

Lea and Garsdon CE Primary School PE Policy

Based on: Crabtree Junior PE Policy

Healthy trees bearing good fruit - Matthew 7 v 17



Our Vision

To develop children who are healthy in body and mind, enjoy life and fulfil their potential so that they have a positive impact on the world.

Our Core Values

1. Kindness
2. Wellbeing
3. Gratitude
4. Individuality
5. Community
6. Inspiration

Policy adopted by the Governors on _____

Chair of Governor's Signature: _____

Headteacher's Signature: _____

Lea and Garsdon Church of England Primary School

Physical Education Policy

Our Vision

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Our Vision for PE and Sport

At Lea and Garsdon Church of England Primary School, we recognise the importance of high quality Physical Education and Sport and the part it plays in developing the whole child. PE is an important part of a child's education as it helps to promote team spirit, healthy lifestyles, and the pursuit of excellence and enjoyment. PE lessons help develop individuals physical confidence, their health and fitness and their character; embedding values such as fairness and respect. All pupils in school take part in PE/sport/physical activity for at least 2 hours per week. We encourage our pupils to become keen sportsmen and women and we aim to instil a lifelong interest in keeping fit and healthy. We believe that 'Every child is a winner when they try their best' and as such we aim to inspire them to take part and help equip all children with the skills they need to achieve their potential.

Rationale

Physical Education "educates young people in and through the use of the body and its movement. It aims to develop physical competence so that pupils are able to move efficiently, effectively and safely and understand what they are doing. It is essentially a way of learning through action, awareness and observation."

Physical Education for Ages 5-16, DFES

Aims

Through the teaching of PE we aim 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 at an age appropriate level
- Lead healthy, active lives.

Curriculum

Through PE lessons we deliver a broad and balanced programme, which provides children with opportunities to promote physical development and competence and to develop artistic, aesthetic and linguistic understanding through movement.

We aim to give all children the opportunity to extend their range of physical skills and develop their proficiency as well as appreciating the benefits of participation. Through physical education, we aim to develop interpersonal and problem-solving skills, develop personal qualities such as self-esteem, confidence, tolerance and empathy and help forge links between the school and its community.

A wide range of skills and sports are covered across the curriculum including: Fundamental Skills, Gymnastics, Athletics, Dance, Football, High Five Netball, Orienteering, Kwik Cricket, Quad Kids and Tag Rugby. At least one PE lesson a week will be taken from the REAL PE scheme of work.

In addition to PE lessons the school is actively involved with the cluster sporting events aiming to give as many children as possible the opportunity to experience taking part in inter school competitions and tournaments. Events take place each term and range from Football to Netball, Cricket to Athletics. As well as the benefits from learning team spirit and being active these events also serve as a wonderful

opportunity to build relationships with those from other schools, helping them as they move on to Secondary School.

Interschool and Competitive Sporting Opportunities

The school perceives inter-school sports as a means of extending pupils that demonstrate the requisite skills and qualities (see below) in this curriculum area.

We enter a wide range of matches, festivals and tournaments (both competitive and non-competitive) and all staff involved recognise the need to work towards an inclusive approach that enables as many pupils as possible to experience competitive sport, in some cases representing the school.

Selection for a team event is based on:

- What type of event it is eg level of competition/year group
- Number of children allowed or are practical to take
- Emotional maturity to cope with the pressure
- Level of skill demonstrated
- Understanding of the games, tactics and rules
- Players attitude to good sportsmanship
- Commitment to training and learning
- Attitude of the player on and off the field of play
- Evidence of team spirit
- Enthusiasm to learn and improve
- How the player presents themselves, dress, manner, helpfulness, etc
- Performance, effort and behaviour in lessons and practices
- Level of fitness
- Understanding of the importance of safety

Children chosen to represent the school will not always play for the same amount of time and decisions will be made on a match by match basis based on the skills and experience of each individual. Parents are asked to support and encourage their child as all members of the team contribute in their own way to the team's success.

For individual competition selection, for example cross country the pupils will attend trials. The pupil with the best results/times will be chosen to represent the school as long as they fulfil the criteria stated previously for 'team selection'.

The Role of Parents

Through this policy we aim to be equitable and would like to thank parents in advance for supporting us as follows:

- If your child is regularly chosen for a team, please help them to understand that it is a privilege to represent the school and they should be proud of themselves.
- If your child is not chosen regularly, encourage them to keep coming to practices and enjoy what PE and Sport they do in school and in other clubs: they are still part of the success of their team mates.

Parents and spectator have a great influence on the children's enjoyment and success in sport. Children play sports first and foremost because they love playing. Lea and Garsdon is dedicated to nurturing that enjoyment and enthusiasm for sport and as a foundation for developing skills and tactics for life. Taking part in a club contributes to each child's personal development and self-esteem. This is more important

than winning matches. All our teams play to 'win' but not at any cost, it is important to play in the right spirit in a supportive atmosphere.

In order to achieve this result we rely on parents and supporters who attend matches to behave in an appropriate manner and to support all the children in the right way. If examples of poor behaviour from children or adults are observed these should be reported to the organising member of staff so that issues can be dealt with.

Extra-Curricular Activities

Our range of extra-curricular activities varies throughout the year but includes:

Netball, Football, Tag Rugby, Dancing, Athletics

Additionally we host a Football and Netball Tournament and an Athletics Competition annually for local schools. We also have sporting fixtures against local schools.

Equal Opportunities, Inclusion and Differentiation

Every pupil has equal access to National Curriculum PE. Adjustments are made as necessary to allow children with SEN or disabilities to take part at an appropriate level. Learning experiences and challenges are differentiated in such a way to meet individual needs. Equal opportunities exist in terms of curriculum balance, time allocated, use of resources, facilities and extra curriculum activities.

Additional opportunities are available through festivals organised by the School Sports Partnership, including those designed for children identified as being particularly talented in PE.

Teaching and Learning

Children are presented with opportunities to be creative, cooperative and to face challenges as individuals, small groups and in teams. Schemes of work specify progression in skills, knowledge and understanding.

Assessment and Recording

Any assessments are normally carried out in the course of class activities with attainment being summarised at the end of each unit of work (termly) using the REAL PE assessment wheels.

Safe Practises

- ❖ Staff are aware of Health and Safety arrangements for the areas of activity that they teach
- ❖ Staff teaching swimming regularly attend county provided training
- ❖ Regular checks are made on gym equipment by an external provider. All staff are responsible for checking equipment before it is used. Broken / damaged equipment should be reported to the admin officer or Headteacher immediately.
- ❖ Children are made aware by their teacher of safe practice when undertaking an activity
- ❖ Parents are requested to provide suitable / safe clothing and footwear. Children must wear shorts when using the large fixed apparatus in the hall. Children must use daps or bare feet in the hall and trainers when taking part in PE outside. Football studs will only be allowed for organised games where everyone will be wearing them – not PE lessons. Hair should be tied back if long enough.
- ❖ Jewellery should not be worn in school, stud earrings must be removed or taped over
- ❖ Watches must be removed and left in the classroom
- ❖ When using the large fixed gym equipment mats may be placed underneath the equipment but children must be instructed to 'climb down, not jump down'. Children should be closely monitored when using this apparatus. They should only go as high as they feel safe to do so and no higher than their hand touching the top of the apparatus when it is outstretched. When using the three

stacking platforms children up to Y4 should only be allowed to jump off the lowest one. They must climb down from the middle and highest ones. Children in Y5/6 may jump off the middle one.

- ❖ During in door PE lessons noise levels must be carefully monitored to ensure the adult can hear people speak and is able to notice quickly if an injury is sustained.

Physical Resources

Areas available for PE

- ❖ Hall All year round
- ❖ Junior playground Netball court marked
- ❖ Field Football pitch markings (winter)
Rounders diamond and running lanes (summer)
- ❖ Infant playground All year round

The hall contains a good quantity of gymnastics apparatus including a fixed climbing frame and a variety of moveable and hook-on pieces. Mats and small apparatus are also kept in the hall. Rounders bats, athletics equipment etc e.g. cones are stored in the shed

Non Participants

Children who are in school but unable to swim are left at school during swimming lessons and supervised by another teacher.

Wet Weather PE Provision

If the weather disrupts an outdoor lesson it is either rescheduled or cancelled completely or moved to the hall (if it is available). Each class is timetabled for at least one hall slot each week, to ensure a minimum of one hour PE a week during poor weather. Children are encouraged to bring suitable warm PE clothing to enable them to take part in outdoor PE all year round.

Professional Development

All staff have access to professional development to enhance their subject knowledge and awareness of Health and Safety procedures and to update their knowledge.

Sports Coaches are employed periodically, this is to help ensure the children have high quality teaching and to give CPD opportunities to teachers focusing on topics that would be beneficial.

Review

This policy for Physical Education has been formulated in consultation with all teachers, teaching assistants and governors and will be reviewed at least every three years.