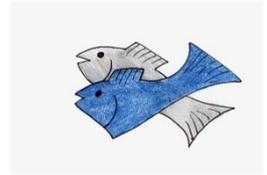


## Policy for PE

Autumn 2014.



*Involvement, Enjoyment, Achievement*

### Introduction

- This document is a statement of the aims, principles and strategies for teaching and learning of Physical Education (PE).
- It was revised in the summer of 2014 and presented to the governing body in September 2014.
- It will be revised in 2015 in accordance with the schedule for the review of policy documents as set out in the School Development Plan

### School Policy Statement for PE

PE at St James will be provided using a whole school approach and the structure of the National Programmes of Study, including guidance given in the Early Learning Goals. Within this structure children will be given the opportunity to plan, perform and evaluate their activities.

The following elements are the basic components of the PE we aim to provide:

- Physical Activity – where children will be taught:
  - ✓ to be physically active and express themselves through actions
  - ✓ to have knowledge and understanding of how to use relevant equipment
  - ✓ to develop whole body movement with flexibility, strength and endurance
- Independence – where children will:
  - ✓ become independent learners
  - ✓ solve problems
  - ✓ evaluate and modify actions
  - ✓ develop skills through repetition and practice
- Positive attitudes – where children will:
  - ✓ develop concepts of fair play, success and failure
  - ✓ be aware of the effects of their actions
  - ✓ be aware of their own and others' capabilities
- Safe practices – where children will:
  - ✓ develop an awareness of their own and others' safety
  - ✓ be aware of the safety implications of equipment
  - ✓ be aware of hygiene
  - ✓ respond to instructions
  - ✓ be aware of posture
  - ✓ be aware of the need for appropriate, safe clothing. (Refer to 'Safety' section for specific school guidelines).

## Assessment

Assessment will be carried out according to statutory requirements with reference to the National Curriculum Programme of Study:

### Foundation Stage

Children should be able to:

- move with confidence, imagination and in safety;
- move with control and coordination;
- show awareness of space, of themselves and of others;
- recognise the importance of keeping healthy and those things which contribute to this;
- recognise the changes that happen to their bodies when they are active;
- use a range of small and large equipment;
- travel around, under, over and through balancing and climbing equipment;
- handle tools, objects, construction and malleable materials safely and with increasing control.

### Key Stage 1

Pupils should be able to:

- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
- participate in team games, developing simple tactics for attacking and defending
- perform dances using simple movement patterns

### Key Stage 2

Pupils should be able to:

- use running, jumping, throwing and catching in isolation and in combination
- play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis, and apply basic principles suitable for attacking and defending
- develop flexibility, strength, technique, control and balance [e.g., through athletics and gymnastics]
- perform dances using a range of movement patterns
- take part in outdoor and adventurous activity challenges both individually and within a team
- compare their performances with previous ones and demonstrate improvement to achieve their personal best

## Swimming and water safety

Currently at St James children receive swimming instruction at Key Stage 2 from qualified instructors at our local pool in accordance with the national Curriculum Programme of Study:

Pupils should be taught to:

- swim competently, confidently and proficiently over a distance of at least 25 metres
- use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]
- perform safe self-rescue in different water-based situations

## Resources

At Key Stage 1 and 2, the QCA Programmes of Study are used to support teaching in PE. These are used flexibly as, at present, we have mixed year groups and also because where possible, teachers are encouraged to make cross – curricular links with other foundation and core subjects, for example in the teaching of orienteering at both key stages. The use of the QCA schemes will be reviewed before the policy update in the light of changes to the curriculum and the school sports funding which has become available.

Gymnastics equipment and large apparatus is stored in the hall. Outdoor equipment and small apparatus is kept in an outside shed and a central key is kept by the PE co-ordinator. Children are not permitted to be in the building unsupervised.

We have two yards which are available for PE lessons and the use of extensive playing fields on Pikes Lane. As of summer 2014 we have also have installed a large climbing frame with a soft surface at the side of the Pond building which is available to children at playtimes and during PE lessons.

The school has a Permanent Orienteering Course (POC) which is periodically updated and has been professionally mapped at a scale of 1:400. The POC is available for use in PE lessons and in other curriculum areas and an extensive set of cross-curricular resources is available.

## Safety

All teachers take responsibility for the safety of children during PE lessons. Children are taught safe ways of carrying and moving equipment. Children are also encouraged to develop a sense of responsibility for their own safety and for those around them.

Classes attending the school field must always be accompanied by at least two adults including a teacher. A first aid kit and mobile phone must also be taken.

Children who have asthma inhalers must have them with them during all PE activities including: the hall, playground, swimming baths and field.

All children are expected to have appropriate PE kit in school, consisting of a dedicated top and bottoms and appropriate footwear. Children are expected to change into these for PE activities. Exceptions to this may be made at the judgement of the teacher, for example where physical activity is a cross- curricular activity such as orienteering in the context of learning in maths or geography. The clothing requirements are set out in the Information for Parents' letter below.

## Extra Curricular Sports

Our school runs a number of extra – curricular sports clubs. Some of these are run by teaching staff and others are run by external providers. The activities offered vary throughout the year.

Conduct, supervision and standard of dress in extra - curricular activity sessions should mirror that in curricular PE.

A letter will be sent to all parents of children participating in extra - curricular activities. This will seek their permission, and where appropriate, regular attendance. Numbers will be limited to those recommended by supervision regulations. A waiting list system will operate where necessary.

Our school is committed to encouraging and developing a healthy competitive spirit. All children at Key Stage 2 have the opportunity to compete within the school and in inter- school competitions. We

have strong links with other local primary and secondary through the Schools Sports Partnership and compete regularly in formal tournaments and leagues.

#### Role of the Head teacher

The Head teacher is responsible for ensuring that the Policy is implemented and periodically updated by the PE co-ordinator.

#### Role of the PE co-ordinator

The co-ordinators are responsible for the monitoring of progression and continuity within the teaching of PE. They are responsible for regular audits of equipment and the purchasing of resources within agreed budgets. They are available to advise and support other members of staff in their teaching and planning of PE and to make new staff aware of resources available. They will attend courses where possible to bring fresh ideas into school. They will ensure that schemes of work are being implemented. They will review the policy and set targets for future development within PE.

#### Information for Parents : Statutory Requirements for PE in Key Stage 1 and 2

In each year of Key Stage 1 and 2, pupils will be involved in indoor and outdoor physical education activities. Parents are requested to ensure that PE kit is in school at all times and is taken home for washing as necessary (e.g. each half-term).

Please note that outdoor PE activities will not necessarily be cancelled in the event of rain or adverse weather. Children's health and safety will always be the first consideration, but a change of clothes specifically for PE means that children can participate safely and have a dry set to change into.

#### Indoor PE kit

A small named bag should contain:

T – shirt with child's name in – preferably a St James School one – suitable for use on apparatus. (Baggy ones are not recommended as they do not comply with health and Safety regulations).

Named shorts (not baggy).

Pumps. Please note that trainers are not acceptable for use in indoor PE sessions for safety reasons. Bare feet are not allowed as the hall is used for other activities and cannot be guaranteed to be free from debris.

#### Outdoor PE kit

All indoor PE kit items can be used for outdoor PE lessons, but if it is preferred, tracksuit bottoms, sweatshirt and trainers may be substituted (for example in winter).

PE bags and T shirts are available at the school office.

Children are not allowed to wear jewellery in school other than studs or sleepers. It is recommended that children who wear studs or sleepers do not wear them on PE days. If this is not possible, please send in tape that is suitable for covering up the jewellery. Please be aware that class teachers cannot accept responsibility for doing this. Micropore tape is recommended and available from chemists. Please be aware that children have daily access to the climbing frames and other outdoor apparatus and it is your responsibility to deal with ear-rings as you deem necessary.

#### Swimming

Swimming lessons are provided in Year3/4 and parents will be informed by letter when they are due to start. Children will need swimming kit (trunks not baggy shorts) and a bag to carry it in (the children walk to Glossop pool).

Procedure for children without kit

As PE is a legal requirement of the National Curriculum, every effort must be made to ensure that all children participate. If children are persistently without kit, or a written excuse, a letter will be sent asking parents to come into school and discuss the matter with the class teacher.

Thank you for your support. Please sign and return the form below if your child wears ear-rings to school.

It is important that you read, sign and return the medical form which is sent out at the beginning of the school year. This informs us of any medical condition which may affect your child's ability to participate safely in PE lessons as well as any other school activities. If there are any other issues which you might affect your child, please do not hesitate to contact your child's teacher.

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### Ear- Rings Parental Consent Form

Name of child \_\_\_\_\_ Class \_\_\_\_\_

I am aware of the school's policy on ear-rings and I agree to allow my child to remove them or cover them with Micropore tape for PE activities.

Signed \_\_\_\_\_

Name (please print) \_\_\_\_\_

Date \_\_\_\_\_