



Berrycoombe Primary
Revised march 2021

Berrycoombe School PE and swimming Policy

The purpose of this document is to state the aims, principles, strategies and organisation of the teaching of PE through Reception, Key Stage 1 and Key Stage 2.

The National Curriculum (2014) states:

***EYSF** - 'Children show good control and co-ordination in large and small movements. Children know the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe.'*

***KS1** - 'Pupils should 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'*

***KS2** - 'Children should enjoy communicating, collaborating, and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.'*

Physical Education at Berrycoombe Primary School

- Teachers follow the Real PE Scheme of work which ensures coverage of all NCPE objectives. All teachers are required to use this scheme for their PE delivery except for when working in collaboration with external sports coaches (see external providers section below). During the summer term, teachers will use the fundamentals from the Real PE scheme to prepare children for Sports Day activities.
- PE sessions are matched to the hall timetable. Dependent on the activity, the staff will decide whether the session will be taught inside or outdoors. Whenever possible the staff will try to take the children outside. This allows them a greater access to more space.
- Each teacher has a set of Real PE resources and an online login and is required to use them in order to plan activities in advance for their class. The nature of the scheme ensures that pupils experience a coherent and progressive curriculum throughout their time at school.

Class Organisation

The majority of lessons will be delivered using the Real PE scheme which follows a particular format depending on the age range taught. All lessons need to include the following key components:



- **Warm Up - Pulse raising activity**
- **Exploratory / progressive skills development activity**
- **Using and applying those skills**
- **Plenary / Cool down**

The importance of a warmup / cool down will be explained to the children. Skills development activities will be differentiated by task and outcome as appropriate to the child's level. Using and applying will enable the children to use their skills in a different context. Children will have the opportunity to work individually, in pairs and in groups.

It is essential that Learning Objectives are shared with pupils at the beginning of each session. This can be done either in classroom or in the chosen learning environment before the session begins. Children must also be aware of how to achieve success in the lesson as they would in any other subject.

Aims of PE at Berrycoombe School

- Provide learning situations in which all pupils will be able to develop their physical ability
- Acquire and develop skills, performing with increasing physical competence and confidence in a range of physical activities and contexts
- Provide stimulating and challenging opportunities that help to promote physical development such as cardio-vascular health, flexibility, muscular strength and endurance
- Enable pupils to understand the importance of Physical Education in respect of a healthy lifestyle. (Knowledge and understanding of fitness and health).
- Develop positive attitudes towards participation in physical activity
- Provide a safe learning environment for physical activity and an understanding of the need for safety
- Provide pupils with opportunities to become aware and conform to the principles of fair play, demonstrating a good sporting behaviour.
- Enable pupils to actively participate in a wide range of activities with confidence, developing self-esteem through achievement
- Promote equal opportunities for all and value the contribution of other irrespective of gender, ability, social/cultural background
- To develop links between Physical Education and other aspects of the curriculum
- Solve problems and find alternative solutions to physical challenges on their own and with others
- Learn how to select and apply skills, tactics and compositional ideas to suit activities that need different approaches and ways of thinking
- Develop their ideas in a creative way
- Set targets for themselves and compete against others, individually and as members of a team(collaboration)



- Understand how (and be able) to show the BLP skill of resilience, succeed and acknowledge others' success
- Take initiative, lead activity and focus on improving aspects of their own performance
- Discover their own aptitudes and preferences for different activities
- Make informed decisions about the importance (and value) of exercise in their lives
- Be given a firm foundation for life-long participation in sporting activity

Outcomes

Intended outcomes that we deem to be desirable from our PE provision include:

- Skill acquisition
- Skill application
- Movement appreciation
- Knowledge
- Understanding
- Health/fitness principle
- Awareness of safety
- Competition
- Rules how to officiate
- Leadership
- Challenges
- Enjoyment
- Creativity
- Problem solving
- Self-control
- Tolerance
- Respect
- Honesty
- Self esteem
- Responsibility
- Sense of achievement/well being
- Communication skills

External Providers

To increase opportunities and inspire children to be active, we work closely with coaches from 'Go Active Cornwall'. These coaches are used across the school working in collaboration with the class teachers. They deliver sessions in collaboration with the class teacher and assist in the assessment of physical education. These sessions provide the teachers with valuable CPD and a

We also work with external organisations to deliver sessions at various points in the year. This is usually during 'Event Weeks' where specialists deliver sessions including archery, tennis and cricket

All visitors/coaches are expected to have an up-to-date DBS and provide this with photographic I.D (passport/driving licence) on arrival for their session.

This policy should be made available to visitors if reasonably practical.



Swimming and Water Safety

All children must have access to swimming instruction in either key stage 1 or 2. In particular, pupils should be taught to:

- Swim competently, confidently, and proficiently over a distance of at least 25 metres
- Use a range of strokes effectively such as front crawl, backstroke and breaststroke
- Perform safe self-rescue in different water-based situations

At Berrycoombe Primary School the children would normally have access to swimming instruction in KS2. This will take place in the Autumn term and each year group will be provided with a minimum of 6 sessions per year. These sessions take place at Bodmin Leisure Centre. Swimming is coached by teachers and swimming instructors provided by the leisure centre.

Facilities available for physical activity

On-site facilities include -

- Hall - apparatus frames, gymnastics mats, balance benches, box, springboards.
- Playgrounds - to be used during the day for play times, lunch times and PE
- Field - minus the forestry space

Health and Safety

We recognise that participation in PE and Physical Activities contains an element of risk. Staff are responsible for ensuring that they are familiar with safe practice to reduce the element of risk to the absolute minimum within their control.

- Staff are aware of pupils who have special needs with regards to physical activity and make special provision for needs where appropriate e.g. physical disability, asthma
- The behaviour team can assist and advise in relation to children with certain behaviours who may need alternative provision
- Staff know about the safe practices involved in moving and using apparatus
- Pupils wear appropriate clothing, remove jewellery and tie back long hair. If the removal of jewellery or studs is not possible, they should be securely taped and the teacher is confident this strategy is effective.
- Pupils may be asked to remove shoes when participating in indoor activities
- Correct use of equipment is taught along with any potential hazards
- Equipment and apparatus is stored safely at the end of each lesson.
- Pupils are taught to always consider their own safety and that of others.

Assessment & Recording

Assessment is carried out by all class teachers and is completed termly (3 times per year). We use the academy wide assessment wheel - The TPAT Wheel. This is a bespoke assessment



system where class teachers input children's levels into an online program. Children are judges on a series of fundamental movement skills which is used to inform future planning.

Swimming will be assessed by the class teachers and swimming instructors at Bodmin Leisure Centre. The PE Lead will be responsible for publishing Swimming data on the School Website, as per National Guidance.

Sports Day

We organise an annual multi-sport circuit Sports Day type event at the end of the summer term, which includes a variety of accessible games and activities.

Parents and carers are actively involved to attend and support their children. We have a wide range of sporting activities on the day to encourage participation and success for all children.

Staff Dress

It is expected that teachers change for P.E, or come to school dressed appropriately, for the safe delivery of a PE lesson. This should include suitable footwear. If possible, jewellery should be removed to set a good example.

PE and School Sports Premium Funding

PE and School Sports Premium funding is used in a number of areas relating to PE and sport at Berrycoombe Primary School. A breakdown of the funding can be viewed on the School website.

Monitoring and review

The subject leader will monitor the teaching of PE by all staff, as well as supporting all teaching staff with updates and resources throughout the year.

This policy will be reviewed every two years.

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