

# Yorkmead Physical Education Policy - 2017

## 1. Introduction

This policy outlines the purpose, nature and implementation of Physical Education at Yorkmead Primary School. The implementation of this policy is the responsibility of all staff.

## 2. The nature and purpose of PE

Physical Education at Yorkmead serves several purposes:

- To encourage children to take part in and enjoy a variety of physical activities.
- To provide each child with the opportunity to take part in regular physical activity.
- To develop pupils' ability to listen, co-operate and act independently.
- To provide opportunity to improve body control, co-ordination and personal physical performance.
- To encourage pupils to develop a positive attitude towards health and exercise which will permeate their lives outside school.
- To help pupils understand the importance of safe practice and to act responsibly.
- To help children understand what happens to their bodies during physical activities.
- To develop children's leadership skills.

## 3. Aims

In teaching Physical Education at Yorkmead we aim for pupils:-

In lessons to:-

- Gain an understanding of how their bodies change during exercise.
- Be physically active in order to develop areas of mobility, flexibility, strength and stamina.
- Plan and perform physical actions with control.
- Use appropriate language for different equipment and actions.
- Understand a variety of physical activities and their purpose.
- Develop their aesthetic and appreciation skills.
- Be able to work and communicate in a team.
- Develop as leaders

To become independent learners by:-

- The development of problem solving, decision making and evaluation skills.
- Giving the pupils time to consolidate and modify their own performances.
- Encouraging the children to improve their skills through practice.
- Develop their self-confidence when working individually or in groups.

To develop positive attitudes by:-

- Accepting rules and conventions, leading to an appreciation of the concept of fair play in competition and good sporting behaviour.

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- Appreciating the strengths and weaknesses in both themselves and others.
- Supporting each other to make progress.

To be aware of safe practice and health by:-

- Showing an awareness of and applying safety rules.
- Listening to and responding to instructions.
- Correct use and movement of equipment and apparatus.
- Wearing appropriate clothing for different activities, adhering to the dress code as stated in section 8 of this document.
- Understanding the need to warm up and cool down before and after physical activity.
- Understanding health issues related to fitness and the need to maintain an active lifestyle.

#### **4. Principles for the teaching of PE**

The Physical Education Programmes of Study in the National Curriculum outline the following skills to be covered in the teaching of PE throughout key stages 1 and 2:-

- use running, jumping, throwing and catching in isolation and in combination.
- play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.
- develop flexibility, strength, technique, control and balance.
- 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.

At Yorkmead, these are taught through basketball, cricket, football, hockey, netball, tennis, dance, athletics and gymnastics to allow all children to experience a broad Physical Education programme

Pupils should also 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.

#### **5. Entitlement and Statutory Requirements**

Physical Education is a foundation subject to which all children have an entitlement. The National Curriculum requires the development of a broad, balanced and relevant programme providing all pupils with experiences which will encourage participation, enjoyment, physical development, social skills and an independent interest in health for life.

The PE programme taught at Yorkmead ensures that all children receive that entitlement.

## 6. Location and time allocation for the teaching of PE at Yorkmead.

Time allocation - all classes will have at least one physical education lesson per week. When the weather is appropriate, PE sessions can be provided outside, depending on the skills being taught, and when it is not appropriate, they are carried out in the hall.

Children in years 3, 4 and 5 are taught to swim at the Fox Hollies leisure centre for one term per year.

We aim to supplement the children's opportunity to take part in PE by providing after school learning clubs. We organise a range of sporting activities throughout the year including football and multi-sports clubs.

Children also have some opportunities to take part in inter-school competitions such as the Greet Mini League.

## 7. Outdoor and Adventurous Activities

In year 5, all children are given the opportunity to take part in a day of outdoor adventurous activities in order to develop their courage, perseverance and ability to work in a team.

In year 6, children are given the opportunity to attend a residential away from school to take part in a variety of outdoor adventurous activities.

## 8. Safe Practice

### Mode of dress

- Blue or black tracksuit bottoms or shorts
- White t-shirt
- Pumps or trainers (Socks to be worn with trainers)
- **No jewellery.** Necklaces, watches, bracelets, earrings etc must be removed. If stud earrings cannot be removed, written permission must be obtained from the parents for the child to cover the studs with plasters. If a bracelet cannot be removed for religious reasons, it needs to be covered securely with a sweat band.
- **Headscarves** - If a headscarf is worn, it must be safely secured (tied, not pinned) and tight fitting to ensure safety of all the participants in the lesson. It must have no loose ends and have a removable strap which comes off on its own if it becomes caught in apparatus.
- Staff should wear appropriate footwear and kit for the teaching of Physical Education.

## 9. Safety Rules and Procedures

Children should walk to the hall calmly and quietly and on entering, find a space to sit down and await their teacher's instructions.

Children should learn the need to prepare their bodies for physical activity and to recover from it, ie take part in warming up and cooling down exercises and learn about the changes these activities cause in their bodies.

Teachers should emphasise at all times the safe use of equipment, eg Hazards involved when using bats, mats, balls etc.

All children and student teachers need to be supervised at all times when taking a PE lesson.

Unnecessary talking should be kept at a minimum to avoid breaks in concentration which could lead to accidents.

Any accident should be reported to the First Aider on call and the accident book filled in.

The teacher must make a safe assembly check of all large apparatus before using it.

Suitable mats must be placed in landing areas, and under the wall bars. Children should be trained to carry these appropriately - 4 children to each mat.

Children should sit down away from their apparatus when they have finished setting it out, or asked to stop and not touch it until asked to do so.

Children should be encouraged to report immediately any apparatus (mats included) they believe to be faulty.

Apparatus needs to be put back in the cupboard tidily or secured safely back in place and the hall left clear for the next user.

## **10. Assessment**

We are currently working on establishing a system for monitoring and assessing children's progress in PE as they move through the school.

A child's achievements in PE will be reported to parents in the child's end of year report.

Pupils should be encouraged to assess their own performance through observation, evaluation and discussion.

## **11. Equal Opportunities**

At Yorkmead, the teaching methods and activities are accessible to all pupils, regardless of their gender, racial background, or physical ability.

Certain activities in PE are often seen in the wider world as either 'male' or 'female' dominated areas. At Yorkmead, children are encouraged to participate in **all** areas of physical activity regardless of its stereotypical nature.

## **12. Special Educational Needs**

Provision is made for children with special educational needs in PE. This will include children who are high achievers as well as those who are having difficulty. Differentiation is achieved through adapting activities and resources used to cater for varying ability.

Activities are adapted and made suitable for children with different physical abilities.

## **13. Resources**

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### Indoor resources

A variety of large apparatus is kept around the hall. There are also smaller items stored in the cupboard in the corner of the hall.

All equipment should be returned to its correct place at the end of the session unless being used by the class immediately following into the hall as previously agreed with teaching staff involved.

### Outdoor Resources

Outdoor resources are stored in the outside PE cupboard, to which keys are held by the office staff and PE Curriculum Leader.

Equipment should be returned to the correct shelf in the cupboard and any losses or breakages reported to the PE Curriculum Leader.

### Responsibility for resources

The PE Curriculum Leader is responsible for the ordering and organisation of PE resources. This is done in consultation with staff so that their needs can be discussed and met where possible.

The PE equipment is checked regularly but in between, any losses or breakages should be reported to the PE Curriculum Leader.

### Budget Available

PE has a budget set annually. It is the responsibility of the PE Curriculum Leader to spend it.

Extra money from the School Sports Premium is spent in consultation with the Head Teacher and used to improve standards in the teaching of PE and the opportunities available to pupils.

## **14. Staff Training**

Some of our School Sports Premium money has been used to invest in staff training, through membership of the Central Sports Partnership and the employment of sports coaches from Steps2Sport to work alongside teachers.

## **15. Review**

This policy document will be reviewed in the Autumn Term 2019.

Ratified by Governors on.....

Written by Helen Baines (PE Coordinator) 17.10.17