



Balfour Junior Academy

P.E Policy

Updated – October 2018



Rational

Our school believes that PE is about promoting children's enjoyment, confidence and skill in physical activity in order to become physically literate and foster positive attitudes towards an active and healthy lifestyle. P.E. is essential to a child's wellbeing. It promotes the development of personal, social, intellectual and physical skills alongside which, respect, sportsmanship and confidence can flourish.

Aims

- Stimulate and maintain pupil interest and enjoyment in PE in order to promote health and fitness for current and future lifestyles.
- Foster a fun and safe environment for children to build confidence in their own ability and intrinsic motivation to always be physically active.
- Provide children with opportunities to practise skills and reinforce positive experiences of physical activity.
- Employ teaching methods and resources for all children to achieve their full potential and to meet their own challenges.
- Develop values such as kindness, compassion, respect and trust through good sportsmanship.
- To encourage children to consider their own safety and the safety of others at all times.
- To access competitive sport.

Entitlement

All children are entitled to a progressive and comprehensive Physical Education programme which embraces the statutory orders of the National Curriculum.

Children should, on average, receive at least 2 hours per week of high quality Physical Education (P.E). This is achieved through 1 hour of indoor P.E and 1 hour of outdoor P.E; ensuring children experience a wide variety of sports throughout the year.





The P.E Curriculum

Balfour Junior Academy uses the Greenacre Sports Partnership scheme of work which ensures continuity and progression across the school. We attempt to ensure the demands of the new curriculum are met and allow certain children access to a wide range of sports, including dance and swimming.

Swimming lessons take place at Sir Joseph Williams Mathematics School for all year 4 children. Lessons are delivered by ASA qualified Balfour Junior Academy teachers.

Cross Curricular Links

P.E. should be used, where possible, to enhance children's learning in other subjects. There are many opportunities to develop speaking and listening skills through teamwork, questioning and evaluation of skills/performances. In dance; poetry, story and music can be explored. Maths can be supported in a variety of ways; whether through the use of stopwatches or measuring distances in metres and kilometres to shape and space in gymnastics. Children can also gather data from their own performances to use in statistics. Links with Science and healthy bodies are regularly addressed with ICT encouraged, to support learning in P.E. For example tablets can be used to record performances which can then be evaluated by the child.

Assessment

Using the Greenacre assessment sheets linked to the lesson plans, teachers will assess pupils in week 1 and week 6. This will make teachers aware of a child's starting point and allow for them to ensure children make progress throughout the unit and make it easy to see that progress. In turn, over the year teachers will gain a better understanding of the children who are more or less able which in turn will allow the next years teacher to further progress the more able and support the less able. Assessments notes are written on short term planning, these notes, along with the teacher's knowledge are used to inform and support future lesson planning/lessons.

By the end of year 6 all pupils will have made progress and this will be easily viewable in both PE lessons and on assessment sheets.





Monitoring

Monitoring and Evaluation of P.E. is carried out, in the main, by the P.E. coordinator and is achieved by:

- Observation of lessons
- Referring to P.E. targets on the school action plan
- Pupil Voice
- Discussions with colleagues
- Extra-curricular activities
- Staff meetings
- Pupil Questionnaires
- Self Evaluations by the curriculum leader to consider the quality and extent of support, guidance and direction given to colleagues to improve and develop the P.E. curriculum

Health and Safety

The following conditions must be adhered to in P.E. activities:

- Children are requested to have appropriate P.E. kit in school consisting of shorts, T-shirt and appropriate footwear, as set out in our school prospectus. In winter children should wear tracksuits for outdoor P.E
- Staff should dress appropriately for P.E. lessons (a change footwear is necessary and all teaching staff are provided with a P.E sweatshirt and t-shirt)
- When swimming, girls need a one-piece swimming costume whilst boys should wear trunks. Shorts are not allowed
- Long hair should be tied back
- Teachers should consider the amount of time children are outside in direct sunlight
- Dealing with and reporting accidents or injuries that occur in lessons should be dealt with in accordance with the school system
- Children are encouraged to consider their own safety and that of others at all times
- Staff should check all equipment prior to use
- Staff should familiarise themselves with any off-site facilities they will be using
- Our equipment is checked every year and must pass this audit to allow it to remain in use

