



**Blackwell Primary School**

**Physical Education and School  
Sport Policy**

**Written By: Dan Hill - PLT and P.E.  
Coordinator**

**To Be Reviewed: September 2021**

### What Is P.E.?

Physical Education, or P.E., is the development of knowledge, skills and understanding of physical activity through a continuous process of planning, practise, exploring, performing and evaluating. At Blackwell Primary School, we strive to ensure that our P.E. curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. We strive to provide opportunities for pupils to become physically confident in a way which supports their health and fitness and offer many opportunities to compete in sport and other activities, to build character, and help to embed values such as fairness and respect.

### Aims and Purposes of P.E.

At Blackwell Primary School, our lessons are planned so that all children are given the best opportunity to meet the National Curriculum aims and objectives. The National Curriculum for Physical Education aims to ensure that all pupils:

- develop competence to excel in a broad range of physical activities.
- are physically active for sustained periods of time.
- engage in competitive sports and activities.
- lead healthy, active lives

At Blackwell Primary School, all children are provided with opportunities and encouraged to:

- Experience a wide range of physical activity.
- Enable children to develop and explore physical skill with increasing control and coordination.
- Develop confidence and competence in performing different skills.
- Develop positive attitudes to physical activity.
- Improve social and interpersonal skills.
- Appreciate the efforts of others, as well as their own. Respond positively to different challenges.
- Persevere and make sustained efforts to develop and improve their own performance, encouraging a 'Growth Mind-set'.
- Pursue habits and interests that promote a healthy lifestyle.
- Become increasingly aware of how physical activity affects the body.
- Every child will be given the opportunity to represent Blackwell Primary School in a sports tournament or festival by the time they finish their educational journey through our school.

## Sports Premium

The School Sports Premium is government-provided given to maintained primary schools and academies that is specifically targeted at improving the provision of physical education (PE) and sport each year. At Blackwell Primary School, we ensure that the funding is distributed efficiently to ensure that our children receive the highest-quality physical education and activity possible. The Sports Premium is distributed between areas such as:

- High-quality curriculum sports coaching, including new sports and activities our school cannot provide due to limits on equipment.
- Coaches for high-quality extra-curricular after-school clubs and training.
- The opportunity to buy new, better quality P.E. and sports equipment.
- The opportunity to target less active children, and offer them a tailored programme of Physical Education to help increase their physical activity and to inspire them to take part in more sporting activities and competition.
- Intervention programmes such as 'Physical Literacy', which help develop gross and fine motor skills, which in turn help children to improve and achieve in other curriculum areas in school.

(See appendices for a comprehensive breakdown of the School Sports Premium budget plan)

## Governors

At Blackwell Primary School, Governors play a key role in the monitoring and evaluating of policy and the implementation of PE across the whole school. Our named P.E. governor takes the lead role in ensuring this takes place by conducting focussed visits to the school and by liaising with the PLT/subject leader to keep governors informed of the implementation and changes in policy and changes in legislation and curriculum.

### Planning, Teaching and Assessment

We use a variety of teaching and learning styles in PE lessons at Blackwell Primary School. Our principal aim is to develop the children's knowledge, skills and understanding and we do this through a mixture of whole-class teaching and individual/group activities. Teachers draw attention to good examples of individual performance as models for the other children, and we encourage the children to evaluate their own work as well as the work of other children. Within lessons, we give the children the opportunity both to collaborate and to compete with each other, and they have the opportunity to use a wide range of resources.

All teachers assess children's learning in PE as they observe them during lessons. They record the progress made by children against the learning objectives for their lessons, as well as taking photos of selected, focussed activities as evidence to show attainment and progress. At the end of a

unit of work, teachers make a judgement as to whether the child has met, exceeded or is working towards the expectations of each individual unit. These records also enable the teacher to make an annual assessment of progress for each child, as part of the child's annual report to parents. The teacher passes this information on to the next teacher at the end of each academic year

P.E is taught in line with our school's Teaching and Learning Policy. All children at Blackwell Primary School get a standard two hours of sports education a week, and we aim to add an extra- hour of physical activity throughout the week through short sessions of 'Daily Physical Activity'; this includes our new 'Blackwell Daily Mile' and 'Blackwell Personal Challenges' initiatives. The teachers differentiated planning and associated resources ensures continuity and progression following guidance from the National Curriculum. Some learning may be planned to fit into a topic, but generally the P.E curriculum demands specific skills and is taught as a specific lesson. Children are taught within their normal class as individuals, in pairs or groups as appropriate to facilitate a range of individual learning styles. Instantaneous assessment, in the form of verbal feedback during lessons is an essential and integral part of P.E. Parents are informed of children's progress in P.E in the end of year annual reports.

Inclusion and Equal Opportunities

All children at Blackwell Primary School are entitled to participate in the P.E. curriculum regardless of ethnicity, gender, religion and special educational need. At Blackwell Primary School, we feel that it is essential that all children's efforts are valued and supported in a safe and secure environment. Where children have specific sensory and physical needs, adaptations are made to the curriculum to ensure that children have every opportunity to succeed at their particular stage of development. (see S.E.N Policy/E.O Policy).

At Blackwell Primary School, we strive to offer as many opportunities for our children to take responsibility for activities in our school, which is we have our 'Blackwell Primary Sports Crew'. This group is made up of children that will:

- Help promote school sport and P.E. to children and parents, by updating our P.E. display and school website.
- Plan, organise, resource and conduct a range of inclusive intra-school competitions for children of all ages throughout the year.
- Run 'Daily Physical Activities' throughout the week to encourage children across the school to be more active.

P.E. In The Foundation Stage

We believe that young children learn through using all their senses through being active and interactive. Physical Development is one of 6 areas in the Foundation Stage Curriculum. Activities planned at Blackwell provide children with opportunities to achieve nine early learning goals; they are planned specifically to ensure a safe, well-resourced environment, which helps them to build on and develop their confidence and independence. Children are given time to explore, experiment and refine their social, interpersonal skills as well as gross motor skills and hand-eye coordination. Staff provide children with a balance of opportunities for all round physical development. This is achieved through use of in and outdoor play, use of our school hall, playground and field. A range of equipment, apparatus and stimuli is employed to encourage the development of specific skills.

### P.E. In Key Stage 1

In Key Stage 1, children continue to build on their early experiences and move into paired and group activities. They begin to play simple games, explore and link actions, improve coordination and response to stimuli. They develop greater awareness of others and begin to develop their own ideas and creativity. Children improve their use of apparatus and equipment and continue to develop gross motor skills and hand-eye coordination. They learn to refine skills in throwing, catching and kicking balls and working cooperatively. They continue to develop coordination,

balance and achieve greater control over their movements. They develop their visual and auditory awareness and begin to express themselves through movement and communicate ideas and feelings about their performance.

In Key Stage 1, pupils 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 are taught to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

### P.E. In Key Stage 2

In Key Stage 2, children build on their previous experiences through a broader P.E curriculum. They learn specific skills and refine and improve existing ones. Children learn and demonstrate the importance of teamwork in pairs and small groups, and are taught common skills and principles for playing games with increasing complexity. They are given opportunities to be creative in developing their own rules as well as learning the conventions of traditional games.

Children will take part in competitive experiences and develop greater awareness over the importance of their efforts as well as winning. Children begin to sequence movements with greater complexity, and develop poise and control over their actions, including equipment and apparatus. They respond creatively to stimuli and improve

compositional work, performance and content. They become confident at evaluating their own performances and others, and reflect on how they can refine and improve their skills. Children develop greater awareness of the importance of physical activity and the effect upon their own body

### Resources

At Blackwell Primary School, we constantly strive to ensure that our children have access to a range of well organised, clearly labelled resources to develop their abilities and enhance their learning. Teachers ensure that all resources are available when they are needed and resources are stored and available from the PE store cupboard and returned after use. Teachers will notify the PE Leader of damaged resources to ensure the safety of our children and teach children throughout the school to use resources and equipment appropriately, independently and safely.

### Appropriate Dress

At Blackwell Primary School, we expect children to change for PE into the agreed clothing for all lessons to ensure their safety, comfort and to promote good hygiene; all teachers set a good example by wearing appropriate clothing when teaching PE.

An indoor P.E. kit should consist of: a suitable, comfortable t-shirt; a pair of shorts or a P.E. skirt; and plimsolls or suitable trainers.

For outdoor lessons, children should wear: a suitable, comfortable t-shirt; a suitable, comfortable jumper, hoodie or jacket; shorts, a P.E. skirt or jogging bottoms; and suitable trainers (or studded boots if playing football, rugby etc on grass).

Jewellery should not be worn during any P.E. lessons, meaning children are required to remove items such as earrings, necklaces, watches and rings etc. Items such as earrings, that the child may be unable to remove, should be covered by surgical tape.

### Bolsover District School Sports Partnership Affiliation

Blackwell Primary School is part of the Bolsover District School Sports Partnership, something that we use an allocated amount of our Sports Premium Fund to be part of. This means we have access to Professional Development Opportunities, where teachers can attend courses to develop their skills in teaching P.E., which in turn enhances our children's P.E. education experiences. It also means we are invited to Tibshelf cluster, and district open sports competitions, where our children have the opportunity to compete against other schools in our district in a wide-range of sports and inclusive physical activities. At Blackwell Primary School, we believe structured,

competitive-yet-respectful competition is an important part of every child's development, and we strive to offer these competition opportunities to all children.

### Swimming

Swimming is an undoubtedly a vital life skill and at Blackwell Primary School we provide the opportunity for all children to attend swimming lessons when in Key Stage 2 (Years 4,5 and 6)

The lessons are taught by trained instructors from Alfreton Leisure Centre, along with fully trained staff from school, where they are taught a progressive range of skills in conjunction with Derbyshire ASA objectives.

For their swimming lessons, children need: a suitable swimming costume (not bikini) for girls; swimming trunks or shorts for boys (shorts must not be longer than knee length), goggles if required; and a suitable towel.

The government states that all schools should provide swimming education to children in either Key stages 1 and 2, and should work towards these objectives:

- Swim competently, confidently and proficiently over a distance of at least 25 metres
- use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]
- Perform safe self-rescue in different water-based situations.

## Evaluation

This policy will be evaluated in line with the school's review policy, which will include: effectiveness, ease of implementation, resourcing issues identifying any amendments needed and additions required to the policy as a result of legislation or other changes in the PE curriculum.

## Appendices