



BIRCHINGTON CE PRIMARY SCHOOL

PHYSICAL EDUCATION POLICY

LEARNING & GROWING; SAFE IN GOD'S LOVE

Contents:

- 1) Introduction
- 2) Links to other school policies/documents
- 3) Definition of physical activity
- 4) Aims
- 5) Objectives
- 6) Methodology
- 7) Before school, break and lunch time activity
- 8) Staffing and responsibility
- 9) Curricular programme
- 10) Jewellery
- 11) Out-of-hours-programme
- 12) Organisation
- 13) Monitoring and evaluation
- 14) Training
- 15) Facilities available for physical activity
- 16) Resource provision
- 17) Involvement with parents/carers
- 18) Involvement with school sports partnership and other community resources
- 19) Staff opportunities
- 20) Equal opportunities
- 21) Policy development and review

1) Introduction:

As a caring learning environment, we have a responsibility to help pupils and staff to establish and maintain lifelong habits of being physically active. Regular physical activity is one of the most important things that people can do to maintain and improve their physical health, mental health and overall well-being. It is a known fact that regular physical activity not only reduces the risk of

premature death in general, but also of heart disease, high blood pressure and diabetes in particular. The words of our Christina Vision guide our approach. We want our pupils to flourish and being a fit and healthy individual will greatly assist with this.

Promoting a physically active lifestyle among young people is important because:

- Through its effects on mental health, physical activity can help increase students' capacity for learning
- Physical activity has substantial health benefits for children and adolescents, including favourable effects on endurance capacity, muscular strength, body weight and blood pressure
- Positive experiences with physical activity at a young age help lay the basis for being regularly active throughout life

Therefore, this policy promotes practices within the school to reinforce our vision and to remove or discourage practices that negate them.

2) Links to other School Policies and Documents:

- RSHE Policy
- School Travel Plan
- Healthy Eating Policy
- Equal Opportunities Policy

3) Definition of Physical Activity:

Physical activity is defined as 'any force exerted by skeletal muscle that results in energy expenditure above resting level' and includes 'the full range of human movement, from competitive sport and exercise to active hobbies, walking and cycling or activities of daily living'.

4) Aims:

- To increase the activity levels of the whole school through the provision of a supportive environment conducive
To:
 - the promotion of physical activity
 - To enable children to develop and explore physical skills with increasing control and coordination
 - To encourage children to work and play together in group situations

- To develop the way children perform skills and apply rules and conventions to different activities
- To increase children's ability to use what they have learnt to evaluate and improve their performance
- For children to understand how exercise affects their body
- To develop the children's enjoyment of physical activity through creativity and imagination

5) Objectives:

The Healthy Body / Healthy Mind Hub will have responsibility for all areas of physical activity. The Hub will ensure that a curricular PE programme which meets the statutory National Curriculum requirements which delivers a broad and balanced programme is provided.

The Hub will ensure that quality physical activity opportunities are provided both in and outside curriculum time, which both consider the needs and interests of all pupils and promotes a positive attitude towards participation in physical activity.

- Staff will receive appropriate and relevant training opportunities, ensuring a commitment to safe and effective delivery of the PE curriculum
 - The profile of physical activity will be raised throughout the school through cross-curricular links and thus will increase pupil participation both in and outside the curriculum time. All staff will be encouraged to plan active lessons where possible and appropriate, for example, delivering English Speaking and Listening through drama etc.
 - Provision of safe and stimulating areas in which children can play and be active in and around the school premises will be provided, with facilities and equipment available for pupils to use at break times and lunchtimes, thus encouraging pupils to be active at these times
 - Students will be provided with the information and confidence they need to take advantage of physical activity opportunities in the local community. The school will liaise with relevant professionals in the community to help to develop physical activity pathways beyond school
 - Lunchtime sports clubs and activities lead by Sports Coaches will increase physical activity during breaktimes
-
- The school already has a Travel Plan that has developed safer routes to school and encourages active methods of traveling, providing secure cycle storage. The school will continue to offer cycle safety and maintenance courses for children in Years 5 and 6
 - Pupils' levels of involvement in physical activity inside and outside school will be continually monitored through the use of pupil voice questionnaires, PE assessment, watching of lessons and planning to ensure that activity levels remain high

- Year 5 and 6 children will have the opportunity to organise and lead activities for younger children (Leadership role) through lunchtime buddying and House Captain responsibilities.

6) Methodology:

Physical activity within Birchington CE Primary is developmentally appropriate and a variety of teaching and learning approaches and organisational management are adopted

- Access - all pupils have access to a varied programme which allows them the opportunity to meet the national expectations as outlined in the National Curriculum
- Positive reinforcement - with effort rewarded, improvement acknowledged, pupils praised and positive feedback provided
- We aim to use a variety of teaching and learning styles in PE lessons. Our principal aim is to develop the children's knowledge, skills and understanding and we do this through a mixture of whole class and group or individual teaching
- Teachers draw attention to good examples of individual performance as models for other children, and children are encouraged to evaluate both their own work and that of others. Within lessons children are given the opportunity to collaborate and compete with each other and they have the opportunity to use a wide range of resources

7) Break and Lunchtime Activity:

Our break and lunch times provide opportunities for physical activity, which help students to stay alert and attentive in class and provides other educational and social benefits. During break times, children have the opportunity to use outside space and sports equipment. Sports Coaches also deliver physical activities at lunchtimes. Break times should compliment physical education classes and staff will make every effort not to deny a pupil's participation in break times or other physical activity as a form of discipline. There may be exceptional circumstances where this is not possible.

8) Staffing and Responsibilities:

- The PE Lead is responsible for monitoring and evaluating the PE curriculum
- The PE Lead to oversee the extra-curricular provision including clubs and fixtures. Clubs are run by staff members and Sports Coaches (and monitored)
- The MDS's are managed by the Office Manager and their responsibilities include an increased provision of physical activities during lunchtimes

9) Curricular Programme:

PE is a foundation subject of the National Curriculum. Birchington Church of England Primary School is currently using the IPEP PE scheme, taught by both TSC coaches and class teachers. In Key Stage

1 and 2 the strands include dance, games, gymnastics, athletics and outdoor and adventurous activities. Year 6 are encouraged to take part in outdoor adventure trips and activities, including a Challenge and Celebration week in the Summer Term.

The curriculum plan for PE is mapped by these strands. The long-term plans map the unit of work and the short-term lesson plans are provided in the scheme of work.

Short term lesson plans may be annotated by TSC and teachers where appropriate. The scheme of work for each unit and individual lesson plans and resources are on IPEP and in planning folders.

In the Early Years Foundation Stage, we encourage the physical development of our children in the reception classes. We use the objectives set out in the Early Learning Goals to set up and provide a wide range of appropriate physical activities. We encourage the children to develop confidence and control in the way they move and handle tools and equipment. Children gain experience of both indoor and outdoor PE and physical activities and also follow the IPEP scheme to develop fundamental skills.

All pupils are expected to participate in Physical Education lessons. County guidance states that due to health and safety reasons, school staff are no longer able to remove jewellery and/ or provide tape for earrings to be covered due to possible allergies.

10) Jewellery

Children should only wear a small pair of stud earrings to school. For PE lessons, County guidance recommends that earrings are removed. Children either need to take these out themselves or, if they are not able to do this, they need to be removed by parents before school. If parents choose for their child to wear earrings during Physical Education lessons, they must be taped up using micropore tape.

11) Out-of-hours-Programme:

The school provides a range of extra curricular activities for children, run by the staff and external groups. The curricular activities after school are varied, including competitive and non-competitive clubs. We offer a range of clubs for different age groups, at different times of the year. *See displayed timetable in school and on the school website.*

12) Organisation:

All PE lessons are taught in mixed groups, ability and sex, with planned lessons extending the more able and supporting children who need further practice. Wherever possible, extra-curricular clubs are also mixed unless dictated by local leagues e.g., girls' football. The general teaching requirement for health and safety applies in this subject. Both children and teachers should wear appropriate

clothing for PE. In our school this consists of a 'House colour' t-shirt and black or navy shorts or joggers. No jewellery should be worn during any physical activity unless an earring disclaimer is signed. Children wear their PE kit to school on PE days.

13) Monitoring and Evaluation:

TSC and teaching staff will formatively assess each lesson and adapt lesson plans accordingly over the unit. This information should be used to plan the future work of each child. The PE leader should monitor plans and assessments sheets yearly.

14) Training:

The Hub members are responsible for the identification and organisation of staff training. He/she can deliver the training or use sports instructors and PE advisers. Birchington CE Primary School is committed to the highest level of training for their staff, to promote physical activity across the school.

15) Facilities available for Physical Activity:

The school halls, playgrounds, MUGA (Multi Use Games Area) and fields are freely available for physical activities.

16) Resource Provision:

We aim to have sufficient resources to provide each class with individual or paired work opportunities e.g., footballs, small balls and bats, bean bags and skipping ropes etc. The PE Lead is responsible for the stock and replacement of any lost or broken equipment.

17) Involvement with Parent/Carers:

Family members and other adult volunteers are encouraged to become involved with school activities. All volunteers shall receive an induction about relevant school policies, procedures and standards of conduct and will be subject to a full DBS check.

This school actively involves parents in physical activity to gain their support and encouragement, which is essential if students are to participate in physical activities outside of school. For example,

- Information can be given out to parents/carers which can help their children be more active
- Parents and Carers will be invited to attend some of the activities set up in the school and the extra-curricular sports fixtures outside of school

- Parents and Carers are invited to the school's annual sports days. The PTA regularly organise fundraising opportunities to raise money for the school which often involves physical activities for families
- The local community is able to use the sports facilities of the school

18) Involvement with Community Resources:

The school works with recreation agencies/sports development and other community organizations to coordinate and enhance opportunities available to students and staff for physical activity joint school and community recreation activities.

19) Staff Opportunities:

Staff are made aware of sporting opportunities provided by the local council and often participate in and support sponsored events such as 'The Race for Life' to raise money for charities. There is always a focus on staff well-being, with advice and activities being delivered by members of staff and external agencies through staff meetings and INSET days.

20) Equal Opportunities:

Physical activity needs to serve the needs and interests of all students and staff, taking into consideration differences of gender, cultural norms, physical and cognitive abilities and fitness levels, thereby encouraging participation by all.

21) Policy Development and Review:

This policy document was produced in consultation with the whole school community and an Accessibility and Equality Review has been completed as part of this process.

AF - October 2025

To be reviewed - October 2027