



Bracken Hill School

Physical Education

(PE)

Policy

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Policy Type: Whole School

This policy is reviewed biennially to ensure compliance with current regulations

The Governors of the school recognise that all staff play a vital role in the achievement of high standards and in providing our pupils with the best opportunities matched to their needs.

RATIONAL

Physical education is an integral part of life at Bracken Hill School. All the staff are committed to helping improve and develop the pupil's physical confidence and competence needed to attempt a variety of activities both in and out of curriculum time.

Physical education is a key foundation subject that is taught at all key stages within Bracken Hill School in line with the National Curriculum 2014 with adaptations to meet need.

Within the class groups of every key stage, there is a variety of needs which require differentiation by the class teacher. This is done professionally and with the maximum focus placed on the development of individual skills to the highest personal level.

INTENT

Bracken Hill PE lessons aim to develop students' knowledge, skills and understanding across a broad range of sports and activities, specifically targeted at the developmental stage of the students. There is a focus on transferable physical and social skills and a drive to find engaging, life-long exercise opportunities. Bracken Hill students will speak knowledgeably about the importance of physical activity for health, physical and mental wellbeing.

AIMS

- To provide every student with a high-quality PE lesson each week.
- To offer swimming lessons to Key stage 1 or 2 students until they are capable of swimming 25m.
- To acquire, develop and apply skills, competence and confidence in physical activities.
- Select and apply skills, tactics and compositional ideas.
- Evaluate and improve performance.
- Acquire and develop the knowledge, importance and understanding of fitness and health
- Develop positive attitudes towards fitness and health.
- To offer competition against themselves and others.

OBJECTIVE

To deliver structured, incremental lessons, guided by the National Curriculum 2014 document with suitable amendments to meet individual need. In doing this, we will emphasise the following skills which we believe important for our pupils:

- To develop personal and interpersonal skills through structured physical activity.
- To enjoy and succeed in PE through a range of stimulating activities.
- Develop knowledge of water safety, safe lifting and carrying techniques and personal limits.

- To develop leadership, critical evaluation and organisational skills through award schemes.
- To apply physical skills developed in Multi Activity Training Programme (MATP) to the real world.

IMPLEMENTATION

All Bracken Hill students are provided with a weekly, high quality PE lesson which is delivered to match the age and stage of the student. Explorer level pupils and primary also receive swimming lessons each year. The daily curriculum is supported with movement breaks in the form of the use of the trim trail, structured lunch time activities and IMoves active blasts. Secondary age students are given the opportunity to acquire Sports Leadership qualifications. EHCPs and IEPs are used to identify students who would benefit from a MATP approach to aid fundamental movement skills.

Competition is supported by Bracken Hill's regular attendance at county competitions, where there is the opportunity to compete with students from a range of mainstream and SEND schools. A small group of local SEND schools also hold a variety of competitions and festivals with a particular focus on encouraging the Explorer level students who may not be able to compete outside of school. The Explorer pupils are taught using the MATP system, where individual functional skills targets are worked on and then demonstrated and celebrated.

After school sports clubs are offered on a Tuesday evening, with a regularly changing programme of sports and activities to match the cross section of needs at Bracken Hill.

Annual sports days, where the usual timetable is collapsed, offers students the chance to try a vast array of new and exciting sports, which further broadens and enhances the curriculum.

TEACHING METHODS

The variety of teaching methods needed to match the abilities and interests of pupils is likely to include:

- Knowledge given by the teacher and assistant
- Creative activities such as exploration of equipment
- Question and answers
- Individual and group work
- Use of ICT, especially interactive whiteboard facilities to discuss tactics and position in a variety of sports.
- Discussion and reflection

During changing times, girls and boys are separated at all ages. All primary aged students will be supervised during changing by 2 members of staff (female staff will always supervise female students). Secondary students will be supervised by 2 members of staff of the same gender if supervision is thought necessary. Where a same gender member of staff is not available, students will be indirectly supervised by staff at the door of the changing area.

RESOURCES

Physical Education resources are based in the hall, PE Store and outside to the rear of the school. The outside facilities include a MUGA, tarmacked multi-sport area, trim trail and field. Some of our resources include:

- Gymnastics equipment including junior and senior frame, benches, tables, horse, boxes, safety mats, trampettes, springboard, soft play equipment and specific equipment to manipulate different parts of the body.
- Kirkby Leisure Centre is used for a single block of 'lifelong fitness' work as additional teaching space for secondary fitness lessons and to support the NC aim of introducing students to local facilities and clubs.
- Lammas Leisure Centre for our weekly swimming sessions at KS1, 2.
- Hydrotherapy for complex needs students.
- Horse riding for primary and complex needs students.
- A variety of small equipment including new footballs, volleyball equipment, tennis equipment, table tennis accessories, tag rugby equipment, rounders, cricket and hockey equipment.
- Inclusive sports equipment for New Age Kurling, cup stacking and boccia
- A Junior and Senior golf resource pack comprising of Clubs/Balls and tees.
- A good range of sensory activities and equipment.
- Fitness equipment such as hand weights, swiss balls and kettle bells

Links have been forged with Nottinghamshire County Cricket for the expert delivery of table cricket and soft ball cricket, Portland College for occasional use of their Woodland Zone and Mansfield Harriers Athletics Club.

In addition to the above, we use the Ipad to capture and showcase good practise in lessons.

SAFETY

The safety of students in PE is paramount and has a number of contributing factors:

- The environment and equipment are monitored by the PE subject co-ordinator, site manager and teaching staff. If a decision is taken that a piece of equipment is unsafe, it is not used and reported to the subject leader.
- The work environments are kept clear except for large pieces of PE apparatus but these are stored safely at the edges of the room.
- Staff receive and apply regular health and safety training.
- Staff do not undertake the teaching of activities they feel unqualified to deliver or where the sport's governing body require a specific qualification. In Bracken Hill, this includes trampolining; vaulting; mountain biking; climbing; Forest Schools and Duke of Edinburgh.
- Teams and competition follow the sport's governing body rules.
- Staff and students wear clothing and footwear which is suitable for the demands of the activity i.e. a full change of PE kit, trainers or bare feet, hair tied up and jewellery removed wherever possible. If suitable attire is not available, students act as coaches

and observers. To support with engagement, pupils and parents are notified about PE days and informed if PE kit is not brought into school by phone or SeeSaw. If there is a regular problem with PE kit a formal letter is sent home. Students are requested to have any new piercings over the school Summer holidays to prevent this interrupting their learning.

- Where apparatus needs moving around, students are trained in safe moving and handling practices (as required in NC) and usually require 2 people.

RECORDING

Recording and assessment can be demonstrated using the following methods:

- Formal and informal observation
- Questioning and responses
- Self and peer analysis
- Demonstrating good practice to others in the group/lesson.
- Achievement of awards in sports leadership and Duke of Edinburgh

IMPACT

Physical activity, health and wellbeing are seen by students and staff as high priority. A significant number of pupils can explain how to keep themselves healthy and what actions they take themselves. The sports days always receive many positive comments and students engage exceptionally well in the new activities. The outcomes for many Explorer level students have improved since introducing MATP. All students have engaged in some sports competition, so experiencing the emotions and challenge of this.

TARGETS

Our departmental targets are to evaluate the impact and delivery of the new long-term curriculum and make continual improvements to match the diverse and developing needs of Bracken Hill pupils, developing knowledge of how to modify resources and knowledge of alternative equipment through staff meeting time and informal CPD with subject leads. The annual sports days aim to raise the profile of sport and exercise, whilst introducing students to a wide variety of activities which extend and enhance the curriculum.

We are currently working to re-establish extra-curricular sport and physical activity, intra and inter- school competition.

Our vision for the future is that every child will participate every week in 30 minutes of Out of School Hours physical activity by offering organised football and an equipment box at lunch time.

As a school we are committed to providing the very best equipment and facilities for our pupils, we will constantly work to improve and add to existing facilities.