

PHYSICAL EDUCATION POLICY



Policy Statement

At Great Marsden St Johns CE Primary school we believe that a high-quality physical education curriculum should inspire all pupils to succeed and excel in physically-demanding and competitive activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness as well as developing an enjoyment of sport. Children should be inspired to further develop the skills they develop in PE lessons in out-of-school activities organised by both the school and local organisations. The school should also signpost children to local clubs who can further support children in their physical development.

Physical activity should help children to develop the ability to work independently, and communicate with and respond positively towards others as part of a team which will help to embed values such as fairness and respect. Physical activity in school should promote an understanding of safe practice, and develop a sense of responsibility towards pupils' own and others' safety and well-being.

In order to support our healthy schools ethos, pupils are encouraged to appreciate the importance of a healthy and fit body, and begin to understand those factors that affect health and fitness. This work is closely aligned with the criteria for achieving National Healthy School Status and especially those for Physical Activity, which the school is working towards.

Aims:

The School's aims for pupils in Physical Education are:

To enjoy and succeed in physically demanding activities

To develop an increasing ability to select, link and apply skills, tactics and compositional ideas

To develop the ability to work independently as well as communicate with and respond positively towards others whilst making a positive contribution to their own and others learning

To develop an understanding of the effects of exercise on the body, and an appreciation of the value of safe exercising, and the need to sustain this throughout life

To promote an understanding of safe practice, and develop a sense of responsibility towards their own and others' safety and well-being

Entitlement:

The school provides all pupils with the full entitlement of two hours of high quality Physical Education a week.

Key Stage 1 and 2: Two lessons of 1 hour per week.

Foundation Stage: One lesson of 1 hour of formal PE or Dance per week plus at least 1 hour of outdoor provision, focussing on physical development. This may be in the designated EYFS outdoor area or on the playground.

Each class is timetabled so that they can access the hall for all of their allocated PE time, however it is expected that PE lessons for games and athletics take place outside as often as possible.

Planning:

The school follows the progressive schemes of work provided by Lancashire for Gymnastics, Dance, Games, Athletics and Outdoor Adventurous Activities at Key Stages 1 and 2. The scheme of work is available on the network shared area and on disc from the PE co-ordinator.

The different areas of the PE curriculum can be taught in any order, along the progressions, ensuring that the appropriate year group curriculum skills are taught. Curriculum maps should be updated to show when each topic is being covered in order to highlight any gaps in provision. Every year group should cover all areas of learning at least once during the course of the year.

Where possible links should be made to other parts of the curriculum, for example teaching athletics alongside work on Ancient Greek and the Olympics.

Individual lesson plans should be printed and evaluated to inform planning and ensure tasks are matched to ability. If necessary plans should be adapted to respond to the needs and abilities of the class. Evidence of this should be seen on planning.

At key stage 2, swimming is taught by a Swimming Instructor with support from school staff.

Information on progress and assessment of attainment is provided by this person in consultation with the class teacher.

Outdoor and Adventurous Activities are taught using the Lancashire Scheme of work. Year 6 children will have the opportunity to develop these skills on an outdoor residential in the summer term.

Teaching and Learning:

Each PE lesson throughout the school should include

- A lesson objective. This can be shared orally with the children.
- A warm up. Children must be taught to understand why it is important to warm up their bodies before partaking in physical activity.
- Opportunity to develop a skill.
- Opportunity to apply the developed skill in an appropriate context. This may be in pairs, groups or as a whole class.
- A cool down. This should be appropriate to the level of activity carried out. For example in gymnastics children can cool down as they are putting away equipment.

Assessment and Recording:

Pupils work will be assessed throughout each unit of work using formative assessment methods.

Each lesson plan should be annotated to show children working above and below expectations.

At the end of each unit of work, each class from Y1 to Y4 should update the PE Fundamental Movement Skills (FMS) Spreadsheet for their class as developed by the PE Co-ordinator. At least one FMS should be assessed in each unit and all FMS need to be assessed at least once during the year, however it is likely they will be covered a number of times. In Y5 and Y6 the assessment sheet against the units key skills should be completed indicating children who are working at, above or below the age related expectations.

The PE coordinator will carry out analysis of assessments to monitor the standards and progression throughout the school.

Equipment and Resources:

Resources are kept in the store cupboard in the hall. Netball posts are available in the outdoor shed.

Resources returned in good condition and working order. The pupils should be encouraged to:

- Look after resources
- Use different resources to promote learning
- Be told of any safety procedures relating to the carrying or handling of resources.

Pupils should not be allowed to access the PE store cupboard without direct supervision. Any damage done to a piece of apparatus which could cause subsequent injury must be isolated from use, and reported. No other groups or individuals should be able to access the resource until such time as it is made safe.

Teaching books and other resources for teachers are located in the PE equipment cupboard. A list of available resources is attached to this policy.

Safe Practice:

All teachers should make themselves aware of the health and safety arrangements for the areas of activity that they are teaching. This school follows the "Safe Practice in Physical Education and School Sport -2012" guidance provided by AfPE and Lancashire . A copy of the AfPE manual is located in the PE cupboard.

Only staff who hold Qualified Teacher Status (QTS) should teach PE. Teaching Assistants may lead PE sessions under the supervision of member of staff with QTS.

All pupils must be taught how to handle and carry apparatus, resources appropriately. They should be taught to recognise hazards, assess the consequent risks and take steps to control the risks to themselves and others.

Staff must always wear suitable sports footwear to teach PE.

PE Kit:

All children must wear full PE kit for every lesson according to the uniform policy. Spare kit can be borrowed from the cupboard.

Royal blue round-necked tee-shirt

Royal blue shorts

Black elasticated or Velcro pumps (no laces)

Trainers should be worn for outdoor games lessons

Blue tracksuit bottoms may be worn for outdoor games in colder weather

Children in Year 4 also require a swim suit and towel. This should be a one piece or trunks. Children with long hair also require a swimming hat.

Jewellery must be removed before every PE lesson. If earrings cannot be removed they must be covered with micropore tape.

If children wear tights for school, these must be removed for PE. It is understood that some pupils will wear leggings or tracksuit bottoms (with tight leg-bottoms) in PE for religious reasons.

Staff Continued Professional Development (CPD):

All staff should take part in professional development to ensure secure subject knowledge, awareness of health and safety procedures and up to date knowledge. Staff should be comfortable and competent in the area of activity being taught. Staff should indicate where they feel they need support so that appropriate support can be given by either the subject leader or through INSET. All staff who attend any CPD course must provide feedback/ disseminate the information they have received.

Throughout the course of the year the school will access specialist sports coaches through the school sports funding. It is essential that class teachers involve themselves in lessons taught by specialist coaches in order to support their own profession development.

Out of School Hours Learning:

To support the healthy school ethos, the school encourages all children to take part in additional sports activities. This will include before and after school clubs. The PE coordinator will monitor pupil participation in out of school learning in order to ensure a wider as possible range of children are involved.

PE and Sports funding

The PE and Sport Premium is funding that is designed to help primary schools improve the quality of the PE and sporting activities they offer. In 2017/18 the amount of money allocated per school is £16000, plus an addition payment of £10 per pupil.

At Great Marsden St John's, we are using the funding in the following ways:

- To employ specialist coaches from Pendle Leisure Trust who will run a variety of after school clubs. The aim of this is to involve as many children possible in extra- curricular sports and to enthuse children to continue to stay active one their club has finished. Throughout the year Pendle Leisure Trust will also run some clubs which parents are invited to attend to. In 2015/16 this received a positive response, with 100% of parents who participated reporting that they wanted to remain active with their family after completing the in school sessions.
- To develop the outdoor opportunities available to children to participate in sport and exercise in their own self-directed time. We want to ensure that the messages we give to children regarding being active and keeping healthy are supported by the opportunities children have to be active. This will support and maintain the work done in school regarding healthy living.

This policy should be read in line with the Food and Drink Policy and the School Sports Premium report available on the school website or from the Sports Premium Lead.

UPDATED: September 2017

BY Miss K Jefferies

TO BE REVIEWED: September 2018