



# PHYSICAL EDUCATION POLICY

Member of staff responsible:

S Isaacs & G Williams

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Date to be reviewed:

Spring Term 2021

## **Introduction**

### Rationale

We aim to provide a high-quality physical education curriculum that inspires all pupils to succeed and excel in competitive sport and other physically demanding activities. It provides opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.

Millbrook Combined School seeks to provide a full, varied and interesting Physical Education (PE) curriculum which challenges, engages and excites staff and pupils alike. The curriculum includes dance, games, gymnastics, athletics, swimming and water safety. We see Physical Education as a vital part of the education experience as a whole.

### Aims

The aims and objectives of teaching PE in our school relate directly to those of Millbrook Combined School as a whole: namely that we endeavour to provide an educational experience that ensures all members of the school community maximise their achievements and realise their potential through the delivery and content of the lessons.

In order to do this we aim to:

1. Stimulate and maintain pupil interest and enjoyment in PE and to promote health and fitness for current and future lifestyles.
2. Provide sustained periods of physical activity in PE lessons and through extra-curricular activities.
3. Develop confidence to excel in a broad range of physical activities.
4. Enable pupils to work independently and as part of a group or team in varied activities so as PE contributes to the development of core skills such as communication by speech.
5. Employ teaching methods and resources that will allow all pupils to have equal access to PE and to experience success and enjoyment in their PE work.

### Curriculum

Every class is allocated 2 hours of PE per week from Year 1 to Year 6 (one hour indoor PE and one hour of swimming or outdoor PE [half-termly rotation]).

Every class needs to include 10 minutes of fitness activity per day (or equivalent across the week). This can be using our subscription to Fitter Futures (and their fitness videos), a daily mile run using the marked playground track or any other cross-curricular idea.

### **Foundation Stage**

The Foundation Stage children access Physical Development (being one of the Prime Areas of Learning in the EYFS) through both adult led and child-initiated activities. They are also

taught Physical Development in whole class adult led lessons outside and in the hall. Children are introduced to a range of activities aimed at developing confidence, control and coordination in large and small movements. They also learn the importance of physical exercise for good health, a healthy diet, and talk about ways to keep healthy and safe. They manage their own basic hygiene and personal needs successfully, including dressing and going to the toilet independently. The children are informally assessed at 6 points over the year across the Foundation Stage and this information feeds into the children's Learning Journey and eventually the Foundation Stage Profile at the end of Reception.

### **Key Stage 1**

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Pupils should be taught 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 continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Pupils should be taught 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 (for example, 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**

All schools must provide swimming instruction either in key stage 1 or key stage 2.

In particular, 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.

### **Curriculum Differentiation**

The School Sports Partnership recommend using the principle of STEP for differentiating activities.

S = change the space available

T = change the time allowed

E = change the equipment, e.g. softer or larger balls, different sized bats, etc

P = change the people, e.g. size of the groups

### **Health and Safety Policy**

The effective management of safety for Millbrook Combined School has four main components:

#### *Risk Assessment and Planning Before a Lesson*

All staff are required to familiarise themselves with the Health and Safety policies of the school. Every activity should be assessed for risk, including the carrying of equipment. We attempt to balance the desire to minimise risk with the need to undertake practical activity. Risk assessments are carried out in accordance with the school's Health and Safety policy and with reference to Safe Practice: in Physical Education, School Sport and Physical Activity Guidelines.

#### *Organisation*

Before a lesson starts staff should:

1. Have procured any necessary safety equipment and undertaken any specific safety measures.
2. Know how and when to use any particular facilities and equipment.
3. Have identified the quantity and condition of the equipment to be used by pupils.

In identifying risk staff should:

1. Identify hazards.
2. Identify cause and effect.
3. Examine working methods.
4. Investigate safety literature for advice.
5. Remove hazards where possible.

In case of emergency staff should:

1. Be familiar with evacuation procedures in case of fire or other emergency.

2. Know the location of, and when and how to use, firefighting equipment.
3. Know the location and identity of members of staff trained in First Aid.

### Control

Teachers should be aware of:

1. Where to find information.
2. The LEA Safety File containing safety circulars from the LEA.
3. LEA Health and Safety Policy.
4. School Health and Safety policy and where to find it.
5. The procedures for reporting accidents, particularly those that constitute an emergency.
6. The school's behaviour and discipline policies.

### Other

1. PE Equipment is annually checked by appropriate agencies.
2. Periodic safety checks of PE equipment are carried out by members of staff (i.e. gymnastics equipment is checked before a unit of work commences)
3. Several members of staff are First Aid qualified. This list is posted in key areas around the school.

### **Extra-Curricular Activities**

Millbrook Combined School strives to offer a range of extra-curricular opportunities available for all pupils.

### **Cross Curricular Links**

PE can be linked to many subjects across the curriculum including; Science (Body, Heart, Exercise), Maths (measuring, time, distance, data handling), English (instructions, reports), Music, ICT and PSHE).

### **Assessment**

At the end of each unit, teachers are required to formally assess each individual to provide a summative assessment of what has been taught. Formative assessments will happen throughout each lesson and the pupils will be supported as and when it is needed.

### **Inclusion**

All aspects of PE are taught in such a way as to include all children regardless of their gender, background, culture or physical ability. Learning objectives are set in line with our Special Needs and Equality Policies.

### **Policy for PE Kit**

Pupils are expected to bring their own kit to each physical education lesson. The agreed PE kit is listed below:

<b>Boys</b>	<b>Girls</b>
Black Track Bottoms (Trousers or shorts) House Colour T-Shirt (Red, Green, Yellow, Blue) Plimsolls/Trainers	Black Track Bottoms (Leggings, Trousers or Shorts) House Colour T-Shirt (Red, Green, Yellow, Blue) Black Plimsolls/Trainers Hair tied back where possible
Swimming trunks Swimming cap	One piece swimming costume or culturally acceptable swimming costume Swimming cap

### General Points

- Teachers should also wear appropriate clothing (even when specialist coaches are in to teach the lesson).
- Jewellery must be removed; staff are never permitted to remove a child's earrings.
- Children should bring a note if they are unable to participate through illness or injury. Staff should be vigilant if a pattern of non-participation is established for a variety of reasons (including child protection issues). After 3 sessions of no kit a letter is to be sent home, available from the office.
- Pupils still need to participate even if they don't have kit, they could be a coach, an observer or a referee.

### Competitions

At Millbrook, we try to offer children as many competitive experiences as possible, whether they are within school, against their peers, or at another venues against different schools.

Sports Day is an important event at Millbrook. The activities included ensure pupils are given a range of experiences and remain physically active for as much time as possible, as well as including the traditional races.

### General

#### Security

Members of staff are responsible for safety and security of the sports halls and facilities. The School Halls should be checked at the beginning of each period of use to ensure that the floor surface is clean and free of any hazardous materials or equipment.

Pupils are not to enter the PE storage area on the stage in the South Hall unless specifically invited to do so by a member of staff, and never without supervision. Students are not permitted to use PE equipment during morning and lunchtime breaks unless they are under the instruction of a coach or member of teaching staff instructing an extra-curricular club. Members of staff are responsible for the safety, well-being and conduct of all the students listed on their registers for the whole time they have been allocated to them for lessons. Students excused from participation, due to illness or injury, must remain under the supervision of a member of staff at all times. In the instance that an outside coach is brought

in to instruct a unit of work it is the expectation that the class teacher will be supporting and using this opportunity to further their professional development in PE.

### Wet Weather Contingencies

If, due to wet weather or dangerous conditions lessons are unable to be taught outdoors, lessons will be switched to indoors. In PE lessons, the decision to switch lessons indoors will remain with the teacher responsible for that lesson and is subject to the South Hall being available.

### **Resources**

There is a wide range of resources to support the teaching of PE across the school. We keep most of our small equipment in the PE store, and this is accessible to children only under adult supervision. The hall contains a range of large apparatus, and we expect the children to set up and put away this equipment as part of their work. By so doing, the children learn to handle equipment safely. The children use the school playground and may use the public sports area behind the school for games and athletics activities. The school also has access to the on-site swimming pool that is used for swimming lessons.

### **Monitoring and Review**

The monitoring of standards of children's work and of the quality of teaching in PE is the responsibility of the PE subject leader. The work of the subject leader also involves supporting colleagues in their teaching, being informed about current developments in the subject, and providing a strategic lead and direction for PE in the school.

This policy will be reviewed at least every three years.

Signed:

Date:

**S.Isaacs and G Williams, March 2019**