

# **Fourlanesnd C P School**

## **Policy for Physical Education**

Signed: PE Governor

Agreed: November 2020

Date of review: November 2020. \*This policy will be reviewed annually.

### **Introduction**

At Fourlanesend school we recognise the importance that PE plays in the curriculum and are committed to providing all children with opportunities to engage fully in Physical Education(PE). PE should provide opportunities for all pupils to become physically literate and confident in a way which also supports their health and fitness. Children should acquire not only physical skills, knowledge and understanding, but also the awareness and importance of leading healthy, active lives as well as the values of sportsmanship, fairness and respect through the sports and activities they undertake.

### **Aims:**

**The consistent delivery of high quality PE lessons which are exciting, challenging and enjoyable and provide many varied learning opportunities**

- Develop knowledge, skills and understanding across a range of sporting activities.
- Engage in moderate to intense physical activity over sustained periods of time.
- Participate in competitive sports and activities.
- Lead healthy and active lives, picking up positive habits for their future lives.
- To compete in games and activities in a collaborative team.
- To develop Staff competence and confidence in the delivery of high quality PE lessons
- To promote safe practice in all activities.
- To use sport to build pupils self-confidence and self-esteem.
- To encourage involvement in extra-curricular sporting activities and develop community and club links
- Increase participation in competitive sports both in and out of School.

## **Responsibility for PE at Fourlanesend**

Miss Gillespie has responsibility for PE, Physical Activity and the development, monitoring and review of the provision of PE and Physical Activity.

Miss Gillespie will consult with the Head Teacher on PE matters and provision and the Head Teacher will oversee all things relating to PE at Fourlanesend primary school.

Staff who teach or support in PE should be aware of the Policy and consider how they can support it and staff who provide PE and physical activity should ensure that safe and effective procedures are adopted in all physical activities at all times.

## **External Providers**

To increase opportunities and inspire children to be active, we regularly source outside providers to deliver activities which would not normally be covered in curriculum time. Before the Covid-19 outbreak, a group of parents were running a football club for all years. A yoga specialist had also been running after-school sessions available for those who were interested. As a school, we currently actively have members of Saints Southwest who come in weekly to deliver a broad and balanced PE curriculum across all ages.

All visitors/coaches are expected to have an up to date DBS and provide this with photographic I.D (passport/driving licence) on arrival for their session.

This policy should be made available to visitors if reasonably practicable.

## **Health and Safety**

We recognise that participation in PE and Physical Activities contains an element of risk. Staff are responsible for ensuring that they are familiar with safe practice to reduce the element of risk to the absolute minimum within their control.

- Staff are aware of pupils who have special needs with regards to physical activity and make special provision for needs where appropriate e.g. physical disability, asthma.
- Staff know about the safe practices involved in moving and using apparatus.
- Pupils wear appropriate clothing, remove jewellery and tie back long hair. If the removal of jewellery or studs is not possible, they should be securely taped may only partake if the teacher is confident this strategy is effective.
- Pupils may be asked to remove shoes when participating in indoor activities such as gymnastics.

- Correct use of equipment is taught along with any potential hazards, including completing a risk assessment for each area/ space that PE and school sport takes place in.
- Equipment and apparatus is stored safely at the end of each lesson.
- Pupils are taught to consider their own safety and that of others at all times.
- School shoes are not permitted to be worn for PE.

Staff teaching PE should consider their own and their pupils' safety with regard to their own personal clothing, footwear and jewellery when involved in the teaching of any sporting activity.

We undertake an annual Risk Assessment of the school premises and areas where PE is taught and equipment including PE equipment as necessary. Risk Assessments are in place for all school sporting trips.

### **PE and School Sports Premium Funding**

PE and School Sports Premium funding is used in a number of areas relating to PE and sport at Furlanesend Primary School. A breakdown of the funding can be viewed on the School website under 'Sports Premium Spending and Actions'.

<b>Curriculum</b>
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### **PE**

All children are taught by a qualified Teacher and/or qualified PE coach. Children from Years R to Year 6 have at least one, one hour, lesson of PE a week during curriculum time which is taught by Saints Southwest. In addition to this, each class also have an hour of PE a week taught by their class teacher; this ensures that we are all meeting the government guidelines of 2 hours of PE per week. *Before the Covid-19 outbreak, Key Stage Two children who hadn't met the required level of skill, were having weekly swimming sessions over a twelve week period at the local leisure centre.* This was taught by a qualified swimming coach and overseen by the class teacher.

The curriculum at Furlanesend primary school covers the National Curriculum Programmes of Study in PE as stipulated in the PE National Curriculum 2014 document. Pupils develop physical skills, knowledge and understanding as well as learn about fitness, cooperation and fair play. Pupils' are assessed half-termly by their class teacher and also by the PE coach for any schemes that they have taught.

### **Activities taught at Furlanesend**

- Dance
- Gymnastics
- Fundamental Movement Skills
- Games (Softball, Cricket, Basketball, Tennis, Bench Ball, Hockey etc.)
- Outdoor and Adventurous Activities - WildTribe
- Athletics
- Health Related Fitness

### **Assessment & Recording**

Assessment is carried out by the Class Teacher. Children will be levelled as either Emerging, Developing, Secure or Exceeding, in accordance with Age Related Expectations as per the Assessment Procedures for the curriculum areas covered.

Swimming will be assessed by the swimming instructors at Saltash leisure centre. *The PE Lead will be responsible for publishing Swimming data on the School Website, as per National Guidance once this resumes after the Covid-19 restrictions are lifted.*

### **Participation in PE**

We aim for full participation in every PE lesson and aim to do this by:

- Providing spare PE kit for children who forget their kit.
- A wide range of imaginative resources and teaching strategies are used to actively engage pupils in participating in lessons.
- Our curriculum takes into consideration the range of pupils' needs to ensure continuity and progression in learning is provided and PE lessons will be suitably differentiated in order to support and challenge pupils.
- Staff ensure that pupils of all abilities are able to access the PE curriculum by providing alternative, or different resources to develop new skills and ensure a positive relationship with physical activity from an early age.
- Pupils who are unable to participate in a PE lesson are engaged purposefully with other roles such as observation, feedback, video recording, evaluation, coaching, umpiring and refereeing. Students should change into suitable footwear. Parental notes should be received if a child is excluded for any short or long term health reason.

### **Facilities available for physical activity**

On-site facilities include (*school to include*) eg :

- Hall - climbing frames, gymnastics mats, balance benches, box, springboards.
- Playgrounds (KS1 and KS2 separate playgrounds) - to be used during the day for play times, lunch times and PE, both in and out of school hours.
- Outdoor adventure play equipment is used for break/lunchtime activities.
- Saltash leisure centre who run the swimming sessions.

### **Clothing to be worn during physical activity (before, during and after school)**

We ask that all pupils change for PE and wear PE kit provided that includes:

- *Plain white t-shirt (long sleeve tops are permitted to be worn underneath and encouraged during winter months)*
- *Black shorts or jogging bottoms (leggings underneath are permitted)*
- *Trainers or black plimsolls*
- *School shoes are not permitted to be worn*

*Fourlanesend blue school sweatshirts can be worn on top of the t-shirt during autumn/winter months.*

We will always *endeavour* to provide spare kit for pupils cannot access their own designated school PE kit, to ensure that children do not miss PE lessons

<h3><b>Physical activity outside of the curriculum</b></h3>
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In addition to PE, there are a range of opportunities for physical activity throughout the school day.

### **Extra-curricular activities and clubs**

A range of after school clubs are available to pupils which are provided free of charge by the outside PE coach and various other coaches and volunteers. These clubs complement the curriculum, the interests of pupils and the local sporting opportunities. *These will resume when restrictions are lifted.*

### **Active playtimes**

Prior to the Covid-19 outbreak, children regularly took part in whole-school wake and shake sessions. This happened at the beginning of the day and after lunch. *Now, classes are doing their own extra activities such as Cosmic yoga, Joe Wicks and various other things such as YouTube Just Dance videos. All of which enable classes to be active but remain in their designated bubbles.*

## **Sports Day**

We organise an annual multi-sport Sports Day type event at the end of the summer term. Parents and carers are actively involved to attend and support their children. We have a wide range of sporting activities on the day to encourage participation and success for all children.

## **Involving parents and carers**

We recognize the important part parents and carers play in encouraging children to participate in physical activity. Information about PE, physical activities and sporting competitions organised by the school and opportunities after school, are shared with parents/Carers through the School newsletter and/or separate letters. Information about all areas relating to PE can also be found on the School website.

## **Monitoring and evaluation of physical activity**

The PE Lead Teacher or member of SLT with responsibility for Monitoring is responsible for the overall monitoring of the quality of PE and physical activity provision.

We monitor PE in the curriculum through subject reviews and self-evaluation in order to provide an accurate perspective on how it is being delivered and how it can be further improved.

Physical Education is monitored and evaluated through:

- Lesson observations
- Monitoring of lesson planning
- Monitoring of equipment
- Pupils Assessment data
- Feedback from staff
- Children questionnaires
- Pupil records of participation, focusing on different groups
- Feedback from pupils/school council about PE and general physical activity
- Pupil attendance and achievement in sporting competitions
- Attendance at after school sports clubs

When external providers are used to deliver physical activity, the PE Lead will, at times, observe to ensure that high quality lessons are delivered and assessed consistently.

### **Equal opportunities and inclusion**

We comply with the Equality Act 2010 and are proactive in ensuring that all pupils, including those with special needs or disabilities are provided with a comprehensive programme of physical activity. For pupils with disabilities or health conditions we will adapt activities to suit their individual needs. Where appropriate, this may mean providing specialised equipment, differentiating activities, offering a parallel or separate activity or setting a challenge appropriate to their skill level.

### **Training and support for staff**

We ensure relevant staff access high quality professional development annually on PE and physical activity to keep them updated on key related issues and ensure they are confident to teach the full breadth of the curriculum. We participate in training and projects run by the LA and other organisations.

### **Dissemination of the policy**

The policy is available to parents and carers and pupils via the school website.

Copies of the full policy are in the staff handbook, the Governors' handbook and Policy reference file, in the school office.