



CROSBY-ON-EDEN SCHOOL

“Enjoying achieving; achieving enjoyment”

PHYSICAL EDUCATION (P.E.) POLICY

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Review responsibility	Learning & Teaching Sub-Committee
Signed (Head) <i>Ayesha Hesh</i>	Signed (Chair of Governors) <i>Mr J. Ditchburn</i>

Crosby-on-Eden CE Primary School

Physical Education Policy

Aims

The national curriculum for physical education aims to ensure that all pupils:

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives

Objectives

- To provide a curriculum that satisfies the requirements of the National Curriculum.
- To provide up to two hours of high quality physical activity per week for all pupils.
- To provide an environment in which pupils enjoy and are committed to PE and sport.
- To ensure pupils understand that physical activity is an important part of a healthy lifestyle, including social and emotional well-being; both in and out of school and now and in the future.
- To provide all pupils, irrespective of ability, opportunities to experience and succeed in positive, enjoyable and stimulating PE and sport.
- To provide opportunities, within the school (intra) and between schools (inter), for pupils to participate in a range of competitive, creative and challenge-type activities, as individuals and as part of a team.
- To develop competence in the fundamental movement skills and control in gross and fine motor skills.
- To develop stamina, suppleness, strength and agility and the determination and resilience to keep going.
- In lessons, to establish: clear learning objectives and success criteria, opportunities for pupils to demonstrate their knowledge, understanding and competence, challenges to enable pupils to select and use skills with regards to tactics and composition and other opportunities for pupils to communicate, solve problems and make decisions.
- To provide meaningful links to other areas of the curriculum and to national and international agendas.
- To provide an out of school hours' programme of activities which enables pupils to extend and enrich curriculum provision.
- To establish good habits: an awareness of safety and hygiene and being responsible for PE equipment.

Curriculum

Long, medium and short term planning embraces the National Curriculum and uses the Cambridgeshire Scheme of Work – 'Physical Education for Primary schools Reception to Year 6; The Newman Catholic Collegiate scheme Key stages 1 and 2– which incorporates PE across the curriculum, wow facts, differentiation and houses a wide range of sporting ideas from agility and balance through to parkour; TOPS Cards; FUNs activities plus other specific sport learning resources such as ideas cards for cricket and tennis, Key Steps gymnastics and Country dancing teacher booklet and CD. The Newman plans can be found on the staff shared drive (Robin) and the Cambridgeshire scheme, along with other relevant PE resources to aid planning are housed in a cupboard in the staff room.

The planning and delivery of each unit of work ensures all pupils have the opportunity to:

- acquire and develop new skills
- select and apply appropriate skills, tactics and compositional ideas
- evaluate their own and others' performance in order to improve
- gain knowledge and understanding of how PE and sport contributes to staying physically, mentally and emotionally healthy
- experience a range of roles, such as leader, umpire, coach etc

All children participate in two lessons a week.

The Foundation Stage

The physical development of children in the Foundation Stage is an integral part of their school work and is related to the objectives set out in the Early Learning Goals. The children are encouraged to become Competent Movers,

developing their Fundamental Movement Skills in the way they move, balance and handle equipment, both indoors and outdoors. Nursery pupils use the Action Kids Scheme of work to develop co-ordination, balance and agility.

Key Stage 1 (taken from the National Curriculum)

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 will 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 including gymnastics,
- participate in team games, developing simple tactics for attacking and defending,
- perform dances using simple movement patterns

Key Stage 2 (taken from the National Curriculum)

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

In accordance with the National Curriculum, all schools must provide swimming instruction either in key stage 1 or key stage 2. At Crosby-on-Eden CE primary, children attend swimming lesson with a qualified swimming instructor in the summer term at Morton Pools. Year 2 and 3 children attend each week for 10 weeks.

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

Any pupils who do not complete their National Swimming Award of 25 metres, will attend in their next academic year/s.

Cross Curricular links

As well as making its own contribution to the schools curricula, physical activity also contributes to the wider aims of education.

The school will endeavour to make links to other areas of the curriculum whenever possible.

- Information technology is used to record and display performances in PE.
- Literacy skills are promoted through the use of discussion and evaluation of performance.
- Numeracy skills are developed through the measurement of performance and also through discussion about shape, space and position.

- Links to science can be through references to the human body and its reaction and adaptations to exercise.
- Contributions are made to PSHE and Citizenship through children learning about the benefits of exercise, healthy eating and how to make informed choices about these things.
- Opportunities to support the social development of children through the way they work with others in lessons. Groupings allow children to work together and give them the opportunity to discuss their ideas and performance. Their work in general enables them to develop respect for other children's level of ability and encourages them to co-operate across a range of activities and experiences. Children learn to respect and work with each other, and develop better understanding of themselves and of each other.

Extra-Curricular Opportunities

Children are offered the opportunity to engage in a variety of extra-curricular activities, after school. Most clubs are run voluntarily by members of staff, occasionally outside coaches are used to deliver clubs. In addition outside coaches are used to deliver clubs.

It is also the aim of the school to have children as active at lunchtimes as possible. Lunchtime supervisors are encouraged and given resources to help promote active playtimes.

Our annual inter-house sports day competition also provides opportunities for children to compete, learning important values like how to cope with both winning and losing and belonging to and working with a team.

The school passes on details of any out of school club activities available for the children to take part in via posters in the playground display boards and our school website. The school also plays regular fixtures and is involved in various sporting activities against other schools. This introduces a competitive element and allows children to put into practice the skills they have developed in their lessons. These opportunities foster a sense of team spirit and co-operation amongst children.

Children in Year 5 at Crosby-on-Eden CE Primary, take part in the Bikeability programme every September/October. Any child awarded less than the level 2 certificate will be offered a chance to take part again the following year.

As a school, we are taking part in Cumbria Council's Feet First Programme, encouraging children to travel to school in more environmentally friendly way with the associated health benefits. This programme runs throughout each term of the school year.

Staffing and Staff Development

INSET will take place within the school as deemed necessary. Staff are to take responsibility for what is taught in their lessons.

Staff should indicate to the PE co-ordinator if they feel they need support in specific areas of the curriculum; any information and resources should then be disseminated to other staff.

Where outside agencies are used to deliver PE/extra-curricular clubs, we ensure that they have relevant inductions and have DBS checks before taking an activity; there will always be a supporting adult on site.

Coaches from William Howard School, Carlisle cricket club, Carlisle tennis association and others, are used, not only to provide specialist coaching to pupils, but also as excellent CPD opportunities for staff as all sessions are attended by a staff member.

Safe Practice

All teachers should make themselves aware of the health and safety arrangements for the areas of activity that they are teaching. This school follows the "Safe Practice in Physical Education" guidance provided by Baalpe. A copy of the Baalpe manual is located with all other PE documents/folders/schemes of work in the staff room.

All pupils must be taught how to handle and carry apparatus, resources appropriately. They should be taught to recognise hazards, assess the consequent risks and take steps to control the risks to themselves and others.

All staff have a duty of care to ensure that pupils can actively participate without endangering themselves or those working around them. Every teacher has procedures in place before the PE lesson to ensure the following is adhered to.

It is the teacher/club leader's responsibility to put away equipment safely, securely and in the appropriate place, leaving the learning environment in a safe condition.

Pupils should be responsible for their own inhalers and always have them with them. For younger children, a member of staff will ensure inhalers are on hand immediately during PE lessons.

Risk Assessments

The importance of safety in PE is made clear to all pupils, lesson planning allows for health and safety consideration and every teacher is expected to carry out an informal risk assessment of every PE lesson to minimise risk.

Risk assessments exist for the school environment and attending swimming and a risk assessment is completed by the organising staff member for pupils attending an off-site sporting event.

PE Equipment

Any damage to PE equipment is reported to the PE Leader (Mr Jones) as soon as possible and if the damage could cause injury the equipment is isolated from use. The school employs an external contractor to undertake an annual equipment maintenance visit.

PE Clothing

Pupils

Children need to change out of everyday clothing into appropriate clean, sweat absorbent gear that provides freedom of movement.

This should be:

- A maroon Crosby PE T-shirt
- Black PE Shorts
- Black Plimsolls (indoor use)
- Trainers (outdoor use)
- One piece swimming costume for girls
- Swimming trunks or swim shorts for boys.

Tracksuit/jogging bottoms and sweatshirts (**not the child's normal school sweatshirt**), for colder days may be worn in both Key stages.

If girls are wearing tights these need to be removed and socks worn. This enables the foot to be better gripped by the item of footwear, and promotes good hygiene.

Children in dance and gym should work barefooted, unless a written note is produced. T-shirts must also be tucked in for both dance and gymnastics as this allows for safe movement around equipment. It also allows the teacher/observer to ascertain whether good posture is being achieved.

A register is to be kept by class teachers and overseen by the PE Co-ordinator regarding children who do not have the correct PE kit. Parents of those children who forget their kit will receive a text message reminding them of the days in which their child carries out PE lessons. PE kit should, where possible, be kept on the child's peg (Class 1 and 2) or in their locker (Class 3 and 4) and taken home at the end of each week or half termly.

If children are unable to take part in physical exercise, a letter must be provided by parents or call the school office. If children forget their kit they will be encouraged to take on an evaluative role in the lesson being taught; this also

applies to those who have a letter from their parents. This will enable to children to be active observers, and will provide them with a focus.

Teachers

In order to be positive role models to our pupils, all staff should wear appropriate physical activity clothing. As far as is possible, staff should change during lunch-break, however, if children are leaving school prior to lunch for a tournament etc., staff may come ready changed for the day.

Hair

All long hair is tied back for PE lessons. There are spare bands in school to enable access to the lessons for those who forget.

Jewellery and personal effects

All jewellery, religious artefacts, watches and sensory aids are removed before participating in a PE lesson. Stud earrings should be covered with tape or removed.

Teachers should not remove earrings, neither should they take responsibility for the safekeeping of such valuables. Only stud earrings are permitted in school. These should preferably be removed by the child or if they have been recently pierced, taped over by the child (parents are to supply plasters). The covering with tape must be done by the pupils themselves immediately before the lesson or by their parents the morning of their PE lesson. *It is not acceptable to tape over piercings when swimming, where water can dislodge the tape.*

Sports Premium Funding

The Sports Premium is used to support all of Crosby-on-Eden's PE and Sport objectives and its vision. The premium helps to promote sustainable outcomes: high quality PE lessons and extra-curricular opportunities which enable all pupils to want to regularly participate in physical activity and even excel, both now and in the future.

The expenditure is posted annually on the school's website, a report is also made annually to the school's Governors and its impact is measured as described above. For information about how the School spend the Sports Premium Funding, please see the P.E. Folder or the school website.