



Austrey and Newton Regis C of E Primary Schools

PE Policy statement



Physical education may be described as learning to move and learning through movement. It allows pupils to develop and refine movement skills, whilst supporting their health and fitness. It gives all pupils, whatever their abilities, the chance to experiment, practise, make decisions and perform. Physical education provides opportunities for pupils to be creative, competitive and be involved in different challenges as individuals or in groups and teams.

A broad and balanced PE curriculum with progressive learning, appropriate challenges and targets and supportive resources will help develop a full range of skills amongst pupils, including: cooperation, teamwork and communication; working alone on their own initiative and leadership, preparation and planning.

The school also recognises that PE has a vital role to play in raising awareness, and developing good practice and promotes positive attitudes towards healthy and active lifestyles.

Aims

We aim to develop children's knowledge, skills and understanding of PE, so that they can perform with increasing competence and confidence in a range of physical activities. In addition, we aim to promote an understanding in children of their bodies in action. It involves thinking, selecting and applying skills and promotes positive attitudes towards a healthy lifestyle. We aim to enable children to make informed choices about physical activity throughout their lives.

Key aims across the school:

- to provide a well balanced programme of physical education which will include; games, gymnastics and dance (also athletics, outdoor adventures and swimming)
- to promote a positive attitude to health and hygiene
- to develop personal qualities such as self esteem, decision making and self -control
- to develop communication skills through PE vocabulary
- to engage in competitive sports and activities to help develop values and positive attitudes such as, team spirit, co-operation and respect for rules and others.

Extra and cross-curricular opportunities: the following suggestions will promote PE through a range of other areas.

- *Maths*: timing, measuring and data handling
- *ICT*: as with maths, with possible use of the word processor, 'Googling' information about sports techniques, rules and personalities
- *Literacy*: all areas with, for example, looking at rules and instructions to sports and games, writing recounts and reports, devising own rules
- *Science*: health, exercise, hygiene, heartbeat rate
- *Humanities*: looking at the history of activities and where they have taken place
- *PSHE*: health and fitness.

Organisation

A whole-school approach to teaching PE is embedded in all classrooms and we are currently implementing a scheme of work following the 2014 National Curriculum. In foundation stage, KS1 and KS2, PE is taught discretely for at least 2 hours a week. Units of work are usually blocked and will rotate every half term. Current provision is provided by class teachers and qualified coaches. We believe children should be equipped with the skills they need to take part in a range of sports which will enable them to apply these skills to a variety of gaming situations; this fosters positive attitudes towards all sports because every child has the skills they need to play them.

Outdoor Education

We offer outdoor education opportunities for children throughout the school. Different experiences for different age groups ensure all will get a range of appropriate challenges as they move through the school. This includes a weekend residential at the end of the school (year 6) to an outdoor education centre.

Swimming

Swimming lessons are compulsory for Year 3 pupils and these pupils will take part in weekly swimming lessons to help them achieve the 25m in line with the 2014 National Curriculum aims.

Assessment

Teachers assess children's abilities in PE at the beginning of a unit of work using the relevant core task (see scheme of work) and repeat the assessments at the end of every unit to measure progression within these core tasks. Teachers have an assessment grid for recording this information (see scheme of work). In addition to this, teachers regularly observe children's progress made during lessons against specific learning objectives. This information is used to plan future work. In addition, these records enable teachers to make annual assessments for every child and are reported to parents in the form of an end of year report.

Assessment

This can be achieved by:

- watching pupils work
- talking to pupils about what they have done
- listening to them describe what they have done
- pupils self and peer evaluate
- you comment as appropriate

Record keeping It is not necessary to record every aspect of a pupil's progress in PE. Notes kept should be brief and selective. Significant achievement or weakness may be recorded to serve as a basis for planning appropriate challenges. This is particularly important when pupils may be identified as having special needs, or they are seen as motivated achievers. Records are clearly useful when compiling specific notes and for producing the annual school report.

Equal Opportunities and SEN

A range of PE activities are offered to both boys and girls; experiences and expectations are the same regardless of gender. Selection for school sport teams is based on both enthusiasm and ability.

For children who have physical or learning disabilities, some modification may have to be made to the way in which an activity or sport is taught, learnt and played. Any such modifications will be made in consultation with the relevant staff and specialists, and noted on teachers' plans. Children who are identified as gifted and talented with PE are provided with a range of enhancement opportunities, designed to challenge and develop their skills and understanding.

Extra curricular opportunities

We provide a wide range of lunchtime and/or after school sport clubs which offer all children the opportunity to improve their knowledge and techniques so everyone has the opportunity to be the best they can be. Clubs are led by Teachers, staff and qualified coaches. Clubs are varied across the year and are often rotated every term, to give all pupils the opportunity to take part. Pupils are regularly involved in tournaments and competitions which take place at other local primary schools, secondary schools and other sports venues.

Health and Safety

The general teaching requirement for Health and Safety applies in this subject. We encourage the children to consider their own safety and the safety of others at all times. We expect them to change for PE into the agreed clothing for each activity areas. School policy expects teachers to set a good example by wearing appropriate clothing when teaching PE.

Medical

All participating staff must be aware of any relevant medical conditions that pupils may have. Pupils with other medical conditions such as asthma/diabetes must have immediate access to their medicine as required (including during off site events). During swimming lessons, poolside staff and the instructor must be informed of any specific medical needs of the pupils taking part. Any accidents that occur during PE lessons should be treated appropriately and recorded in the Accident Book as soon as possible and parents are informed if appropriate. For further reference please see 'Safe Practice in Physical Education and Sport, Association of Physical Education' book, kept in school with PE documentation.

Policy for PE kit

In accordance with school rules, the wearing of jewellery is strictly forbidden at any time and during any PE lesson.

Pupils must change clothes for all PE lessons.

Indoors: shorts / tee shirt / barefoot or trainers.

Outdoors: shorts, track suit bottoms, leggings / tee shirt or sweat shirt / trainers (note, parents are required to supply appropriate dress for weather and events). A level of discretion may be used here – particularly with younger pupils, but every effort should be made to stay within these guidelines. Pupils who forget their kit may see if they can borrow appropriate clothing from the school.

Pupils with long hair should have it tied back and any metal or plastic clips should be removed by the pupil before the start of the lesson.

Swimming: appropriate costume, towel and hat. Suitable goggles may be worn, but they should be provided by the pupils.

Resources PE resources are kept in the hall/PE shed or the boys changing room (Austrey). A list of a which can be found in the PE folder in the staff room

Safeguarding

All members of staff that provide P.E will have a current DBS check and relevant qualifications.

See Appendix A for safely using apparatus

Social Cultural Spiritual Moral

The teaching of PE offers opportunities to support the development of social, cultural, spiritual and moral understanding in our children through the way we expect them to work together and support each other in lessons. Their work in PE enables them to develop a respect for other children's levels of ability and encourages them to co-operate across a range of activities and experiences. Children learn to respect and work with each other and develop a better understanding of themselves and of each other.

Staff Development

All staff teaching P.E will complete a P.E skills audit to ascertain CPD needs. P.E Co-ordinators to liaise with Headteachers to decide on the training needs of the school. Training will be carried out either by individual courses or cluster development meetings.

Sports premium funding

As part of the funding from the sports premium, we are using it to

- improve confidence amongst staff in the delivery of high quality pe lessons across the school, through tem teaching with specialist coaches (in athletics, dance, gymnastics and football).
- P.E co-ordinator training.
- Training for children in health and fitness (change4life programme and bikeability)
- Training for lunchtime supervisors.
- Delivery of high quality P.E. lessons through Topscore.

We are also part of the North Warwickshire school sports partnership (NWSSP) which provides qualified specialist coaches, school sports competitions. For more details see schools own sports grant report.

Appendix a

Safety:

- Pupils must be taught how to take out and put away apparatus safely from an early age.
- apparatus should not be dragged across the floor
- benches and bar boxes should be carried by at least four pupils
- Planks, bars and the ladder should be carried by at least two pupils
- Mats should be carried by at least four pupils. Years five and six pupils should be taught how to carry the mats in twos.
- Pupils must be taught how to lift and carry equipment from an early age. Correct technique and safe procedures must be demonstrated continuously as appropriate.
- lifting- using a straight back and bent knees
- Carrying- pupils must look in the direction they intend to travel and must also be specifically reminded to be aware of others around them.
- Important- Staff note that apparatus must be checked by the teacher before the class use it. If any fault is found, however minor, the apparatus should be labelled, put out of use and the PE and premises manager should be informed immediately.

Indoor PE: When using apparatus ensure that:

- Apparatus is not placed too near walls or radiators and that a suitable distance is kept between each piece of equipment so that pupils do not collide during activities
- If mats are being used edge to edge there is no overlap or space between them
- Mats are not able to slip on impact (e.g. when being jumped on)
- All pupils sit down after they have positioned their apparatus, until it has been checked
- Pupils are given some opportunity to comment constructively on placement of apparatus from a safety point of view
- All equipment and apparatus is stored safely, neatly and in correct places by the pupils, ensuring that they are supervised at all times
- You are particularly vigilant when using the wall apparatus

Outdoor PE:

- Make sure that the playground is clear of all obstructions
- When giving pupils instructions ensure that the sun is not shining directly into their eyes and be in a position to note that they can all hear clearly
- Make sure that pupils are aware of the boundaries you set and any other markings in the playground which determine your activities (e.g. cones and skittles)
- Particular care and assessment must be taken before and during lessons around any obstructions.
- Under no circumstances are pupils allowed to leave the school site, or climb inappropriately to retrieve misplaced equipment
- PE apparatus in the hall has an annual maintenance check carried out by an external company who provide a safety certificate on completion of their work.