



THE DISTRICT

CE PRIMARY SCHOOL

P.E. Policy

Chair of Governors	Mr. F Maguire
Headteacher	Mrs. L Shelford
Date adopted: Spring 2019	Review Date: Spring 2022

The caring path to achievement, reflecting the values of Christ.

Introduction

Aims

At The District CE, we aim to promote a ‘Sports for All’ attitude amongst the children, where all pupils develop a keen interest in sport and are willing to partake in most sporting activities. To do so, we will provide a variety of engaging lessons delivered by internal staff and external specialists; deploy a wide range of teaching strategies and enter a good selection of competitions for the children across both key stages. By doing this, the pupils of The District CE will further develop their confidence and self-esteem when they are accessing P.E. lessons and when they are representing the school in sporting competitions. The pupils will develop their knowledge and understanding of a wide range of sports, equipping them with the skills they need to access most, if not all, sporting activities.

Objectives of P.E.:

- To enable children to develop and explore physical skills with increasing control and coordination;
- To encourage children to work and play with others in a range of group situations;
- To develop the way in which children perform skills, and apply rules and conventions, for different activities;
- To show children how to improve the quality and control of their performances;
- To teach children to recognise and describe how their bodies feel during exercise;
- To develop the children’s enjoyment of physical activity through creativity and imagination;
- To develop an understanding in children of how to succeed in a range of physical activities and how to evaluate their own successes;
- To develop a responsible attitude towards safety and safe practice;
- To offer a wide range of extra-curricular activities that draw on the skills developed with the P.E. curriculum.

Teaching and Learning Strategies

At The District CE, we deploy a wide range of teaching and learning styles when delivering the curriculum to ensure that the children’s knowledge, understanding and skills are constantly being strengthened. Therefore, when delivering P.E. lessons, we will ensure that:

- We use reciprocal teaching methods to add progress and for assessment purposes;
- Structured lessons allow for clearly defined learning outcomes to be met;
- A variety of teaching styles are employed, adopting a directed or open-ended style as and when required;
- The needs and abilities of the children are accommodated through differentiated tasks or outcomes;
- Children are given the opportunity to collaborate and compete to improve their intra-competing skills;
- Children are encouraged to evaluate their own work, as well as the work of their peers.

Curriculum

The national curriculum for physical education aims to ensure that all pupils:

- develop competence to excel in a broad range of physical activities;
- are physically active for sustained periods of time;
- engage in competitive sports and activities;

- lead healthy, active lives.

In accordance with National Curriculum, we will provide opportunities for pupils to participate individually and as part of a team in games, outdoor and adventurous activities, gymnastics, dance, swimming and water safety.

The time-table and scheme of work is centrally planned by the PE coordinator in conjunction with Premier Sport. Planning is carried out at 3 levels:

1. Long Term Planning (scheme of work) to ensure continuity and progression
2. Medium term (Half termly/ Unit plans)
3. Short term – Weekly planning sheets

The school follows the progressive schemes of work. Relevant units are made available to all staff who teach them and they are evaluated, feeding back to the subject leader. This allows for curriculum review in relation to content, progression, continuity, teaching and learning.

Early Years Curriculum

At The District CE, we encourage the physical development of our children in Nursery and Reception as an integral part of their learning as outlined in the Early Learning Goals, which underpin the curriculum planning for children aged 3-5. We will ensure that by the end of Foundation Stage, the majority of children will be able to move with confidence and control the way they move; show an awareness of space (of themselves and others) and use a range of small and large equipment and tools. We give all children in our Foundation Stage the opportunity to undertake activities that offer appropriate physical challenge, both indoors and outdoors, using a wide range of resources to support both gross and fine motor skills.

Wet Weather

All lessons should be delivered where possible, except in extreme weather conditions. If necessary, lessons will be delivered indoors or P.E. related activities will be conducted in the classroom environment.

Assessment

All teachers or specialist external coaches will undertake a baseline assessment of the children's abilities at the beginning of a unit of work and will repeat the assessment at the end of every unit to measure the children's progression. Assessments are carried out through observations during lessons. Termly summative assessments are recorded on Insight Tracking. These identify if a pupil is working towards, meeting or exceeding their year group's objectives. The outcomes are used to plan future units of work and to make an annual summative assessment for every child. Assessment for Learning (AFL) should take place in every lesson, with children being encouraged to self and peer evaluate and assess against the learning intention.

Health and Safety

At the District CE, we ensure that all children are safe when partaking in P.E. lessons. All teachers, or coaches, delivering a P.E. lesson will ensure that there is a safe, working environment for any activity that will take place. First Aid equipment is always readily available and all members of staff are aware of which trained staff members can be called upon in the event of an accident. All accidents should be treated appropriately and recorded in the Accident Book, as soon as possible. Any medication a child may need, such as inhalers, must be readily accessible to the pupil. Regular checks are made on all the sports equipment and any deemed not suitable for use are removed. Further to this, an independent safety officer annually inspects all large sports equipment and again, any deemed not suitable for use are removed and repaired, if possible. We encourage all children to consider their own safety, and the safety of others, at all times. We expect all children to wear a suitable P.E. kit, ensuring that long hair is tied back and all jewellery/ watches are removed (unless children have had their ear(s) pierced within the last six weeks and then they should be covered with tape.) All pupils are required to remove their own jewellery and to ensure they put it in a safe place; the class teacher will not take responsibility for looking after any removed jewellery.)

P.E. Kit

All children should have a clearly labelled P.E. kit at school every day, which should be suitable for the time of year. These should be taken home in the school holiday periods for washing. At the District CE, we encourage all children to change into clothing appropriate for the proposed activity. The P.E. kit we recommend is shorts and a t-shirt. During winter months, tracksuit bottoms (preferably with a close fitting) and sweatshirts are recommended for any outdoor work. The children will work in bare feet or pumps in gymnastic or dance activities and pumps or trainers for games, athletics or any other outdoor activities. In the summer months, hats and sun cream are also needed, but teachers cannot take the responsibility of applying sun cream onto the pupil. Children will change in their classroom under the supervision of the class teacher. In Year 5 and 6, girls and boys change in separate rooms and the opportunity for private changing arrangement will be considered and arranged, if needed.

Members of staff are also expected to wear an appropriate and suitable P.E. kit in accordance with the staff dress policy, which includes correct footwear for the activity they are teaching.

Swimming Kit

For swimming, children need to bring in their kit on the day of their swimming lesson and it should be taken home that night. Children will need to change into trunks or swimming costumes. (Long swimming shorts and bikinis are not permitted.) If a child brings the wrong swimming kit, they will not be allowed to attend the lesson. Children should wear a swimming hat when necessary and long hair should be tied back.

Non-Participants

Children are required to bring a note, signed by their parent / carer if they are unable to participate in a P.E. lesson through illness or injury. If a child has an ongoing restrictive medical condition, then a note is required from the child's doctor for the school's records. Non-participants should be encouraged to take part the lesson to the best of their ability e.g. refereeing, timekeeping, scoring, evaluation of performance etc. Children who are not able to go swimming, who have not brought a note or have forgotten their kit, will stay in school in another class, under the supervision of that class teacher. At the beginning of each year, parents will be informed by letter regarding the P.E. kit requirement and will have the opportunity

to discuss any serious reservations with their child's class teacher. A child who has forgotten their kit, should first be reminded by the class teacher. If it is an ongoing problem, an informal conservation between parents and the class teacher would be appropriate as a reminder that participation in P.E. is mandatory.

Extra-curricular Activities

All children will be given the opportunity to participate in a range of extra-curricular activities organised by members of staff and by external specialists. These will run at lunch time and after-school, providing children with the chance to try different sports, some of which are not part of the curriculum. Each activity will run for a full half-term throughout the school year. Details are sent home via letter at the beginning of each half-term. There will be a small charge for any after-school clubs, which will need to be paid in full for the whole half-term.

Children are also encouraged to take part in competitions against other schools in the St Helens Network. This introduces a competitive element to team games and allows the children to put into practice the skills they have developed in their P.E. lessons.

Monitoring and Review

Subject leaders and SLT are responsible for monitoring the implementation of this policy. The SLT will carry out regular compliance checks to ensure that the expected standards are maintained.