

Bierton C.E Combined School

Physical Education and Sport Policy

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Vision Statement

‘To aim high, achieve success in PE through engaging in competitive activities, leading a healthy lifestyle and developing a determination to find your sparkle and shine in a broad range of PE and Sport.’

At Bierton, we place great importance of the right of every child to be healthy and active. We believe that every child has the right to play, join in and enjoy a wide range of sports. Every child has at least two hours per week, which is dedicated to physical activity in the curriculum. Since 2016, we have introduced a daily ‘run a mile’, which was initially for our Year 5 and 6 cohort and then extended to Year 3 and 4 the following year. Every child in KS2 participates by running a mile each day. The aim is to support one another whilst completing and challenging themselves to fulfil their own personal targets.

Our vision for PE and Sport is to motivate, excite and stimulate pupils to encourage them to be healthy and active. We believe that physical education and sport contributes to the holistic development of young people and by participating in these activities, they learn more about the key ideals that we hold at Bierton, such as teamwork and cooperation. Our values of respect, resilience, resourcefulness, learning to remember and readiness continually shine through during PE. There is significant evidence which highlights the benefits of sports and exercise on children’s physical and mental growth. Furthermore, it allows them to learn the value of participating, competing, as well as taking pride in successes and accepting the outcomes. Thus Physical education is a real opportunity for both teachers and children to consolidate and work on the Christian values that underpin every aspect of school life.

The PE Curriculum

A broad and balanced physical education curriculum is provided to all children at Bierton Combined School, based on a two-year cycle of activities.

Within Early Years, the physical development of children is an integral part of the everyday teaching. Using the objectives set out in the Early Learning goals, opportunities are provided for children to be active, develop their coordination and control, both indoors and outdoors. These skills are developed through the way the children move, balance and handle equipment.

Pupils in both KS1 and KS2 engage in two lessons of high quality PE each week. In KS1 the curriculum focuses on fundamental movement skills to develop agility, balance and co-ordination. Children master basic movements including: jumping, running, throwing and catching, as well as developing balance, coordination and agility. These skills are then applied to a range of activities such as invasion games, ball and racket skills, gymnastic and dance activities.

At KS2, pupils will continue to apply and develop a range of skills in different units of work; invasion, fielding and striking games, gymnastics, dance, athletics and swimming. Children are taught how to play competitive games (hockey, netball, handball, badminton, basketball, tennis, football, rounders and tag rugby) and how to apply attack and defence principals. Alongside this, children will also learn how to develop flexibility, balance and strength through the gymnastic and

athletic units, whilst learning how to preform and link dance phrases. Children's experiences will also be enriched through opportunities for outdoor and adventurous activities.

Swimming

Within Year 4, Children participate in weekly swimming lessons at The Stoke Mandeville Stadium. Within the year, children will learn how to use a range of strokes effectively to be able to confidently swim 25 metres, Those who are confident swimmers will then be taught Life saving skills. Any child, unable to swim 25m at the end of the school year, will be given extra lessons in the next academic year.

Planning

All teachers provide lessons that are planned within the context of a stimulating and enriching learning environment. Lessons are organised into units of work and stretch over half a term, over a two-year cycle. Each unit promotes a development of skills, a greater depth of understanding, contextual application of these skills and the ability to reflect on games and performances.

All lessons are planned and delivered to include:

- a starter and stretching section
- skills practice, based on previously taught skills
- through teacher input, children acquire and develop new skills
- children will then apply these skills within paired work, small games and larger game situations
- a warm down and reflection.

These lessons allow pupils have the opportunity to:

- develop new skills
- work collaboratively and compete with others
- select and apply appropriate skills, tactics and compositional ideas
- evaluate their own and others' performance in order to improve
- receive knowledge and understanding of how sports can promote healthy lives and mindfulness
- experience a range of roles, such as attacker, goalie, defender, referee and coach

Throughout the school, a variety of teaching and learning styles are used with the principal aim to develop the children's knowledge. This is done through a mixture of whole-class teaching, group and individual teaching. Teachers draw attention to good examples of individual performance as models for the other children, as well as encouraging children to evaluate their own and others. Growth mindfulness is embedded within our teaching and the message is clear throughout the teaching: that we may not be able to do it yet but we will endeavour to try.

Curriculum Differentiation

Every child at Bierton School is given the opportunity to assess the curriculum regardless of ability. Additional support or challenge is given to ensure that all children are working to the best of their abilities.

A range of strategies are used to achieve success by all:

- providing a range of challenge through the provision of different resources (e.g. different gymnastics equipment, different sized bats or softer and larger balls)
- setting tasks of increasing difficulty, where not all children complete all tasks
- setting common tasks that are open-ended and can have a variety of results (e.g. change the time allowed or space available)

Long-term objectives in the teaching of PE

As children move through the school, different experiences for different age groups will ensure all pupils will be exposed to a range of appropriate challenges, which will focus on:

- Developing their physical capability and confidence by acquiring and mastering a range of fine and gross motor skills, to repeat and refine actions and to be able to perform them with increasing control, coordination and fluency.
- To become aware of the different shapes and movements that can be made with the body.
- To develop the ability to work as a team player, taking the lead and learning to work collaboratively with others.
- To develop the children's enjoyment of physical activity and sport through creativity and imagination.
- To develop an understanding in children of how to succeed in a range of sports and physical activities, and how to evaluate their own success.
- To show children how to improve the quality and control of their performance, to teach children how to evaluate their own and others' performances.
- To teach children to become aware of the benefits of a fit and healthy lifestyle by helping them to understand the effects of exercise on the body and the importance of developing strength, endurance and flexibility.
- To develop an understanding of the effects of exercise on the body, as well as teaching children to appreciate the value of safe exercising.

Spiritual, Moral and Cultural development

Bierton Primary School recognises the vital contribution of sports to a child's physical, cognitive, social and emotional development, as well as the role it can play in relation to a child's spiritual, moral and cultural development. Developing a positive attitude in Sports is not simply about celebrating sporting success and learning to lose well; but also at Bierton School we encourage children to always do their best, regardless of their ability. As well as praising progress and achievement and treating teammates, opponents and referees with respect. We aim to use every opportunity to maintain and raise self-esteem all round.

Working in mixed ability groups, supports children in developing respect for one another's abilities. Children learn to work together, encourage each other and develop a better understanding of themselves and of each other.

We aim for children to leave Bierton, having achieved:

- an increasing enjoyment of physical exercise.
- an increased confidence in their skills and abilities.
- a sense of fair play.
- decision making and problem solving skills.
- reasoning skills and the ability to make judgements.
- an increasing ability to select, link and apply skills, tactics and compositional ideas.
- improved observational skills, the ability to describe and make simple judgements, and to use this knowledge and understanding to improve performance.
- understand that using correct techniques will improve accuracy and performance.

Healthy Active Lifestyles: Ensuring all our children have access to regular exercise

Physical education and sports are vital in ensuring children are aware of the important of daily exercise, the impact that it can have on their own health and well-being, as well as providing the tools to make informed choices about healthy living.

Bierton provides:

- School based Health programmes and intervention strategies.
- Change4Life club opportunities for 'inactive' young people.
- Change4Life Champions and Playground Leaders training.

Links with Other Subjects

At Bierton, we identify many ways in which PE can contribute to other subjects.

Literacy

Links can be made between PE and Literacy include: writing recounts, reports, following and giving instructions, oral and peer assessments, speaking and listening and movement within drama.

Numeracy

Links can be made between PE and Numeracy include: measurement, shape and space, position, giving and following directions, sequences, number, angles, statistics, rotation and time.

Science

Links can be made between PE and Science include: body parts, muscles, breathing, pulse rates and healthy eating.

ICT

Children use ICT within PE by using l pads for evaluation and development of skills. For example: In dance and gymnastics, children make video recordings of their performance, and use them to

develop their movements and actions. Clips of particular passing or throwing moves can highlight to children the techniques taught, as well as videos of professional/skilled athletes are used to help develop good technique.

PSHE

PE contributes to the teaching of PSHE and citizenship. Children learn about the benefits of exercise and healthy eating, and how to make informed choices about these things. In addition to this, cooperating with others, understanding fairness and equality. It can also play an important part in promoting a child's self esteem.

Christian Values

Through sport children, Bierton's Christian values are taught: the values of respect, love, trust and honesty, As well as friendliness and perseverance.

Records and Assessment

During the course of each lesson, teachers assess children's ability through observations and discussions with children. Teachers also record the progress made by children against the lesson's learning objectives and at the end of a unit of work, teachers make a judgement on whether each child is on target, above or below and fill in their class assessment grid.

School Sports Partnership (SSP)

Bierton Combined School is a member of The Madeville Sporting Trust (MST), which provides competitive opportunities for pupils, opportunities to be inspired by sporting ambassadors, and training for staff via the partnership.

School Sports Premium

The school has a detailed plan to improve the quality of PE provision for all pupils. This is updated termly and reviewed by the Governors. The plan includes an overview of Sports Premium spending and a review of the impact of the allocated funds. See the separate document for more information on this.

PE kit

The correct PE kit ensures children are safe, able to move and creates a sense of identify within PE.

- plimsolls or trainers are required for outdoor games
- plain navy shorts and Bierton / Plain blue t-shirts
- P.E. and games kit should be brought in a suitable bag, preferably a drawstring type
- plain navy jogging trousers or leggings and jumper or hoody should be worn as the temperature decreases
- gymnastics and dance are performed in bare feet.
- Year 4 children will also require a swimming hat. These can be purchased from the school office.

Hair

All long hair is tied back for PE lessons. There are spare bands in school to enable access to the lessons for those who forget.

Earrings in PE/Swimming

Earrings must be removed before participating in PE lessons (including swimming).

Staff

When teaching PE and Sport lessons, staff will wear appropriate PE clothing, tie hair back and remove jewellery.

Forgotten kit

If a pupil repeatedly forgets their kit, the class teacher will send a letter home, followed up by a phone call. The school has sets of spare PE clothes to enable those who do forget their kit, access to the lessons.

Non-Participation

If a child does not participate in a lesson, a record is kept by the teacher, alongside the letter from the parent. If this is a regular occurrence, the teacher will set up a meeting with the parent to discuss the reasons for non-participation and discuss a way forward. The teacher will also find an alternative role for the pupil such as team manager, score counter, equipment manager, recording supervisor or lesson report writer.

Extra-curricular activities

The school provides a range of PE-related clubs for children at the end of the school day. These encourage children to socialise, have fun and develop further their skills in a range of different activity areas. Children are given the opportunity to sign up to the clubs at the beginning of the term. The school also plays regular fixtures against other local schools both during and after the school day. These opportunities allow children to put into practice the skills that they have developed in their lessons, introduces a competitive element to team games, as well as fostering a sense of team spirit and cooperation amongst our children.

Resources

At Bierton School, we have a wide range of resources to support the teaching of PE across the school. Most small equipment is kept within the PE store, accessible only to children through teacher supervision. The hall also contains a range of large apparatus, in which older pupils help to set up and put away. This allows the children to learn to handle equipment safely. The school field is also used for games and athletics activities, as is the local swimming pool for swimming lessons.

Monitoring and Review

Monitoring PE as a subject, as well as the use and impact of the Sports Premium will be carried out by the PE Subject Leader with support from the Head Teacher, using the following strategies:

- observation of teaching and learning
- tracking and assessing pupil progress and achievement taking into account specific groups, including special educational needs and Pupil Premium children.
- analysis of club attendance
- obtaining views of pupils, staff and parents

This Policy will be reviewed yearly.