St. John's C. of E.

Blackpool's First Free School 1817

P.E. Policy

'In everything, do to others what you would have them do to you.'
Matthew 7:12

Be Kind Be Forgiving Be a Good Friend Be Honest Love One Another

Be part of our St John's family!

Updated: October 2023 Next review due: October 2026

Rationale

Physical Education should enable **all** pupils to work towards becoming independently active within the school and community, as it makes a significant contribution in helping establish the necessary knowledge, skills, understanding and attitude essential in maintaining an active and healthy lifestyle.

Physical Education develops pupils' physical competence and confidence, and their ability to use these to perform in a range of activities. It promotes physical skilfulness, physical development and knowledge of the body in action. Physical education provides opportunities for pupils to be creative, competitive and to face up to different challenges as individuals, groups and teams. Pupils learn how to think in different ways to suit a wide variety of creative, competitive and challenging activities. They learn how to plan, perform and evaluate actions, ideas and performances to improve their quality and effectiveness. Through the process pupils discover their aptitudes, abilities and preferences, and make choices about how to get involved in lifelong physical activity.

This policy reflects the ethos of school as expressed in our Mission Statement:

"Everyone Matters in God's World."

and also promotes, recognises, celebrates and welcomes diversity, honesty, respect and tolerance. This is rooted in our theological Christian vision: 'In everything, do to others what you would have them do to you.' Matthew 7:12

Aims

The aims of the Physical Education programme are directly related to the overall aims of the school, which advocates an inclusive policy.
Our aim is to deliver a broad and balanced programme which assists us to fulfil our main objectives which are:

1. To promote physical development, physical activity and to teach children the benefits of maintaining an active lifestyle
2. To provide opportunities for all children to achieve their full potential through a positive, stimulating and caring environment
3. To develop social skills and positive attitudes
4. To provide equal and challenging opportunities for all children regardless of race, ability, gender or background
5. To provide activities whereby children are physically active for sustained periods of time

These aims are achieved by using PE Passport as our scheme of work and means of record keeping and assessment. Although we subscribe to PE Passport we ensure that we are adaptable in our planning, hence bespoke units of work may be written into the scheme or some of the units may be specifically tailored to best meet our children's needs.

We aim to deliver a physical education programme, which promotes physical and social competence and provides the opportunity for pupils to develop aesthetic and linguistic understanding through movement and to develop inter-personal skills and qualities such as self-esteem, confidence and respect.

We also aim to provide children with an opportunity to extend their physical skills through a comprehensive and stimulating extra-curricular programme, which draws upon the skills taught in the curriculum proper and helps forge links between the school and the community. In addition, opportunities are provided for the children to engage in a range of competitions and festivals at an intra and inter school level.

Curriculum Organisation

The National Curriculum requirements for PE are outlined below. Pupils should be taught to:

a) Reception

Physical Development

- Moving and Handling
- Health and Self Care

b) Key Stage 1

- master fundamental movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
- participate in team games, developing simple tactics for attacking and defending
- perform dances using simple movement patterns

c) Key Stage 2

- use running, jumping, throwing and catching in isolation and in combination
- play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
- develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- perform dances using a range of movement patterns
- take part in outdoor and adventurous activity challenges both individually and within a team
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Swimming and water safety

All schools must provide swimming instruction either in key stage 1 or key stage 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 [for example, front crawl, backstroke and breaststroke]
- perform safe self-rescue in different water-based situations.

Through Blackpool Swimming Service our children swim for one hour each week for the period of a year, lessons start in the summer term in Class 4 until the end of the spring term in Class 5. The PE Premium is used to increase the provision of swimming instructors to support the

lessons and to ensure all our children make significant progress. The main reason for this is that many children have had little or no exposure to swimming before their school lessons, in addition being a coastal town we know that the swimming lessons provide not only essential water safety skills but also life skills.

Role of the PE Lead

The role of the PE Lead involves

- Monitor the scheme of work, with ideas to support its implementation.
- Supporting colleagues in all aspects of the curriculum.
- Maintaining and replacing equipment.
- Ensuring areas for lessons are safe.
- Assisting with record keeping and assessment of the subject.
- Monitoring the teaching of the subject at school.
- Attending meetings and courses which will inform future development of the subject and ensure other staff are aware of courses themselves.
- Ensuring that pupils have the opportunity to become involved in extra –curricular clubs to further develop skills and talents.
- Ensure standards remain high in each year group through effective monitoring of the subject.
- Liaise with the Blackpool Council Sports Team regarding all aspects of the subject.
- Keeping up to date with Safe Practice requirements.

Organisation and Teaching

All PE lessons throughout the school are taught as class groups following the scheme of work, lessons are normally taught by the class teacher or by a specialist coach. Where required the PE Lead or a PE advisor may work alongside the class teacher to provide support and training.

Where possible additional coaches are used to support the activities on offer, this may be through the Blackpool Sports Team, Community Coaches or other outside bodies that can provide coaches with the appropriate accreditation and DBS certificate. In addition, coaches must bring their original coaching qualification certificates on their first visit to the school. Where outside coaches are leading activities such as gymnastics the coach must hold a specific qualification in that discipline.

Sports Day

Each summer separate Infant and Junior Sports Day are held at the Stanley Park Arena. There is a varied schedule of events that the children practice in the lessons leading up to Sports Day. The emphasis is on participation and enjoyment; however, there is a competitive element as the children compete in their houses against the other teams. Individual medals are awarded for endeavor and excellence; in addition, the overall winning house is recognised.

Year 6 attend the Infant Sports Day in order to support the running of the event to help develop their organisational and leadership skills.

Other Opportunities

Where possible activities will be taken to enhance the PE curriculum and to make sustainable improvements to the subject, using the PE Premium where appropriate, these may include:

Fit2Go (delivered by Blackpool FC Community)
Balance Bikes
FA Skills Coaches
Change 4 Life
Play Leaders – Lunchtimes
Forest Schools
Athletics Coaches
Yoga
Sport 4 Champions

A number of these programmes emphasise physical activity as being central to our health and well-being.

Teaching Staff

Each teacher is able to deliver PE according to the Scheme of Work. In addition, a specialist sports teacher is used to support the school teaching staff. Other specialist coaches may also be used on an occasional basis to provide specific coaching.
Swimming lessons are always taught by a specialist swimming teacher, the class teacher and non-teaching assistant play a support role during swimming lessons.

Training

Training for all staff is available through the Blackpool Council Sports Team and Lancashire Professional Development Service. This may be whole staff INSET or individual training can be provided by the Sports Team or by the PE Lead. Courses are regularly available for specific activities in PE and Games or in other areas such as Health and Safety and Risk Assessment. PE premium is spent in order to buy in the services of specialists to support school staff to enhance the quality of provision. As a school it was agreed that these specialists would not take over the teaching role but rather develop the skills of our staff.

Time Allocation

The time allocation reflects the whole school philosophy towards physical education and the Government's aspiration of pupils to spend a minimum of two hours a week participating in high quality physical activity, including physical education and extra-curricular activities.

Each class will have two allocated PE times each week, one lesson will be in the Hall and the other will be outdoors in the playground. The exception to this is when a class is swimming, they will have their swimming lesson and one PE session.

Extra-Curricular Opportunities

Where possible additional activities and competitive opportunities are offered to children outside normal school hours, generally before or after school, these include: Fit2Go, Tennis, Football, Netball, Athletics, Multi-skills, Hockey and Dance. Where necessary the PE Premium is used to enhance out of school activities, therefore offering greater opportunities to the children and nurturing sustainable increased participation.

These activities are led by the school's teaching staff or by specialist coaches. The school will also highlight clubs that are available outside of school to children so that they can further their interest in a sport. These clubs will be checked to ensure they meet with relevant criteria e.g. national body accreditation, council or the Blackpool Council Sports Team approval. In addition, holiday clubs will also be signposted for children e.g. council run multi-sport clubs, swimming clubs, etc.

Intra and Inter School Opportunities

Each child is designated a house, various events are organised during the year for teams to compete against one another. Sports Day is also a competitive house event.

The school plays an active role in the annual Blackpool Youth Games; opportunities are available for KS1 and KS2 to participate in events such as: Athletics, Netball, Rugby, Football, Road Races, Multi-Skills and Swimming.

In addition, school teams are entered into primary league and cup football competitions for boys and girls, indoor athletic competitions, orienteering, the school also enters the Blackpool Swimming Galas and various other tournaments and festivals. These festivals give the children the opportunity to engage with other schools, coaches and organisations, the school regularly attends a Bollywood Dance Festival, Strictly Come Dancing event and a Creative Movement Festival led by local sixth form students.

Leadership Opportunities

As a school we offer various opportunities for children to develop their leadership skills. Our school prefects are used in supporting and leading lunchtime activities for the Infants. Class 6 also assist in the organisation and running of the Infant Sports Day. We also have Sports Leaders who liaise with the PE Lead to provide pupils' views, they also attend after school clubs to support the coaches.

School Games Mark

The school applies for the School Games Mark on an annual basis and for the last seven years we have achieved the Silver Award and in 2022/23 the school achieved the Gold Award. The school feels that this level of award recognises the work being done and the fact the school strives to continually provide the children with the highest quality PE provision.

Trips

Class 6 are offered the opportunity to go on a outdoor adventurous residential trip. Activities on offer normally include: hiking, climbing, team challenges, obstacle courses and orienteering. Risk assessment is provided by the centre and is submitted to Blackpool Council to be verified.

Other classes may also go on trips which have an Outdoor Adventurous theme e.g. Beacon Fell, Stannah Nature Centre, Stanley Park and Forest Schools.

Equipment

The school is generally well resourced and has a broad range of resources available to each class to support all aspects of PE and Games.

The Hall is equipped to allow for the delivery of Gymnastics activities, equipment available includes benches, mats, platforms and wall bars. Equipment is checked on an annual basis by an external company. Maintenance or replacement is carried out in accordance with their advice, however in the period between annual inspections if equipment is faulty or requires replacement this will be done through consultation of relevant teaching staff and the PE Lead.

Pupils are taught to manage and use the apparatus safely and effectively as part of their PE lessons.

Storage

There are two main storage areas for PE and Games equipment:

i. The Hall. Apparatus is stored at the side of the hall and in a storeroom.

ii. Playground Containers. Outdoor play equipment is kept within these containers which are based in the playgrounds.

Risk Management

Risk Management in PE follows the guidelines laid down by Blackpool's Health and Safety Manual, Blackpool's Swimming Policy and the afPE, 'Safe Practice in Physical Education'.
The PE Lead currently holds a afPE Certificate in Managing Risk in Physical Education which is updated on a three yearly cycle. In addition, the Lead will ensure any changes to risk management procedures are shared with staff. The school will base their risk management on the "Safe Practice: in Physical Education, School Sport and Physical Activity" afPE publication. Staff should refer to this publication for guidance.

There is a whole school approach with set procedures and codes of behaviour for developing pupils' understanding of safe practice within physical education to ensure their own and others' safety.

Risk management is carried out by the PE Lead, EVC (Education Visits Co-ordinator), and teaching staff involved in any activity. The children also play an active role in this process to develop their understanding of safe practice. Where activities take place at sites other than the school the Head teacher is central to the risk assessment process.

Mats

St. John's follows the LEA advice with regards to the placement of mats in PE, this advice is also laid out in the school's Health and Safety Policy document. Mats are used in two ways during PE lessons:

1. Mats may be placed to indicate to the children suitable and safe places to dismount from apparatus.
2. Mats may be used in a precautionary way when children are working at a height e.g. ropes. Their prime purpose is to protect the skull from secondary contacts during a fall.

In both instances, teachers will exercise their professional judgement in deploying mats. Children are also taught the purpose of mats and why they are placed in certain places and they are made aware that mats are not designed to function as safety nets.

The main principle underlying Health and Safety in PE is that children should be set appropriate challenges. These should look to extend the children within their individual limitations.

Teaching staff have attended INSET carried out by the LEA's PE advisor. In addition, the PE Co-ordinator attends regular PE courses and forums and also receives regular updates any changes in Health and Safety policy. Staff in school are then informed of any such changes during staff meetings and any written advice is copied to them.

Code of Dress for PE

The kit is the same for all children throughout the school:

- Black pumps
- White or blue shorts
- White t-shirt

In some instances, e.g. Dance and Gymnastics activities it may be preferable for the children to participate in these activities in bare feet. This is left to the discretion of both the teacher and the children. Training shoes should not be substituted for pumps as these are too heavy for the activities being undertaken. Children with long hair should have this fastened back. T-shirts should be tucked in to avoid them getting caught on apparatus. Shorts must be sports shorts without zips, attachments or decorations.

Staff should set a good example by being appropriately dressed for the activity they are delivering.

If children forget their kit, we have a supply of spare kit available which can be used. Should this not be feasible then reasonable adjustment is made for them to be able to actively participate in the PE lesson. The same is true for any child not taking part in the lesson for a genuine reason that is explained by a note from their parents. If a child is unable to participate in PE over a number of lessons for a genuine reason every effort should be to include the child in the lesson in some form e.g. scoring, recording, evaluating.
Teachers who notice children are missing PE on a regular basis should contact the child's parents to obtain an explanation

Jewellery

No jewellery is allowed to be worn at any time. Where possible, earrings should be removed for all activities. If a child is having their ears pierced the school encourages them to do this over the Summer Holidays, therefore when they return to school they are able to remove ear rings. Children must remove their own earrings; if they are unable to do this they should be encouraged not to wear them for the particular day they have PE activities. It should be noted that the school discourages children to wear earrings at any time. In some instances, plasters may be worn over ear rings during certain PE activities, however if the teacher feels that this not appropriate e.g. if there is an activity that may have physical contact then they may prevent that child from participating. Plasters cannot be worn over earrings for swimming lessons. The school is not responsible for any jewellery that children wear to school or remove in order to participate in a PE or swimming lesson.

Medical Issues and Accidents

Children who have asthma should have their inhaler with them during all physical activities. During any activity there should be a designated place where inhalers are kept so that staff and children are aware where inhalers can be found. Should a child not have their inhaler in school or available at any physical activity they should be forbidden from participating.

Where a child has a particular disability or condition which may limit their participation in PE these children will be offered an appropriate and stimulating challenge to ensure they can participate and enjoy PE activities.

If there is a Qualified First Aider with the class during an activity a First Aid kit should be taken to the session so that in the event of a minor accident the appropriate treatment may be given. If a First Aider is not with the class, in the event of a minor accident the non-teaching assistant will take the injured child to a First Aider. In the event of a serious accident a First Aider should be brought to the injured child and the school office and Head teacher should be informed. Accidents that lead to a child being injured will be recorded in the school's Accident Book.

Swimming

The Blackpool Borough Council Policy for Swimming is followed at all times.

The school purchases one hourly lesson each week. The children start their swimming lessons in Class 4 at the start of the summer term and swim for a full year up to the end of the spring term in Class 5. The current requirement is for children to participate in 33 hours of swimming.

A teacher and non-teaching assistants accompany each class to swimming. All staff who accompany classes have undertaken the Blackpool School Swimming Service Safety Awareness Training. The children travel to their lessons on the school mini buses.

Any child requiring an inhaler for asthma must have this with them at the swimming pool, when swimming they are required to wear a wrist band for identification purposes. If their inhaler is not with them they will not be permitted to swim.

PE Premium has been used to increase the number of swimming instructors at each lesson. This has had a very positive impact upon the achievements made by the children.

Cross Curricular Links

Where appropriate cross curricular links are made to PE, the strongest links are made with:

- Music
- Science
- Life Skills
- Maths
- History
- Geography

Links are made between making healthy choices and participating in physical activity as contributing towards a healthy lifestyle and benefitting well-being.

Assessment

Assessment is carried out by the class teacher or coach leading the session. In the first instance this is done on an ongoing basis to ensure activities are challenging, appropriate and enable the children to practice and develop their skills. The assessment data is logged on PE Passport. The PE lead will monitor the assessment of the subject.

Assessment in swimming is carried out by the Blackpool Swimming Service and involves assessing a range of activities and strokes the children must be able to perform and set distances they must be able to swim. This data is recorded on Swimphoney, the swimming monitoring programme, which the PE Lead has access to enable the monitoring of the subject.

All the assessment data gathered is used to inform planning and to ensure that out PE provision meets our children's needs.