



# **Townley School and Pre-School**

## **Physical Education Policy**

**July 2019**

# Introduction

At Townley School, we believe that Physical Education (PE) and sport have a vital role to play in the physical, social, emotional and intellectual development of children. Physical education and sport are important in giving children the knowledge, understanding and the tools to make informed choices about healthy living and have a positive impact on their own health and wellbeing.

## Aims

The PE curriculum at Townley aims to provide for pupils' increasing self-confidence through an ability to manage themselves successfully in a variety of situations. Children will have the opportunity to take part in a wide range of sports and physical activities, carried out in a safe and supportive environment, where effort and hard-work, as well as success, is celebrated and enjoyment and working together is promoted. This policy should be read alongside the school's Risk Assessments.

- To provide a curriculum that satisfies the requirements of the National Curriculum and Early Years Foundation Stage.
- 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 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

## The PE Curriculum

### Early Years Foundation Stage

The physical development of children in the Early Years Foundation Stage is an integral part of their development 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. Children in the Early Years Foundation Stage do not participate in formal PE lessons, but are expected to be physically active during each session.

### Key Stages 1 and 2

Specialist PE teaching is provided by Premier Sports coaches for KS2 classes for a minimum of one hour each class per week, covering the PE curriculum. Teaching assistants participate in the lessons, gaining valuable professional development, as well as supporting the pupils and coaches. At all other times PE is delivered by the class teachers. It is expected that each class has a minimum of two hours high quality PE each week. Curriculum swimming is provided to the children in year 5 for four weeks, in the summer term in the school pool.

## **Extra-Curricular provision**

Pupils have opportunities to develop their skills in a range of activity areas. They benefit from PE and Sport opportunities provided within the March and Chatteris Cluster, including tournaments and competitions. Coaches also lead play at lunchtimes and in after-school clubs. Sporting success in and out of school is celebrated in assemblies. All pupils participate in an annual sports day.

## **Swimming**

All classes from reception to Year 6 take part in swimming lessons in the school pool. Our core offer for swimming is that all children in Year 5 will take part in swimming lessons. School staff are expected to assist the teachers at the poolside.

## **Health and Safety**

The school aims to manage risks in accordance with the guidelines in the 'Safe Practice in Physical Education & School Sport.' 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. The importance of safety in PE is made clear to all pupils, and lesson planning allows for health and safety consideration.

Detailed risk assessments are in place for PE and swimming including arrangements for:

- Safeguarding
- Staff Training
- Supervision
- First Aid
- Earrings
- Clothing and footwear
- Medication
- Injury
- Tripping and slipping
- Physical contact, e.g. tackling
- Netball posts and heavy equipment
- Maintenance of PE and play equipment
- Mats
- Indoor apparatus, e.g. benches
- Storage

## **PE Equipment**

Arrangements are in place for annual inspection of apparatus and equipment to be undertaken by a competent person. Teachers or coaches should carry out visual inspections of equipment prior to use. Mats must be suitable for purpose. They should not be used to cover unsafe landing areas from height. Apparatus must be suitable for purpose, e.g. obtained from reliable sources and suitable for the age range.

Storage areas for PE equipment should be suitable, e.g. sufficient space, clean and tidy, accessible and secure.

## **PE Clothing**

Pupils should wear appropriate PE kit for all activities and appropriate footwear, e.g. trainers, for outdoor activities. If children are unable to wear suitable clothing or footwear, they may be asked to take part in more restricted PE

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activities during the lesson. In line with recent guidance from Cambridgeshire County Council for any PE lessons (including swimming) all jewellery, including earrings, should be removed, rather than covered. If children are unable to remove earrings, they may be asked to take part in more restricted PE activities during the lesson.

## **Assessment and Reporting**

Premier Sports staff are expected to provide report statements every summer for all pupils in Key Stages 1 and 2. Teachers report annually to parents/carers against the standard in the National Curriculum.

## **Equality, Diversity and Accessibility**

All pupils will access a broad and balanced PE curriculum, which meets the specific needs of individuals and groups of people, including those who have diverse special educational needs, who are disabled, who have English as an Additional Language and who are gifted and talented. This will be carried out by effective lesson planning, delivery and assessment and using support staff and appropriate resources.

## **Additional staff supporting learning**

Teaching assistants supporting learning are expected to be active participants in lessons. It is expected that they will be dressed appropriately and have jewellery removed in the same way as the children. Wedding rings can be worn so long as they do not pose a risk to others.

## **Physical Education and School Sport Premium**

Sports Premium funding used is outlined annually in our Sports Premium spending document as this varies according to the needs of the school. It has been used:

- To support the cost of specialist sports teachers to work with staff to improve the quality of PE teaching throughout the school.
- To work alongside and develop Teaching Assistants when teaching Physical Education for these children to enable us to enhance the provision of Physical Education across the school.
- To buy in specialist staff to run Multi skills clubs.
- To introduce and encourage participation in extra-curricular activity in sports and physical development.
- To buy in specialist staff to run a lunchtime club to encourage physical development, team games and sports activities for all children.

## **Monitoring and Review**

The monitoring of the standards of children's work and of the quality of teaching in PE is the responsibility of class teachers. The headteacher is responsible for supporting colleagues in the teaching of PE, being informed about current developments in the subject, and providing a strategic lead and direction for the subject in the school. The headteacher and school staff evaluate the strengths and weaknesses in the subject and indicate areas for further improvement. Observations and feedback are provided to Premier Sports coaches on a termly basis by the headteacher.