



PE POLICY

Physical Education (PE) Policy

Park View Aims and Objectives

PE develops the children's knowledge, skills 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. PE promotes 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.

Our objectives in the teaching of PE are to:

- enable children to develop and explore a range of sports and physical skills with increasing control and coordination;
 - encourage children to work and play with others in a range of group situations;
 - develop the way in which 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 imagination;
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- develop an understanding in children of how to succeed in a range of sports and physical activities, and how to evaluate their own success

Park View Teaching and Learning

We use a variety of teaching and learning styles in PE lessons. Our principal aim is to develop the children's knowledge, skills and mixture of whole-class teaching and individual or group activities. Teachers draw

attention to good examples of individual performance as models for the other children, and we encourage the children to evaluate their own work as well as the work of other children. Within lessons, we give the children the opportunity both to collaborate and to compete with each other, and they have the opportunity to use a wide range of resources.

In all classes, children have a wide range of physical ability. Whilst recognising this, we provide suitable learning opportunities for all children by matching the challenge of the task to the ability of the child.

We achieve this through a range of strategies:

- setting common tasks that are open-ended and can have a variety of outcomes;
- setting tasks of increasing difficulty, where not all children complete all tasks (e.g. gymnastic challenges);

- grouping children by ability, and setting different tasks for each group (e.g. different games);
- providing a range of challenge through the provision of different resources (e.g. different gymnastics equipment).
- Use of a Learning Challenge to set clear learning objectives and breakdown the skills required.

PE curriculum planning

PE is a foundation subject in the National Curriculum. We teach dance, games and gymnastics and athletics. The governors of the school have decided that we will also follow the statutory guidelines for Key Stage 2 in relation to swimming. The children in Year 4 go swimming on a weekly basis from September to July (one class, then the other). Classes also receive specific sports coaching from Sports Cool in relation to teaching and assessing. Long term planning will ensure adequate and well balanced coverage of the National Curriculum for PE. Pupils are encouraged to share any sporting achievements gained outside of school which are celebrated in key stage assemblies. The development of staff expertise within the school will be encouraged, including skills and knowledge acquired with working alongside Sports Cool staff. Courses are available through the BPLC and the PE Lead/Team will offer advice and/or assistance where possible and will pass on any ideas to colleagues from relevant courses or literature.

The Early Years Foundation Stage

We encourage the physical development of our children in the Nursery and Reception classes as an integral part of their work. As part of the Early Years Foundation Stage, we relate the physical development of the children to the objectives set out in the Early Learning Goals, which underpin the curriculum planning for children aged three to five years of age. We encourage the children to develop confidence, control of the way they move, and care in the handling of tools and equipment. We give all children the opportunity to undertake activities that offer appropriate physical challenge, both indoors and outdoors, using a wide range of resources to support specific skills.

Additional Needs

At Park View Primary School as far as is safely possible, there will be no barrier to participation by any child. Activities will be adapted to meet the needs and capabilities of all children. Consultation between teachers, parents and any agencies will take place to enable children with additional needs to participate fully and safely during lessons.

Safety

Park View Primary School will aim to follow the 'Practice in Physical Education' (BAALPE)

Risk Assessment are in place for lessons carried out inside and outside the school. Matting **must** be provided if children are "working" whilst using height apparatus and equipment.

Dress

Suitable clothing and footwear for all PE activities is essential. Park View School would expect all pupils to wear suitable sports kit (see appendix 1). Socks should be worn with pumps but tights should not be worn during PE sessions. Indoor PE requires pumps.

Bare feet *may be* appropriate when using some climbing equipment however pumps should only be removed for that activity and then replaced. Outdoor PE may require trainers. Tracksuits may be worn for outside games sessions. Trunks/swimming costumes and a towel are required for swimming sessions. When using the hall for PE children should walk to the hall in their footwear –if bare feet is required, children should leave their footwear at one side of the hall clearly out of the way. If the fire alarm sounds, children are to put their footwear back on and calmly leave the hall and make their way to the appropriate assembly point under direction from the class teacher.

Hair

Any hair of shoulder length or longer should be tied back for all PE activities. Soft bands/bobbles are preferable to clips or slides. Headbands should not be worn for PE sessions. Any child who wishes to wear a head piece (eg: headscarf; turban) for religious purposes must make sure it is securely fastened and/or tucked securely into their t-shirt.

Jewellery

It is a health and safety requirement that all jewellery **MUST** be removed before commencing any type of PE. If earrings cannot be removed they should be covered with surgical tape or plasters provided by parents or carers. Pupils must be able to apply and remove the coverings themselves. If a child requires a medical alert on medical grounds, this can either be removed or surgically taped down prior to the commencement of the lesson if appropriate. Parents are discouraged from piercing during term time and in any short holiday period.

Changing

All children will change in the classroom or changing facilities at the pool, under supervision. If parents wish for separate changing areas for their children at school then this may be considered if appropriate. Year 6 children are allowed to change separately with either boys/girls changing in the classroom and boy/girls changing in the communal area. Teachers are advised to change for PE sessions as well but if this is not possible, they must ensure they at least wear suitable footwear.

PROCEDURE IN CASES OF EMERGENCY AT THE POOL

If any child is involved in an emergency whilst changing at the pool there is a system of 'knock and enter' in place. Essentially, error be supervisor will knock loudly, count aloud to three and then enter.

Procedures for Non-Participants

Children who are not able to take part in PE for medical reasons should have a note signed by the parent or guardian. If this persists, it may be appropriate to ask for a doctor's note to confirm the prolonged illness should be involved in other aspects of the lesson, e.g. involved in the planning or evaluating, setting up, time-keeping, scorer or referee, feeder for skill sessions or ball retriever, etc. Verrucas should not be a reason for not swimming as verruca socks are widely available.

At present, those unable to attend swimming sessions because of medical reasons and have brought a note, are taken to the pool where they remain in the adjacent seating area under supervision. Should a prolonged medical condition prevent a child swimming on a long-term basis, alternative arrangements will be considered to enable the child to remain in school.

Behaviour

Any behaviour issues that occur during the P behaviour policy.

Equipment

Staff should ensure that children are supervised when setting up or replacing apparatus safely and correctly. Children are made aware of safety procedures, risks and risk control, through the general health and safety requirements stated in the National

Curriculum. Mats should be used for allowing a safe landing “*under from control*” apparatus.

Extra-Curricular Activities

These activities will be offered at Park View Primary School to help build on the skills being taught in the curriculum and hopefully to foster a sense of commitment to a team, give purpose and introduce an element of competition in the form of matches against other schools and in tournaments. A variety of sports activities will be offered from school staff, Sports Cool staff or staff from external companies, which will take place either at lunch times or after school. The activities that may be offered include football, netball, cricket, street dance, tri-golf, zumba and bokwa, striking and fielding, cheerleading and athletics.

Date: October 2019

Review Date: October 2022

P.E, Games and Swimming Kit

It is important that children have a change of clothes for P.E. sessions and games lessons.

All children should have their P.E. Kit available each day.

INFANTS (Key Stage One)

Plain white or jade tee-shirt
Dark blue shorts
Pumps

JUNIORS (Key Stage Two)

Girls

P.E.

Plain white or jade tee-shirt
Dark blue shorts
Dark blue gym skirt
Pumps (**NOT** training shoes)

Boys

Plain white or jade tee-shirt
Dark blue shorts
Pumps (**NOT** training shoes)

GAMES

Sweatshirt or cardigan
Gym skirt or shorts
Change of socks
Tracksuit (optional)
Football boots (optional)
Training Shoes (**NOT** boots)

Sweatshirt or football shirt
Shorts
Change of socks
Tracksuit (Optional)
Football boots
Training Shoes (**NOT** boots)

SWIMMING KIT

Swimming Costume
Towel
Swimming Cap (optional)
A bobble for shoulder length hair

Swimming trunks/shorts
Towel
Swimming Cap (optional)

P.E. kits should be in a clearly marked drawstring bag.

Games kits may be-type'broughtbag.in a 'football

All items of School Uniform, P.E. and Games Kit should be clearly marked with the child's full name.