

# **WEST PARK CE PRIMARY SCHOOL**



## **Policy for Physical Education (PE)**

Original developed by:

Date:

Date agreed by Governors:

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# Physical Education Policy 2019-20

## Intent

At West Park CE Primary School we aim to develop the children's knowledge, skills and understanding, so that they can perform with increasing competence and confidence in a range of physical activities. These include dance, games, gymnastics, swimming and water safety, athletics and outdoor adventure activities. Physical activities promote an understanding in children of their bodies in action. It involves thinking, selecting and applying skills, and it promotes positive attitudes towards a healthy lifestyle. Thus we enable the children to make informed choices about physical activity throughout their lives. West Park believes that physical education, experienced in a safe and supportive environment, is a unique and vital contributor to a pupil's physical development and well-being.

The objectives of teaching PE in our school are:

- enable children to develop and explore physical skills with increasing control and coordination;
- encourage children to work and play with others in a range of group situations;
- encourage children to display fair play;
- develop the way children perform skills, and apply rules and conventions, for different activities;
- show children how to improve the quality and control of their performance;
- teach children to recognise and describe how their bodies feel during exercise;
- develop the children's enjoyment of physical activity through creativity and imagination;
- develop an understanding in children of how to succeed in a range of physical activities, and how to evaluate their own success.
- provide the minimum of Physical Activity of 2hrs a week through Jump Start Johnny (and similar active opportunities), break times/lunchtimes and formal PE lessons and to provide opportunities for further activities/signpost children to clubs.
- to increase participation through extra-curricular clubs and increased competitive opportunities, in-line with the new curriculum.
- to provide a yearly written report, outlining how the sport premium funding has been spent in the best interests of the children in regards to PE.

## Implementation

Carefully planned unit plans enable the teacher to teach the knowledge required by the National Curriculum whilst giving the children a purpose to develop and apply their skills. This ensures that children in our school are given opportunities to learn in cohesive blocks and 'stick' their learning together each year, building on previous knowledge, skills and experiences. The detail of our learning journey for PE is contained in the unit plans for each year group.

## Impact

### **Assessment arrangements**

Assessment of children's work in PE is ongoing. Children are assessed by staff using tracking grids, these grids cover: early learning goals, end of KS1 and end of KS2 curriculum statements (swimming is assessed by professional swimming coaches in KS2 using the DfE guidelines).

### **West Park Health and Safety in PE lessons and after school sports activities**

The importance of safety in the PE environment is stressed immediately the pupils join the school and they are continually reminded of the need to look after themselves and others whenever participating in PE, sport or playing in the playground. Planning includes opportunities for explicit teaching of safe practice, particularly in potentially dangerous areas like the swimming pool, gymnastics hall and playground. The learning environment and equipment are checked prior to use. This is to enable pupils to participate in physical education lessons which provide appropriate challenge within acceptable levels of risk but with no danger. It also provides consistency in practice in order to establish a secure working environment.

For pupils to be excused from Physical Education lessons, they must have a letter written, signed and dated by the parent/guardian. With regards to pupils continuously being excused from PE on medical grounds, a doctor's certificate must be obtained explaining the reasons to abstain from activity and an expected date they will resume normal activities.

Specific arrangements for specific lessons/activities:

In all PE lessons the co-ordinators strongly recommend that teachers play modified, non-competitive games. Teachers should not participate in any games apart from demonstration situations of specific techniques.

All pupils have an entitlement to access physical education and school sport in an appropriate form. All special needs exist on a continuum: therefore staff should consider pupils needs on an individual basis taking into account their individual care plan.

Staff are responsible for making sure that all children are warmed up and cooled down correctly and that they have stretched before undertaking any physical activity.

Children should not be left unattended in changing rooms, halls or equipment garage. An adult should accompany children to get out and put equipment away.

If any equipment appears unsafe or is damaged it should be removed from the storage area and reported to the PE Co-ordinator immediately.

Staff should familiarise themselves with the specific PE risk assessments (covering various activities).

### **Teaching Style**

Pupils need to learn how to participate independently, where appropriate, and opportunities need to be provided to develop their confidence through a range of teaching style.

Instructions should be clear and consistent. A clear expectation should be established that rules are followed by all, both the rules of the specific activity and those that staff have put into place as part of their routine practice.

### **Emergency Action**

Any emergency action should follow school policy.

### **Clothing/Footwear**

**No jewellery should be worn** on the grounds of safety, to protect the child, the other children and the teacher from personal injury. If the activity is a non-contact, relatively safe sport, children who have "newly- pierced" ears may be allowed to wear earrings for a period of two weeks as long as they are covered with a sticking plaster. The onus should be on the parent(s)/guardian and the child to provide and implement this.

If jewellery or any item of clothing deemed to be dangerous for participation in PE cannot be removed due to cultural or religious beliefs, authorisation must be given in writing from the parent or guardian for their child to participate. Using surgical tape or cellotape to secure jewellery to the area on which it is being worn is acceptable in these circumstances.

Pupils change into the agreed clothing and footwear for each activity. This includes suitable clothing for outside wear on colder days. Long hair is tied back.

Gymnastics and dance are undertaken barefoot, though there are some forms of dance and some styles that may require footwear. If the dance style is high impact, the footwear should have support to prevent injury. Staff and children should check the floor prior to the activity to ensure it is safe and suitable. Children who have verrucaes may wear shoes during the period of treatment. Recent medical advice on verrucaes suggests that they may not be necessary.

When working inside or out, the footwear should be appropriate for the activity being undertaken and the condition and nature of the playing surface. If a grassed area is wet, staff should give careful consideration to the organisation of the activity, particularly if the pupils are wearing a range of footwear. Care should be taken to ensure footwear is close fitting, fit for purpose and provide secure footing. In competitive situations similar types of footwear should be worn. When studded boots are worn it is advisable that pupils wear shin pads.

### **Hockey**

Playing surfaces should be checked for hazards.

Hockey sticks should be maintained in good condition and never used when damaged.

All children must use plastic sticks and tennis balls.

Before starting lesson talk through safety elements, put the ownership on the children, but make sure everything has been covered.

- Sticks should not go higher than waist height.
- Heads should not go lower than waist height.
- Hockey sticks should be in good condition.
- Equipment should be respected and safely put away.

**During competitive inter school games players must wear gum shield and shin pads, goalkeepers need to be suitably equipped and protected – these must be strongly recommended to after school club members.**

### **Football**

Children should not be wearing boots or shin pads.

**During competitive inter school games players must wear boots and shin pads – these must be strongly recommended to after school club members. (Players without can NOT participate with players who have the aforementioned equipment)**

### **Rugby**

No contact rugby.

No boots to be worn.

**During competitive inter school contact games, players must wear gum shield – these must be strongly recommended to after school contact club members.**

### **Cricket**

When using a hard ball all batters and wicketkeepers must wear appropriate protective wear (helmets, boxes, pads and gloves for batting).

Fielders must be at least 10m from the striking batter.

### **Basketball**

The court surface should be clean, firm, dry and non-slip. Court perimeter should be free from hazards.

Basketballs should be inflated correctly and be free from splits and tears.

### **Netball**

At least three children should carry posts from storage area. Children should **never** erect posts; this should always be done by the teacher or adult in charge.

## **Rounders**

Running areas should be flat and free from hazard. Rounders posts should be securely based, of appropriate height and have rounded tops.

Rounders bats **should** be carried when running between bases and **never** thrown down.

Children should stand at least 3m away from batting square.  
Backstops should always position themselves so to avoid backswing.

## **Gym/Dance/Indoor athletics**

Pupils should carry equipment sensibly and appropriate numbers should carry different pieces e.g. four pupils to one mat.

Mats are designed for very specific purposes. Gymnastic mats are designed to cushion landings from a height and provide comfortable work surface for rolling and other gymnastic skills. Should a child fall, mats may reduce the likelihood of injury rather than preventing it. Teaching the technique of safe landings is essential.

Spring boards should not be used in gymnastics.

If children are supporting each other or taking part of a partner's weight during an activity they should be aware of each of their safety, communication is essential and this should only be part of the lesson if the teacher feels the children are confident and able.

## **Extreme weather conditions**

Outside activity in strong sunshine, should be only carried out for limited periods only and children should have access to shade, liquid and sun cream.

Children should wear additional clothing for outside activities in the winter. Teachers should make decision about safety of children in wet weather conditions and should be aware of safety in terms of wet playing surfaces.

## **What pupils should know**

Pupils should be aware of their role in risk assessment and management in relation to others, clothing, equipment and working/playing surfaces; they should understand the significant impact they can have by being aware, and making both staff and other pupils aware, of any safety concern they might encounter.

The importance of adhering to rules and conventions relevant to each activity, in order to reduce levels of risk to themselves and others.

That all games activities require significant levels of cooperation and communication with both teammates and opponents.

For further guidance on any safety issues for particular activities/games please refer to 'Safe Practice in physical education and school sport' which can be found in the staff room and/or PE risk assessments which are held on the staff server.

The policy should be read in conjunction with the PE National Curriculum which sets out in detail what pupils will be taught in different Key Stages.

National Curriculum PE Programmes of Study:

<https://www.gov.uk/government/publications/national-curriculum-in-england-physical-education-programmes-of-study>