



Rooted in the community – growing for the future

Physical Education (PE) and Sport Policy

Written January 2017, updated November 2019

Adopted at Governing Body on 16th January 2017 and reviewed in Teaching and Learning sub-committee on 4th November 2019, as recorded in minutes and signed by the Chair of Governors, Julia Kelly:



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This policy is due for review by November 2022.

All our policies should be read in conjunction with our Shire Oak Values and the principles and practices detailed in our Single Equality Scheme.

Aims and Objectives

At Shire Oak CE Primary School Physical Education forms an important part of the education of each pupil. We aim to promote an active, healthy and enjoyable lifestyle and encourage our pupils to have the motivation, confidence, physical and social competence, knowledge and understanding to maintain physical activity throughout life.

P.E. introduces children to the world of sport and other physical activities. By teaching skills, understanding and fostering an enjoyment of exercise, we will hopefully provide the foundations for a healthy, active lifestyle. The aims of Physical Education at Shire Oak CE Primary School are:

- **For every child to leave Shire Oak with at least one sport or physical activity that they enjoy and are going to continue as they move up to High School and into adult life. (The following aims and objectives support this priority.)**
- To promote positive attitudes towards and participation in physical activity.
- To develop social co-operation and positive attitudes towards others and to compete with a sense of fair play.
- To promote physical skills development and a healthy lifestyle.
- To show an awareness, knowledge and understanding of safety when participating in physical activity.
- To encourage lifelong involvement in physical activity.
- To take delight in their physical abilities and develop a healthy body confidence.
- To develop and maintain strong mental wellbeing.
- To develop fair play through cooperation, collaboration and competition and manage to varying levels of success in competitive and cooperative situations and retain a proper sense of perspective in competition.
- To always try to achieve personal best.
- To have age appropriate activities.
- To understand the need for rules in games.
- To provide equal opportunities for all children regardless of their race, gender, background or ability, thus providing a programme of study that is inclusive.
- To provide equal opportunities for all children to achieve their full potential, through curricular and extra-curricular sessions.
- All children learn to swim to a level that enables them to swim for recreation and for safety.

Curriculum

Each child at Shire Oak CE Primary School receives 2 hours of Physical Education curriculum time per week. The teaching of the Physical Education curriculum is broken into the following areas of activity:

- Dance
- Gymnastics
- Invasion Games
- Net and Wall Games
- Striking and Fielding
- Athletics
- Swimming

All children at Shire Oak are taught to swim as part of the National Curriculum. The lessons follow the new Leeds School Swimming Syllabus. Children have an intensive programme of lessons (three times a week) in the summer term of Year 2. They then follow this with weekly swimming lessons in Year 3. Children who cannot swim by the end of Year 3 (or who are new to our school and cannot swim) continue lessons in Year 4 and 5.

Non Participation in P.E.

Children should only miss P.E. lessons on health grounds if this is requested by their parents or guardian either by direct contact with the school or in a note to the teacher. Children who persistently forget their P.E. kit

should be reminded of the importance of P.E. and a letter or text should be sent to their parents asking for their co-operation. Spare clothing is available at school.

Planning and Progression

Each year the children will be taught a range of physical activities to develop strength, coordination and agility. The teaching of different games and sports will develop children's skills in tactics, their awareness of fair play and teach them to deal with different levels of success. The medium-term planning documents, kept on the school network, will indicate the activities that will be taught in each half-term for Cycles A and B. Individual members of staff will amend the short-term planning for pupils, based on their knowledge of the children's ability. Books and other teaching resources are kept in the PE cupboard and should be utilised when planning a P.E. unit to ensure a balanced and appropriate unit of activity is delivered. Staff are also encouraged to use appropriate resources on the internet from specialist bodies such as Youth Sport Trust, England Netball, etc. SEN provision will be made for children with special educational needs where it affects their performance in P.E. Children who demonstrate advanced skills during P.E. lessons are given extra challenges as well as the opportunity to receive extracurricular coaching during Leeds Beckett University time.

Equal Opportunities

The Governing Body will ensure compliance with current legislation regarding Equal Opportunities. All pupils at Shire Oak Primary School will be given equal opportunities to access the P.E. curriculum regardless of race, sex, religion, ethnic group, culture or ability (including more and less able pupils). A well-balanced and planned P.E. programme should meet the physical and social needs of all pupils thus allowing all children across the ability spectrum to succeed. By setting suitable learning challenges, responding to pupils' diverse learning needs and overcoming potential barriers to learning and assessment, teachers will create a positive and achievement orientated learning environment.

We are aware that girls at Shire Oak are in a minority (around 43% - the lowest 20 percentile in the country) and that we have a significant group of under confident girls. Enabling them to access PE and sport in the curriculum* and to encourage them to compete in inter-school competitions is a priority for us to help them develop self-confidence. We use some of our School Sport Premium to pay for coaching and to give them access to sports, activities and role models that they would not otherwise experience. (* We think it is important that this provision is in school time as we have found that simply providing after school clubs for this group has not been effective as girls do not always attend due to family and other reasons.)

Assessment

Assessment in PE is ongoing and formative. Children will receive feedback and support during the lessons. Assessment in P.E should provide opportunities for pupils to assess their own performance through talk and observation of peers. They should be encouraged to recognise ways of improving skills and make positive comments on their own and others work. A judgement against age related expectations is made and shared with parents in the end of year report.

Dress Code

It is expected that children will wear the school PE kit during lessons. This includes:

- white/purple T-shirt
- black or navy blue shorts, leggings or jogging bottoms
- school plimsolls or trainers. The pupils can work with bare feet indoors during gymnastics. Tights must not be worn. In outdoor P.E lessons, when it is cold, children are encouraged to dress for the weather.

Staff dress suitably for PE lessons and ensure they have appropriate footwear and comfortable clothing.

Health and Safety

Physical Education presents challenges to growing children and there is the risk of accident or injury. Therefore it is important for all staff to be aware of the importance of safety and to plan accordingly. The

following list is a general outline of safe practice in P.E. More detailed, subject specific guidelines can be found in the 'Safe Practice in Physical Education and School Sport' document.

- All forms of physical activity should be preceded by an appropriate warmup.
- The pupils must be given tasks which are challenging, but within the scope of their ability.
- Teachers must carry out a risk assessment of all equipment before use and give pupils disciplined strategies for safe handling of the equipment whilst the work is in progress and safe storage when the work is complete.
- Appropriate levels of lighting must exist to facilitate a safe working environment.
- The surface that the pupils are expected to work on should be clean and free of litter or other hazards that could cause an accident. The teacher should pay special attention to the suitability of the surface, after the floor has been polished in the hall and after rain on the playground or on the grass as this may make the area too slippery to be safe.
- All jewellery and watches should be removed.
- Long hair should be tied back.
- Appropriate clothing must be worn by pupils and staff.
- The teacher must ensure the preservation of body heat after hard physical exercise and use good methods to cool down pupils after such exercise.
- The teacher must be aware of any medical condition which may affect physical ability (e.g. diabetes or asthma) and make the appropriate adjustments in planning and implementation of the lesson to allow pupils who suffer from any conditions to take part actively but safely.
- For health, safety and curriculum reasons, teachers may physically guide children during lessons in order to develop their skills. E.g. correcting a child's position during a gymnastics lesson.
- Staff should have a working knowledge of First Aid and know when and how to summon qualified First Aid assistance.
- Staff should be mindful of the weather and risk assess accordingly. (High winds can cause a problem in our playground.) Sunhats, suncream, warm outer clothing and access to water should all be considered.

Risk Assessment

The P.E. Co-ordinator, working with the site superintendent and the contracted company, is responsible for carrying out a thorough risk assessment of sporting equipment and facilities. Regular checks and risk assessments are made by all staff involved in delivering the P.E. curriculum, these checks are ongoing. Risk assessments should also be carried out on any facilities that are used for sporting activities outside of the school grounds. Annual safety checks and repairs are carried out on gymnastic equipment and staff should check apparatus when it is being taken out for use in lessons. If a potential hazard is identified it is immediately taken out of use and reported to the P.E. coordinator. We base our risk assessments on the model risk assessments from Leeds local authority.

Monitoring and Evaluation

Monitoring and evaluation of the P.E. curriculum will be carried out in a variety of ways, including some or all of the following:-

- By the P.E. co-ordinator meeting with teachers and external coaches to discuss their plans and match them against the P.E. schemes of work.
- Supporting colleagues in the teaching of P.E. by being informed about current developments in the subject.
- By evaluating the strengths and weaknesses of the subject and identifying areas that need further development.
- By carrying out lesson observations and learning walks.
- Pupil voice interviews.
- Teaching lessons across school (by PE coordinator and senior leaders) to observe pupil responses and routines

Use and Storage of Apparatus

Large apparatus is stored in the hall and the children are taught how to move and lift the apparatus safely. Games equipment is stored in the P.E cupboard. Any new members of staff including NQTs will be shown how to use, move and store all apparatus. Supply teachers who have not had an appropriate induction should not use the large apparatus. Teacher training students need to be with an appropriately qualified member of staff during a P.E lesson. They should not be left alone with children during PE lessons.

Extra-Curricular Activities

We are committed to recognising the importance of physical activity of children outside the curriculum. We believe that links with local sporting clubs and organisations and the provision of extra-curricular activities organised by the school is a positive contribution to children's wellbeing and development. All pupils in KS2 have the opportunity develop skills in rugby and football and to represent Shire Oak in local league matches. Children in KS2 are also encouraged to take part in various sporting events organised by the Leeds North West School Sport Partnership led by St Mary's Voluntary Academy in Menston.