

Physical Education Policy

Introduction

This document is a statement of the aims, principles and strategies for the development of Physical Education in Springfield Primary School.

Mission Statement

At Springfield Primary School we encourage all children to lead a healthy and active lifestyle. Our PE curriculum ensures that children are taught the skills needed to play a broad range of sports, take part in competition and understand the importance of physical activity. As well as this, we endeavour to allow opportunities for children to take part in sport and other physical activities that build their confidence, character and embed values such as fairness and respect.

Aims

- To ensure that each child receives a balanced programme of Physical Education, as set out in the National Curriculum.
- To develop physical competence and to promote physical development
- To develop skilful use of the body, the ability to remember, repeat and refine actions and to perform them with increasing control, coordination and fluency
- To develop an increasing ability to select, link and apply skills, tactics and compositional ideas
- To recognise through experience, the benefits of participation in physical activity
- To use their observations to make judgements about their own and others work to improve their performance
- To understand the effects of exercise on the body and know how to exercise safely
- To develop the ability to work independently and to develop inter-personal skills through working with others in group or team exercise
- To develop their understanding of safe practice and a responsibility towards their own and others' safety
- To develop the personal qualities of commitment, fairness and enthusiasm through making decisions and selecting, refining, judging and adapting movements
- To develop a positive attitude towards fair play, honest competition and good sporting behaviour
- To understand and cope with a variety of outcomes, including success and failure
- To establish self-esteem through the development of physical confidence

To promote physical activity and healthy lifestyles, pupils should be taught:

- To be physically active
- To engage in activities that develop cardiovascular health, flexibility, muscular strength and endurance
- The need for personal hygiene in relation to physical activity

To develop positive attitudes, pupils should be taught:

- How to cope with success and their personal limitations in performance
- To develop leadership skills
- To be mindful of others and the environment

- To observe the conventions of fair play, honest competition and good sporting behaviour as individual participants, team members and spectators

The National Curriculum

In Foundation, children have access to gross motor activities throughout the day. They are able to use the outdoor area to develop the skills to run, climb, throw, catch, cycle, as well as a number of others. Teachers facilitate this and follow children's interests to encourage these skills. Foundation children take part in a structured PE lesson every week and are taught the fundamental movement skills which in turn will set them up to access different sports as they move through the school.

During Key Stage 1, children will build upon the fundamentals that they have been given in Foundation stage and start to apply these to a variety of sports at a basic level. They will become increasingly competent in a range of skills and will have the opportunity to extend their agility, balance and coordination, individually and with others. The children benefit from external providers for the delivery of their outdoor PE lesson that is games focussed. The class teachers deliver the second PE lesson of the week which is either gymnastics, dance or outdoor adventurous activities.

In Key Stage 2, children will continue to develop skills and learn the rules to a range of sports. They will work collaboratively with others and enjoy communicating and competing with each other. Children will gain an understanding of how to improve as well as evaluate and recognise their own success. Years 3-5 also benefit from external providers for the delivery of their outdoor PE lesson that is games focussed and Year 6 are lucky enough to have their PE taught by MK Dons coaches. The class teachers deliver the second PE lesson of the week which is either gymnastics, dance or outdoor adventurous activities. Throughout the year both Years 4 and 6 will attend 6 weeks of swimming lessons so that they gain the skills to swim competently, confidently and proficiently over a distance, use a range of strokes effectively and perform safe self-rescue in different water-based situations.

The PE Lead will be responsible for:

- The implementation, review and update of the policy.
- Providing schemes of work for all aspects of the P.E. Curriculum.
- Consultation and advice on resources and activities for other teachers.
- Attending P.E. courses and cascading relevant information.
- The organisation of extracurricular activities.
- The ordering, storage and inventory of P.E. resources, apparatus and equipment.
- Monitoring and evaluating how the curriculum is delivered.
- Auditing the needs of staff and arranging CPD.

The role of health education

P.E. is a valuable aid within P.S.C.H.E. in teaching children the importance of fitness, diet and hygiene both in the present and for their future. Children should become aware of their capabilities and limitations of their bodies and of the effect strenuous exercise has on major body organs. Warming up exercises along with cooling down activities will demonstrate physical body changes to the children. Throughout EYFS, KS1 and KS2 pupils should be aware of the effects of exercise on their own body and at KS2 be able to sustain energetic activity over appropriate periods of time.

Resources

Gymnastic apparatus are stored in the school hall. The school hall is a multipurpose area, used for indoor PE sessions as well as for other functions. The school has a playground and grassed playing field suitable for outdoor PE sessions. All P.E. equipment should be counted and collected after each lesson and returned to the P.E. store. Large apparatus should never be left unattended and must be stored safely at the end of the apparatus session. Gymnastic equipment is inspected annually.

We aim to provide suitable equipment in order to cater for the age and individual ability of all pupils in each year group and each area of activity, by continuous monitoring of resources available.

Special Educational Needs

Children with Special Educational Needs, affecting performance in P.E. will be taught a similar but adapted programme planned by the teacher in conjunction with the P.E. co-ordinator and outside agencies if required.

Equal Opportunities

All children must have equal access to similar activities and be encouraged to develop to their maximum potential regardless of race, gender, class or physical capability or disability. All children will be taught a broad, balanced and differentiated curriculum. Children may be taught in mixed ability groups or sometimes in gender groups in order to develop confidence and raise self-esteem.

The Role of the teacher

Effective teaching in physical education, regardless of organisational strategy used, requires the teacher to be able to include this range of techniques:- explaining, instructing, questioning, observing, assessing, diagnosing and providing feedback. Successful physical activities will be based upon:

- Careful planning and preparation to ensure a broad and well balanced curriculum
- Safe delivery and implementation of devised learning opportunities
- Careful observation and monitoring of children's development and progress
- Regular evaluation and assessment in order to inform forward planning

Safety

Health and safety awareness is an integral part of children's learning in PE. We recognise the importance of safety. All staff must adhere to guidelines for the safe teaching of PE. Staff should be aware of safety guidelines within this document, guidelines within the Health and Safety Policy and guidelines within the BAALPE (British Association of Advisers and Lecturers in Physical Education) manual "Safe Practice in PE".

- The lead and head teacher will be responsible for liaison with contractors who service the hall apparatus and whose advice and instruction must be acted upon
- The school will have competent first aid readily available

- The teaching of PE will comply with the relevant safety regulations in the Health and Safety Policy
- Teachers are responsible for the safety of children in their care. All reasonable care should be taken to ensure their safety
- All accidents should be passed on to the relevant adults and dealt with accordingly

To ensure safe practice teachers should:

- Have an understanding of the subject/activity being taught
- Wear suitable footwear themselves and advise any adult helper to do so.
- Plan to use the apparatus most suited to the individual theme as well as the age and experience of the children.
- Check all equipment before the children use it. Site it sensibly and see that no obstructions are in the way of the use of the apparatus.
- Check the condition of the floor. Any visible dangerous objects should be removed from a play area
- See any apparatus used inside or outside is counted and put away to prevent accidents happening to unsupervised children and to minimise loss of equipment
- Children who require medication should have access to it, during P.E. lessons
- Ensure all children will wear appropriate dress for PE activities
- Ensure no jewellery is worn during PE lessons
- Know that mats do not ensure safety and will not prevent all injuries in Gymnastic work, so make sure they are used only where teachers wish children to jump onto them
- Teach warm up and warm down activities
- Give appropriate consideration to weather conditions and the nature of the activity
- Instruct children in the safe use and movement of apparatus
- Ensure children always take some form of footwear with them to the hall
- Report any damaged equipment to the P.E. Co-ordinator.
- Teach the pupils the safe practice and understanding of:-
 - Concern with their own and others' safety at all times
 - The importance of warming up for exercise to prevent injury and to be aware of changes to their body that occur during exercise and to recognise the short and long term effects of exercise on the body
 - How to recognise and follow relevant rules, laws, codes, etiquette and safety procedures for different activities or events, in practice and during competition
 - Lifting, carrying and using equipment safely
 - The principles of good hygiene
 - Why particular clothing, footwear and protection are worn for different activities and the safety risks of wearing inappropriate clothing, footwear and jewellery

P.E. Dress Code

- No jewellery may be worn for P.E.
- Staff should wear appropriate dress and footwear for P.E. lessons
- All children participating in P.E. should wear appropriate dress
- All children should have appropriate footwear for the lesson
- Long hair should be tied back

Indoor P.E.

- Plain black shorts white round neck tshirt
- No leg coverings (long) to be worn on large apparatus

Outdoor P.E.

- Trainers
- Black tracksuit bottoms and jacket (winter)
- Black shorts (summer)
- White tshirt

Non Participation in P.E. Activities

- Missing a P.E. lesson should never be used as a form of punishing a child for inappropriate behaviour in other lessons
- Children must be encouraged to bring the appropriate kit on the correct days. (Efforts should be made to communicate with parents of children who persistently “forget kit”)
- Children who do not participate in P.E. lessons because of injury or illness must bring a note to explain reasons or parents should communicate reasoning with class teachers
- Children should still be encouraged to play some part in a lesson even when a note has been received. (They could keep scores or umpire small sided games)
- A parent who wishes their child to be excluded from any aspect of P.E. must inform the school in writing

School Sports Day

The P.E. Co-ordinator will be responsible for the organisation of Sports Day. It may take the form of a carousel of activities or competitive running and throwing events. It will be in two parts (EYFS/KS1 AM and KS2 PM). The children will represent their house and the overall winning team will receive an annual trophy.

Extra Curricular Activities

All children from Foundation through to Year 6 have the option to attend extra-curricular clubs. We have a range of clubs for all ages and consider pupil voice when choosing which clubs we run. Springfield have weekly cheerleading and ballet clubs ran by Rosie from Inspire Performing Arts as well as street dance which is ran by Maz. Children are able to attend a Change4Life club which is a campaign to tackle the causes of obesity and encourages children to make choices that will aid them in leading a healthy lifestyle. Throughout the year we also work with specialist external providers to offer after school clubs such as tag rugby and gymnastics.

Monitoring & Evaluation

The PE co-ordinator will monitor the delivery of PE within the school informally and through lesson observations. These will take place within the school’s identified programme of monitoring and evaluation. This will provide individual feedback to teachers, a general overview of good practice and areas for development and identify areas for CPD.

Assessment

- The assessment of Physical Education is an integral part of teaching. It allows teachers to identify what has been learnt and to monitor pupil's progress.
- Assessment will be used to diagnose and identify ways of overcoming particular learning difficulties and achievements
- Assessment should be an ongoing task to aid planning and highlight areas of concern
- Swimming – Continuous testing and coaching from qualified instructors
- Continuous assessment throughout the K.S. will help to identify pupils' strengths, weaknesses and needs and to facilitate in the planning of future work
- Use of google docs assessment tool

External Providers

As a school, we have good links with a range of external providers. All children in Years 1-5 have the opportunity to take part in both non-competitive and competitive competition through the School Sport's Partnership festivals and tournaments, these take place regularly throughout the year. Our Year 5 and 6 children also attend football tournaments at MK Dons and have the option to attend a weekly extra-curricular club ran by MK Dons coaches. We also have links with other specialist external providers that work alongside our teachers to deliver a range of lessons. We work closely with Luton Town who deliver a range of sports (also alongside our teachers) and particularly focus on developing teacher knowledge. Kempston Challenger Academy PE teachers deliver the games based lessons for Years 1-5 alongside a sport apprentice. This means children are having lessons planned and delivered by trained specialist PE teachers.

External providers will liaise and be monitored by the PE Lead and the head teacher.