

# ST ANDREWS CE PRIMARY SCHOOL



## PE Policy

Adopted: September 2021

Review date: September 2022

# St Andrews CE Primary School

## PE POLICY

### OUR MISSION STATEMENT

Physical education develops pupil's 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 and in groups and teams. It promotes positive attitudes towards active and healthy lifestyles. Pupils learn how to think in different ways to suit a wide range of creative, competitive and challenging activities. They learn how to plan, perform and evaluate actions and performances to improve their quality and effectiveness. Through this process pupils discover their aptitudes, abilities and preferences, and make choice about how to get involved in lifelong physical activity.

### AIMS

This school will:

- Contribute to the development of each child physically, mentally (alternative context for learning and understanding), morally (fair play) and socially (co-operation).
- Maintain and /or stimulate their natural enthusiasm for PE, to develop confidence to move with ease and to experience a sense of achievement and enjoyment through physical activity.
- Promote health and fitness for their current and future lifestyles.
- Enable pupils to develop their motivation to perform to the best of their ability, enhancing co-operation within team work and competition.
- Teach skills and learn how to apply tactics and compositional ideas to suit activities while giving positive experiences in aesthetic non-competitive activities as well as competitive activities which they will feel confident in using throughout life.
- Enable pupils to be familiar with a body of knowledge, principles and vocabulary related to PE.
- Employ teaching methods and resources that allows all pupils (irrespective of their gender, ethnic origin, academic ability, etc) to have equal access to PE and to experience success and enjoyment in their PE work.
- Provide opportunities for intra and inter school competitions.
- Actively liaise with Wolverhampton and School Partnerships (WASPS) and Partnerships and School Support (PASS) to provide further opportunities.

## **OBJECTIVES**

Through physical activity the children will:

- Experience a balanced programme of indoor and outdoor activities: gymnastics, dance, games, Outdoor adventurous activities (OAA) and swimming for some year groups.
- Develop and learn to apply skills, tactics and compositional ideas relevant to their age.
- Develop confidence in movement, and awareness of the artistic dimension in such activities.
- Develop qualities of independence, perseverance, self-discipline, respect for opponents and co-operation with others.
- Acquire basic ball skills and tactical skills; improve hand eye coordination and positional and spatial awareness.
- Develop the capacity for self-evaluation of performance through practice and coaching.
- Experience the sense of achievement and enjoyment that come from physical activities.
- Develop knowledge and understanding of fitness and health.

## **PLANNING**

Long term planning of PE reflects the National Curriculum and birth to 5 curriculum and is planned across the school to ensure continuity and development. Medium term planning highlights areas of work to be covered which will develop their skills, knowledge and understanding. Short term planning is completed on a weekly basis and takes into account the success of the previous week's objectives.

## **PE, PERSONAL DEVELOPMENT AND EVERY CHILD MATTERS**

At this school we will strive to ensure that PE sequences of work, learning outcomes, teaching and out of school hours learning (OSHL) support pupils through the five Every Child Matters outcomes.

### **Enjoy and achieve**

PE gives pupils the opportunity to participate and achieve in a range of activities as performers and leaders. It makes a significant contribution to young people's entitlement to five hours of physical activity, including sport, each week. Pupils enjoy being physically active as individuals, in groups and in teams. They also enjoy solving problems and performing in creative, artistic, aesthetic, competitive and challenging activities.

For some pupils achievement in physical education will be the pursuit of excellence and becoming 'the best' in their sport or chosen activity. Others may choose to use their knowledge, skills and understanding to pursue careers or voluntary pathways as performers, leaders or officials or follow physical education routes of study at further or higher education. Success for others will be in their involvement in physical activity for its own sake and for the benefits to their health and wellbeing.

### **Be Healthy**

PE gives pupils an understanding of the important role physical activity plays in a balanced, healthy life. By experiencing a range of activities and developing their skills, competence and confidence, pupils can make informed choices about how they want to get involved in physical activity both at school and in the community. A high-quality PE programme helps pupils appreciate the positive effect physical activity can have on their overall feeling of wellbeing. They come to regard it as a vital ingredient in their lives and choose to be physically active on a daily basis.

### **Stay safe**

PE gives pupils the knowledge, skills and understanding they need to participate safely and effectively both as individuals and when working in groups and teams. They learn how to create safe environments and how to use safe working practices. This includes such things as wearing appropriate kit, warming up safely and effectively, lifting and carrying safely and ensuring that they and others are safe.

### **Achieve economic wellbeing**

Through PE pupils learn how to work as individuals and collectively to achieve success. They learn to solve problems by devising plans and discussing, commenting on, reviewing, refining, repeating and carrying out these plans to completion. These are all vital skills that will help equip students for the world of work. PE helps students understand that physical activity can stimulate their minds, give them a sense of wellbeing and have a positive impact on their lives.

### **Make a positive contribution**

PE provides many opportunities for pupils to get involved positively in the life of the school and in the wider community. Pupils gain the confidence to develop their skills and specialism outside school by joining local clubs. They may also do voluntary work at school and within the local community, assisting in clubs and other social settings. PE provides opportunities for students to work collaboratively in a range of settings. They learn how to overcome difficulties, to appreciate their own and others' strengths and weaknesses and to develop their understanding of fairness and personal and social responsibility.

## **TEACHING METHODS**

The teaching of PE is taught as a separate subject and every effort is made to link it to the other areas of the curriculum. For example:

- Measuring activities in Maths are linked to PE activities
- Health related topics in science and PHSE are linked to physical activity
- Biographical work in literacy is linked to the activities of famous sportsmen and women.

- History and geography are explored through the use of dance and movement. Map reading skills are developed through OAA.

Lessons should provide a variety of experiences;

- Indoors and outdoors
- Individual pair, group and class activities
- Acquisition and developing of skills
- Problem solving
- Development of communications by speaking, listening, moving, observation and appraising

PE lessons should include a warm up, skills phase, development, concluding activity and cool down. At the start of each lesson the objectives will be introduced to pupils and where possible will be displayed during the lesson.

### **HEALTH AND SAFETY**

Staff must at all times, have due regard to health and safety considerations. Children must be taught to understand the potential hazards associated with physical activity, and the movement of physical equipment. A set of risk assessments for PE within the school have been compiled.

### **ASSESSMENT AND RECORDING**

Children are assessed on their own individual progress in 4 development areas (acquiring and developing skills, knowledge and fitness, selecting and applying skills and evaluating and improving performance). Teacher assessments and regular monitoring inform future planning.

### **RESOURCES**

An itinerary of PE equipment is available. Staff planning resources are labelled and stored in the PE cupboard. Resources are reviewed regularly to meet curricular and OSHL learning needs.

All playgrounds have various markings for children to use for fitness trails and games. KS2 has rounders, netball, football and tennis court markings on their playgrounds. KS1 and foundation playgrounds have assorted fitness trails.

PE lessons may be held in the hall, sports hall, playground or when appropriate the grassed area. PE equipment such as wall bars, mats and benches undergo an annual safety check.

### **ROLE OF THE PE COORDINATOR**

There are a number of aspects to the role of PE coordinator.

- To carry out and review the PE risk assessments and inform staff of any changes.
- To inspect apparatus and equipment on a regular basis
- To inform senior management of any safety concerns
- To lead on professional development relating to safe practice
- To manage and oversee the use of volunteers and coaches.
- To review the PE policy and guidelines on a regular basis in consultation with appropriate staff.
- To be aware of and respond to national and local trends and initiatives.
- To liaise with the SENCO in order to provide appropriate support and teaching materials for SEN and EAL pupils.
- To provide statistics on Out of schools hours learning (OHSL) participation.
- To control and evaluate the use of resources for teaching of PE and to purchase additional resources.
- To be aware of and respond to national and local trends and initiatives.
- To organise sports days across the whole school age range.
- To support House group captains in running intra school competitions throughout the academic year.
- To liaise with the School Sports Partnership, WASPS and any school-club links.
- To organise inter and intra sport competitions.

### **PARENTS / GOVERNORS**

Parents will receive information on their child's ability in PE through termly meetings with class teachers and a formal written report at the end of the school year. Parents are also welcome to attend out of school hours events and competitions.

### **PE KIT**

Children can come to school dressed in their PE kit on PE days. This can comprise of any sports wear. Pupils are allowed to wear tracksuit bottoms but they must ensure that they are not loose or baggy for reasons of safety. When swimming children are expected to wear appropriate swimwear. Jewellery must be removed for health and safety reasons.

Staff have been issued school polo shirts and are expected to wear appropriate attire for PE lessons. They are also expected to remove items of jewellery in lessons. If jewellery cannot be removed, then this will be covered with a plaster for health and safety in PE lessons.

### **OUT OF SCHOOL HOURS LEARNING**

The school will endeavour to provide opportunities for out of school hours learning (OSHL) in class bubbles and recognises the time staff donate to running activities. The activities offered may vary due to the time of year and staffing. At present children will participate in

intra school competitions, aiming to achieve their personal best in various sports activities. Pupils will then enter virtual competitions with their personal best score.

*All OSHL activities will be required to have access to first –aid provision and so when off site the member of staff responsible will ensure that a first-aid kit is taken and a first aider is on site. Any accidents either on or off site will be recorded using school procedures.*

## **PLAYGROUND ACTIVITIES**

Specialist sports coaches will provide opportunities for safe physical activity at playtimes and lunchtimes.

## **HOUSE TEAMS**

At KS1 and KS2 a house group system is in place with captains and vice captains being chosen from year 6 pupils. We have 4 house teams; St George, St Andrew, St Patrick and St David. All staff and children are placed in a school house and their siblings are also put in the same house. Belonging to a house is a very important aspect of being part of our school.

At the beginning of each new school year, we hold a vote for our new House Captains. Prospective candidates are invited to write and deliver a speech explaining why they should be chosen to fulfil this important role. They are then selected by other members of their team by vote.

Termly house meetings take place and is led by head of house and supported by House Captains. This gives teams an opportunity to discuss how well their house is doing and ideas on how to get better encouraging competition.

House points are collected by house captains and results are announced every Friday with the winning team being presented with their house colour trophy. Weekly house points are recorded in the house team folder (kept by the house display board). The house with the most points after the term have a treat (ideas by the children in their house e.g. extra play, own clothes, etc).

House captains will have a number of roles of responsibility throughout the year, especially on sports day where they will help to set up and support the children in EYFS and KS1. Where possible the captains in liaison with the PE coordinator and appropriate KS2 staff will endeavour to run intra school competitions through the house group system throughout the academic year.

## **LINKS WITHIN THE COMMUNITY**

The school sports hall is available for the local community groups. Where appropriate and of positive benefit to our pupils we will seek to develop links with the groups and clubs that use the school facilities.

### **HEALTHY SCHOOLS**

This school aims to continue being a 'healthy school' and in doing so the PE coordinator will liaise with the appropriate staff to ensure that school is fulfilling national requirements for healthy school status.

### **PRESENT INITIATIVES**

At present children are timetabled 2 hours of physical activity per week for each class and present children with the opportunities for an additional hour a week within school through OHSL. Talented children will be directed to sports clubs as appropriate. The school strives to achieve recognition for the opportunities that are provided for physical activity and specific sports through its OHSL, intra school virtual participation.

*C McCalliog* PE Co-ordinator

**September 2021**

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