



# Booker Avenue Junior School

## Physical Education Policy

<b>Approved by:</b>	School Governors	<b>Date:</b> October 2022
<b>Last reviewed on:</b>	September 2022	
<b>Next review due by:</b>	September 2023	

## **Rational**

At Booker Avenue Junior School, we believe that physical education, experienced in a safe and supportive environment is a unique and vital contributor to a child's physical development and well-being. A broad and balanced physical education curriculum is intended to provide for children's increasing self-confidence in their ability to manage themselves and their bodies within a variety of movement situations.

At Booker Avenue Junior School, we believe physical education should be an area of learning where self-esteem, physical progression and positive attitudes are fostered and nurtured. Physical Education provides all children with the opportunity to succeed, whether through personal or team success. Physical Education also promotes a healthy lifestyle which children can develop and value into adulthood.

### **Aims of our P.E Curriculum**

- Foster a love for and enjoyment of being active.
- Develop 'fitness for life' through promoting the health benefits of regular exercise.
- Identify talents
- Develop self-esteem, confidence and social skills.
- Contribute to the physical development of every child.
- Give children a way of expressing themselves and an opportunity to be creative.
- Develop a range of skills that can be applied in other contexts.
- Give children the opportunity to try out activities that they would not otherwise have access to.

## **Implementation of Policy**

### **Teaching and Learning Style**

At Booker Avenue Junior School, we use a variety of teaching and learning styles which involve a mixture of whole-class, group and individual activities. Our teachers model good skills and technique and also draw attention to good examples of individual performance to use as models for the other children.

We have created a well sequenced and progressive curriculum map containing the key concepts children need to be procedurally fluent in to work and think like sporting professionals.

The **Key concepts in P.E** we plan a progression for are as follows:

- **Physical skills**
- **Thinking skills**
- **Personal Skills**
- **Health Skills**

At Booker Avenue Junior School, children are encouraged to evaluate their own work as well as the work of other children. Within lessons children have the opportunity both to collaborate and compete with each other, and they have the opportunity to use a wide range of resources.

At Booker Avenue Junior School, every lesson should be focused around a clear learning objective and a broken-down success criterion, to explain 'how' the learners will achieve their learning objective. Learners should be made aware of this at the start of each lesson and review their learning at the end of the lesson.

At Booker Avenue Junior School, activities are differentiated, appropriately, to meet the needs and abilities of every class. Extension activities are planned to help extend the lesson's learning objective, where appropriate for the more able children.

Dialogue and demonstrations are used as teaching tools throughout all lessons. Particular skills should be modelled and discussed. Plenaries should be used to highlight good practice and next steps in their learning.

## **National Curriculum: Key Stage 2**

At Booker Avenue Junior School, the physical education national curriculum objectives for key stage 2 are:

### **Knowledge, skills and understanding**

Teaching should ensure that when evaluating and improving performance, connections are made between developing, selecting and applying skills, tactics and compositional ideas.

### **Acquiring and developing skills**

Children should be taught to:

- A. Explore basic skills, actions and ideas with increasing understanding
- B. Remember and repeat simple skills and actions with increasing control and coordination.

### **Selecting and applying skills, tactics and compositional ideas**

Children should be taught to:

- A. Explore how to choose and apply skills and actions in sequence and in combination
- B. Vary the way they perform skills by using simple tactics and movement phrases
- C. Apply rules and conventions for different activities.

### **Evaluating and improving performance**

Children should be taught to:

- A. Describe what they have done
- B. Observe, describe and copy what others have done
- C. Use what they have learnt to improve and quality and control of their work.

### **Knowledge and understanding of fitness and health**

Children should be taught:

- A. How important it is to be active
- B. To recognise and describe how their bodies feel during different activities.

At Booker Avenue Junior School, all children in Key Stage 2 will take part in:

- Games Activities
- Dance Activities
- Gymnastics Activities
- Athletic Activities

In addition to this, all year groups will participate in yearly swimming lessons and outdoor and adventure activities.

### **Clothing Requirements**

At Booker Avenue Junior School, children are expected to wear our school P.E kit: navy blue t-shirt, shorts or joggers. A navy-blue hoodie can be worn on P.E days and can be with or without the school logo. Suitable outdoor trainers/pumps should be worn.

If your child is participating in a swimming lesson, suitable swimwear should be worn. Every child is asked to wear a swimming cap and these can be purchased at the school office.

Bare feet are recommended for Gymnastic and Dance activities. All clothing and footwear should be suitable for the activity and teachers should check this regularly.

### **Inclusion**

At Booker Avenue Junior School, inclusion in physical activities means that all children have access to learning opportunities regardless of race, gender and ability. We aim to create an environment in which all children learn to respect and value each other and each other's interests. This is achieved by employing the following strategies:

- Having equal expectations of boys and girls.
- Teaching mixed gender/ability groups and pairs.
- Structuring activities so that all are fully involved.
- Providing opportunities for children to present their work to others.
- Recognising the need to extend more able children and targeting them for school clubs/signposting to borough clubs.
- Anticipate need and provide support as required. This could be the provision of specialist equipment, adult support or modified teaching programmes.
- Targeting particular children during playtimes and supporting them in physical play.

### **Extra-Curricular Provision**

At Booker Avenue Junior School, we offer a wide range of extra-curricular P.E activities throughout the academic year:

- Football
- Cross Country Running
- Multi-Sports
- Badminton
- Dodgeball
- Gymnastics
- Dance
- Archery

- Judo
- Fencing
- Netball
- Basketball
- Athletics

Extra-Curricular may be offered before, during or after school.

## **Resources**

All equipment is catalogued, and a list is available from the PE leader. The equipment suitability is reviewed to ensure it is appropriate to the range of ages, abilities and needs of children in order to enhance learning.

Children are encouraged to:

1. Look after resources
  2. Use different resources to promote learning
  3. Return all resources tidily and to the correct place (Staff to supervise)
  4. Be told of any safety procedures relating to the carrying or handling of resources.
- All other resources are located in the staff room or with PE coordinator.

## **Planning, Assessment and Recording**

At Booker Avenue Junior School, planning is to be done following the progression of key concepts on our curriculum map. Teachers will be making continual assessments of the children's abilities throughout their school life. At the end of each unit, each child will be assessed against the unit objectives and graded using the following titles:

- WTS - Working towards (Below unit objectives)
- EXS – Expected standard (Meeting unit objectives)
- GDS – Greater Depth Standard (Above unit objective)

Videos and pictures will be taken throughout each unit to evidence progress.

Further teacher assessments of the children's P.E. abilities are made whilst selecting for a school team, whether it be for athletics, cricket, cross country, running, football or netball.

Overall progression in P.E. is commented upon through an annual written report to parents. Concerns or issues which may arise regarding P.E. will be dealt with in consultation with parents / guardians where appropriate.

## **Special Educational Needs**

At Booker Avenue Junior School, PE activities are particularly effective in the education of children with learning difficulties of any kind, ranging from physical to social to emotional

problems. PE is broad and 'open-ended', providing opportunities to solve problems, to work independently, to work as a group and to be responsible for self-regulation. Most PE activities work well as class lessons and are appropriate for all children of any ability.

### **Health and Safety**

The teachers at Booker Avenue Junior school, make themselves aware of the health and safety arrangements for the areas of activity that they are teaching.

All children must be taught how to handle apparatus, resources appropriately. They should be taught to recognise hazards, assess the possible risks and take steps to control the risks to themselves and others.

Any other adults working with the children should be made aware of individual needs of the children they are working with where appropriate.

### **Role and Responsibilities of the PE Leader at Booker Avenue Junior School**

- Support teachers to implement the P.E curriculum map effectively and providing them with support to master the content knowledge and content pedagogical knowledge required to teach P.E well. Support and advise colleagues in the planning, delivery and assessment of P.E.
- Inform colleagues of changes that occur regarding teaching and policy.
- Provide resources for use by staff that is accessible.
- Keep up to date with current developments through attending courses and disseminate this information to staff through INSET and informal meetings.
- Be responsible for auditing resources available for use in all PE activities.
- Report any broken or 'defect' equipment to the Headteacher.
- Order/replace any consumables, materials or resources required for the safe delivery of the PE curriculum.
- Use, share and increase awareness in the teaching of P.E.
- Monitor the quality, development and delivery of P.E throughout the school.
- Produce a scheme of work with lesson ideas to support its implementation.
- Ensure that children have the opportunity to become involved in extracurricular clubs to further develop skills and talents.
- Monitor completion of risk assessments by staff each term

### **Equality of Opportunity**

At our school, all children have an equal opportunity to become independently active. The children' needs and interests will be protected regardless of gender, culture, ability, disability or aptitude. All children will be given the opportunity to develop their capability in the attainment targets for P.E. Quality and excellence should be the target for all children. Physical education experiences will reflect the school policy on promoting equal opportunities for all children in terms of organisation, opportunities and access to resources.

## **Policy Development and Review**

At Booker Avenue Junior School, this policy document was produced in consultation with the school community, including children, parents, school staff, Governors, LA representatives, community dietitian, school community nurse and local healthy school standards representative.

**This Policy will be reviewed on a yearly basis. Reviewed in September 2023.**

## **Disability Equality Impact Assessment**

This policy has been written with reference to and in consideration of the school's Disability Equality Scheme. Assessment will include consideration of issues identified by the involvement of disabled children, staff and parents and any information the school holds on disabled children, staff and parents.

*Any questions or concerns regarding this policy should be made to Mr Thompson (Head Teacher) or Miss McQuade (PE Coordinator).*

Miss C. McQuade (PE Coordinator)  
September 2022