

*St Winifred's RC Primary
School*



P.E. Policy

May 2017

Jesus said, "I chose you, and appointed you to go and bear much fruit." (John 15:16)

Introduction

At St. Winifred's Primary School we are committed to providing all children with learning opportunities to engage in Physical Education. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Children should learn the values of fairness and respect throughout the sports and activities taught.

Aims

- Develop knowledge and skills across a range of sporting activities.
- Children 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 good 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 the new PE curriculum.
- 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
- Participate in competitive sports against other school clubs.

Curriculum Planning and Organisation

- As part of our Creative Curriculum, Indoor Dance lessons should be made cross curricular where possible e.g. Year 6 African Dance. Where there is no possible cross-curricular link to be made, staff must follow Val Sabin Dance Scheme.
- Teaching of gymnastics has been developed through working with the SCO provided by SSSP. Staff should continue to use planning provided, focusing on skills outlined in the National Curriculum. If necessary, plans can be supplemented by lesson ideas in the Val Sabin scheme.
- Each class is timetabled to use the hall and playground once a week. In addition, classes are given the opportunity to partake in the Mile-a-day scheme, involving a 10 minute run, three times a week to improve fitness levels.
- Currently the playground areas and astro-turf are used to facilitate outdoor P.E. activities such as games.
- Swimming lessons are provided by qualified teachers from Grand Central swimming pool.
- Coaches from local tennis and cricket clubs deliver sessions throughout the school, providing children with an opportunity to develop their skills further.

Sports Premium Funding

Sports Premium funding is used for membership of the Stockport Schools Sports Partnership, enabling access to a range of participation and competitive sporting events for all children. In addition, teachers will benefit from twilight sessions in specific areas of the teaching of PE and in team teaching opportunities in gymnastics (2016-2017). Funding is also used to provide clubs for identified target groups, including the Girls Active dodgeball sessions. Furthermore, qualified coaches are employed to provide sports provision during lunchtime. Further funding has been used to buy new equipment and sports kits to enhance children's experience of sports at St. Winifred's.

Lunchtime Activities

Qualified sports coaches are employed to provide sports provision during lunchtime, allowing children to partake in a range of intraschool competitions and enjoy a variety of sports. Sports coaches have also trained lunchtime organisers to supervise and become involved in such activities, maximising the enjoyment and safety of all children

Early Years Foundation Stage

Physical development within the EYFS framework is one of three prime areas for learning. The two related early learning goals are:

Expected

- Moving and handling - Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space.
- Health and self-care - children know the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe.

Exceeding

- Health and self-care - Children know about and can make healthy choices in relation to healthy eating and exercise. They can dress and undress independently, successfully managing fastening buttons or laces.
- Children access a range of daily activities to develop their fine and gross motor skills and have unlimited access to a dedicated outside area. In addition to this, they also have a weekly outdoor/indoor PE lesson.

Lessons are planned using the Power of PE scheme (a scheme specifically designed for the EYFS) and through work with the SCO.

Key Stage 1 & 2

The school follows the PE Schemes of Work devised by the SCO for gymnastics and Val Sabin for dance and outdoor sessions. The schemes are in accordance with the new National Curriculum guidelines. Lessons are blocked in units of work to promote greater depth of understanding, developing skills, contextual application of these skills and the ability to perform reflectively. Currently swimming lessons take place weekly for Years 3-5 during the school year. Transport time to the local pool is included as part of the PE time allocation.

Contribution of PE to teaching in other curriculum areas

English

Links between PE and English include: writing sequences, following/giving instructions, oral/peer assessments, speaking and listening, and movement within drama.

Maths

Links between PE and Mathematics include: measurement, shape and space, sequences, number, angles, position and movement, rotation and time.

ICT

Children use capturing and recording equipment (cameras and videos) for evaluation/development of skills. Videos of professional/skilled athletes are also used to help develop good technique.

PSHE

PSHE and PE links include following rules, living healthily, co-operating with others and understanding fairness and equality.

Creative Curriculum

Indoor dance links include: African Dance and Anglo-Saxon dance.

SMSC

PE offers many opportunities that support the social development of our children. Groupings allow children to work together and give them the chance to develop respect for the abilities of other children through collaborative and co-operative work, while gaining a better understanding of themselves.

Inclusion

- Class teachers will ensure that spare PE kit is available for any occasional circumstances where a child does not have their own in school.
- No pupils will be excluded from any physical education programme unless advised by a medical professional.
- Lessons will provide good quality experiences that are suitably challenging for all pupils.
- Children will undertake different activities, but all will be given the same opportunity to achieve the aims through an appropriate range of activities.
- For children with limited gross motor skills, the integrity of activities will be maintained and expectations will take into account the individual needs of pupils.

The 5 Ws

Jesus said, "I chose you, and appointed you to go and bear much fruit." (John 15:16)

The 5 Ws (Welcome, Word, Worship, Witness, and Welfare) are ingrained in every aspect of the school including PE. Children are expected to use their God given talents in all areas of the PE curriculum. Children who are identified as having a unique talent in an area of PE can be placed on the Gifted and Talented register.

Assessment & Recording

- Assessment is to be carried out by teachers on classroom monitor. Children will be levelled as either emerging, developing, secure or exceeding in dance, gymnastics, outdoor games, outdoor adventurous activities and athletics. Swimming will be assessed by the swimming instructors at Grand Central Pool. Fitness levels throughout the year will be monitored by the class teacher and PE co-ordinator through the Mile-a-day scheme, involving all children from years 1-6.
- A photographic/video record is sometimes used to document children's work.
- Physical development levels and progress are recorded by the EYFS teachers for each child.
- Physical Education is included as part of the end of year reports to parents.

Health & Safety

All staff have due regard for the current Association for Physical Education (AFPE) PE guidance when preparing and delivering PE lessons:

- Pupils are taught how to improve their own abilities to assess risks.
- Risk assessments are completed for indoor and outdoor P.E lessons and are displayed prominently in the hall or by the playground. These risk assessments are reviewed and updated following any Health and safety issues related to P.E. lessons.
- **First aid** equipment is available, and all staff are trained in what action to take, including calling for assistance in the event of an accident.
- **Inhalers** for pupils suffering from asthma are made readily accessible.
- **Children with diabetes** are monitored closely throughout and after PE lessons by staff.
- **Regular checks** are made on **all equipment**. This includes annual Health and Safety checks of all **fixed items** of equipment conducted by the LA ,fortnightly internal Health and Safety checks conducted by the Headteacher, site manager and a H & S governor.
- The subject leader makes **termly visual checks** for wear and tear and security of major items, and all staff are responsible for reporting to the subject leader if any items show wear and tear following daily checks by teachers prior to the lesson (as stated in lesson risk assessments)
- Any items constituting a danger are taken out of use immediately.
- Pupils are **taught how to move and use apparatus safely** under the supervision of a teacher or responsible adult.
- Pupils are **made aware of safe practice** and understand the need for safety when undertaking any activity. (e.g. not lifting Hockey stick above the waist, not jumping or running in front of others, etc.).
- Pupils are taught to understand the safety risks involved in wearing inappropriate clothing, footwear or jewellery and other body piercings.
- **Teachers ensure that no jewellery is worn in lessons** and long hair should be tied back. If earrings cannot be taken out, they are taped over.
- Pupils wear suitable footwear when travelling to and from the hall.
- If a child has no trainers/pumps for outdoor PE they use their shoes if the activities are on the playground.

Resources

- There is a variety of equipment to enable pupils to achieve objectives, which are best suited for their age and stage.
- Large equipment/ mats and some indoor PE resources are stored in the hall store.
- EYFS Physical development resources are stored in the EYFS store.
- Athletics equipment is stored in the KS1 Outdoor store.
- Netball posts/ other outdoor equipment are stored in the KS2 Outdoor store.

Administration Arrangements for Extra Curricula Sporting Activities and Events

Qualified sports coaches from an external company currently provide multi skills, tennis and multi-sports activities 5 days a week after school. They are responsible for keeping a list of parental contacts, registering children and dismissing them safely with an adult at 5.15 pm. Other Extra Curricular activities available to children include Upper Key Stage 2 football, dodgeball, street dance and yoga. There is a clear Lettings Policy and contract for all external providers, to ensure that the appropriate Health and Safety, Safeguarding and competency procedures are in place. (See Lettings policy for more details)

The School Office Admin Assistant liaises with the PE Co-ordinator, teachers/support staff and sports coaches to arrange after school clubs/ Holiday Sports clubs/ attendance of teams at External Sporting competitions.

The PE Co-ordinator liaises with office admin staff, sending e-mails to parents about sports teams, off-site visits and competitions. Returning permission slips are to be given to P.E Co-ordinator.

Colleen Parsons May 2017

Ratified:

Review Date: May 2020