively in a team as well as performing to the best of their ability.
5. To provide every class with Level 1 competition (within school) at the end of each unit of work.

### **Guidelines.**

At Butts Primary School we will follow a broad and balanced PE curriculum following the demands of the National Curriculum. We aim to ensure every child moving onto secondary school can swim 25m and has basic water skills. We ensure every child has the opportunity to represent our school in a competitive sports fixture.

- Aim to develop the fitness of individuals through ensuring good pace in lessons and incorporating fitness activities into PE lessons where appropriate.
- Develop programmes that meet the needs of the children, providing equal opportunities for all learners- inclusion of SEN and physical disabilities.
- Involve the wider community where possible- e.g. Sports Day, after school sports activities, inter-school matches, outside coaching personnel and resources.
- Ensure children wear the Butts Primary Scholl expected PE kit for all lessons.
- Make allowances for children with disabilities and medical conditions, taking into consideration the children with SEN, through mini or modified versions of the games/practices.
- Provide the children with enjoyable experiences, where a positive attitude of cooperation, competition and tolerance may develop.

### **The Physical Education Curriculum.**

Each year group is timetabled at least 2 hours of Physical Education per week which is split into two 1 hour long lessons. One of these lessons is lead by an external sports coach, focusing on competitive sports and activities such as football, team building and athletics. The second is taught by the class teacher. Year 3,4,5 and 6 all take part in swimming throughout the year which counts as one of their sessions.

### **Inclusion.**

Inclusion in PE means that all children have access to and are given confidence in 6 activity areas, regardless of their race, gender and ability. 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 through carefully devised plans, use of support staff, mixed ability groups and promoting sportsmanship.

### Lesson Structure.

Autumn term: Football, Netball, Team building, Hockey (KS1) and Tag Rugby (KS2)

Spring term: Dodgeball, Gymnastics, Dance and Basketball

Summer term: Cricket, Tennis, Rounders and Athletics

### Basic lesson Plan.

1. Warm up- gentle exercise or stretching.
2. Introduction (or revision)- individual or paired work.
3. Development- more challenging tasks in small groups.
4. Conclusion- transfer of skills learnt to a final activity e.g. playing small sided games or performing a sequence in Gymnastics.
5. Cool down- gentle stretching.

### Physical Education in Foundation Stage.

Physical skills and development are provided through continuous outside provision. Children are able to develop and refine their gross motor skills through:

- Balls, bats and hoops
- Climbing equipment
- Bikes and scooters

Physical Education is split between 3 areas in the Foundation Stages they are:

- Playing and exploring
- Active Learning
- Creating and thinking critically

### Further points to consider.

- Ensure all children wear full PE kit.
- Use both pupil and teacher demonstrations to support all verbal explanations.
- Provide opportunities for team and individual activities.
- Ensure all activities provide the maximum physical involvement for all pupils.
- Provide all pupils with challenges.
- Encourage honest competition and team work.
- Choose suitable equipment for the age and ability of the pupils and encourage them to demonstrate independence when handling equipment whilst setting up, during and packing away.
- Ensure pupils understanding through questions on the selection and application skills.

## **Health and Safety**

### Indoor PE kit

- Pumps
- Black/Navy blue shorts
- White polo top

### Outdoor PE kit

- Trainers
- Black/Navy blue track-suit bottoms
- White polo top
- Black/Navy blue hoodie

### Swimming kit.

- Swimming costume/trunks
- Caps
- Goggles (optional)

### General Points.

- Teachers will participate in PE and will be wearing appropriate clothing.
- All jewellery (except stud earrings) must be removed before any PE lessons. Teachers will take no responsibility for looking after jewellery.
- Parents should inform the school teachers if a child is unable to participate in PE due to injury or illness.
- Children not participating in PE lessons will continue to help with the lesson or complete PE related work.

### Health and Safety

Everyone has a duty under health & safety guidelines to ensure PE activities are carried out with due regard to the safety of staff and pupils in line with school, Local Authority and Health & Safety Policies. All staff have a copy of the Health and Safety Policy which is on the school shared drive or a paper copy.

- All equipment, apparatus and environment should be checked before the start of every lesson by teacher and is the responsibility of the teacher.
- Children should be given health and safety guidance through the lesson.
- All jewellery should be removed and stored safely before each lesson.
- If children wear stud earrings they should be taken out by the child.
- All long hair should be tied back.
- Suitable clothing should be worn for each lesson (see school prospectus for correct clothing).

Children should not engage in physical activity without correct kit.

- All children taking part in indoor PE should wear suitable footwear for indoor PE.
- For gymnastics when the apparatus is being used, suitable footwear should be worn (pumps or barefoot only).

Swimming sessions have been risk assessed and all members of staff have this. Risk assessments of the hall and playground have been completed and annually reviewed. All PE equipment and resources are safely checked annually by a specialist company. Equipment is checked regularly and maintained.

### Medical Conditions.

It is the responsibility of the teacher/ Sports Coach to take note of any medical conditions of individual children in the class such as asthma, diabetes or epilepsy so they can participate safely and as fully as possible. It should be noted that cold dry weather will exacerbate breathing problems for asthmatics and they should have their inhalers at hand if necessary.

### **Recording and Assessment**

The PE Curriculum Framework serves as a record of the broad topics covered in each activity areas for teachers to refer to. In line with the school policy, teachers should make notes of significant achievements. Swimming lesson distances achieved are noted and certificates are presented in

assembly. End of year reports are focused on qualitative judgements based on observation of achievement and progress made. The following criteria is taken into account:

- Pupils record of participation.
- Overall physical skill and ability.
- Ability of a child to select an appropriate response to a task.
- Ability to appreciate and evaluate their performances and others.
- How well they interact with other members in the class.
- Their motivation and enthusiasm.

### **Extra-Curricular Activities.**

Butts Primary School is fully committed to providing extra-curricular sporting activities. These include:

- Lunch time provision – structured games/ skill building during the lunchtime led by the sports coach.
- After school clubs – Pupils from Y1-6 can attend an after school sports club. Pupils play different sports, orienteering, dance and fitness sessions.
- Exhibiting work – pupils have opportunities to perform during assemblies, dance venues, community events.

PE subject leader: Miss L Billingham

Policy reviewed: March 2023