

# **St Gabriel's C of E Primary School**



## **Physical Education Policy**

# St Gabriel's Physical Education Policy

<b>Current Review:</b>	Summer 2018	<b>Next review date:</b>	Summer 2020
<b>Committee approval</b>	Curriculum and Standards/ Full Governing Body	<b>Written by:</b>	M. Wotherspoon
<b>References:</b>	Previous Policy	Policies other Schools	

## Purpose

This policy has been written to provide a clear statement of aims, principles and strategies for the teaching and learning of Physical Education. It is based on the requirements of the National Curriculum.

## Aims

Our aims in teaching physical education are to:

- Teach activities in a sequential manner and encourage a balanced and progressive Physical Education programme throughout the school.
- Provide appropriate, stimulating and challenging experiences for the children, whilst planning for individual ability and needs.
- Promote enjoyment and understanding of the positive effects of exercise on the body.
- To develop in children the ability to remember, adapt and apply knowledge, practical skills and concepts in a variety of movement related activities.
- To give children the opportunity to succeed and to understand and value the contribution of others regardless of ability.
- To use Physical Education as a vehicle to access cross-curricular themes where possible.

## Principles of Teaching and Learning in Physical Education

Physical Education is important because it:

- Enhances the overall development of young people.
- Provides opportunities for young people to develop their knowledge, skills and understanding of the body and its movement.
- Develops physical awareness, skills and competence and contributes to healthy growth and physical development.
- Develops artistic and aesthetic understanding in and through movement.
- Influences the development of healthy lifestyles and lifelong habits.

- Provides opportunities to promote spiritual, moral, social and cultural development and develops personal qualities such as self-esteem, independence, citizenship, tolerance and empathy.

## **Strategies for the Teaching of Physical Education**

P.E. lessons at St Gabriel's are led by class teachers with the support of their teaching assistant/s.

Our curriculum for PE is based on the Champions scheme of work which is adapted to best meet the needs of our pupils, in line with the national curriculum. The planning ensures a range of progressive skills are taught from Reception to Year 6. Our curriculum is further supplemented with the LCP scheme of work, Val Sabin Dance and Gymnastic Units, TOPS cards and materials developed by the Westminster Sports Unit (WSU).

All classes receive two hours of PE each week. Over the course of the year each class participate in a combination of indoor and outdoor lessons. In Year 3 the children have swimming lessons throughout the year which is included in their two hours of curriculum PE.

Children are made aware of any potential risks at the beginning of a PE session and taught how to keep themselves safe.

### **Participation**

Each pupil should participate in every PE lesson. Appropriate action should be taken to ensure where possible children do not miss lessons because they are without their PE kit. In each lesson a note should be taken of children who are not participating in that lesson and the reasons why. If the pupil is not permitted to do PE because they are without the correct kit a letter should then be sent home to parents to make them aware. The PE co-ordinator must be notified if this becomes a regular problem.

If a child is to miss PE they must bring a note in from home. If they need to miss a series of lessons, a doctor's note should be provided. A letter to parents is sent home if a child has missed more than three PE lessons in a term.

## **PE Kit**

- Children should wear trainers, t-shirts and shorts for PE.
- In cold weather children can wear tracksuit bottoms and their school jumper over their PE kit.
- For Dance or Gymnastics children should be bare-footed.
- A letter should go home to parents every time a child is without the correct PE kit. The PE co-ordinator should be notified if this becomes a regular problem.
- Pupils must remove all jewelry for PE.
- Although children are expected to wear their PE kit. In the event they are without it, children can wear items of spare kit provided class teachers are satisfied that the pupil has suitable shoes.

## **Class Teachers**

- Teachers are expected to change their footwear or have bare feet. However it is good practice for teachers to change into sportswear too as this sets a good example and supports our expectations of the children's behaviour.
- It is the responsibility of the teacher to ensure that the area that the children are working in is safe. Incidents/injuries or 'near misses' are to be recorded and any potential hazards are reported to the PE coordinator.
- Teachers are expected to ensure acceptable pupil behaviour at all times.

## **Pupil Behaviour**

Children are expected to try their best, listen carefully to instructions and to show good sportsmanship. For the enjoyment and safety of all pupils, the children are expected to participate in PE lessons quietly, unless they are given other instructions by their coach or teacher. These expectations are encouraged and reinforced using the sanctions and rewards below, in line with our behaviour policy.

### **Sanctions:**

Teachers give 1-2 minutes 'Time out' where needed alongside the normal school sanctions set out in the behavior policy. (Warning, 5 minutes, 10 minutes, Red Card)

### **Rewards:**

A Sports Award given to one child in family assembly each week. Children are chosen to participate in intra school games/lunchtime clubs and interschool competitions.

## **Health and Safety**

Class teachers must establish and maintain safe working practices amongst support staff and pupils in PE lessons. It is expected that both staff and pupils take all reasonably practical steps to ensure the health, safety and welfare of all persons during PE. In order for children to be actively encouraged to have a responsible attitude towards safety and exercise, class teachers must develop safety awareness amongst pupils and other supervising adults from the outset.

All teaching staff are given a copy of the risk assessment for indoor and outdoor PE. It is expected that both staff and children adhere to all safety measures.

### **Safety Checklist:**

- The PE kit, should be worn at all times.
- Children without suitable clothing and footwear may not participate.
- Jewellery and watches should be removed and handed to the class teacher.
- The whole class must be supervised at all times.

- Noise levels should be preferably silent / very low.
- All PE lessons must take place in a calm, safe, well-disciplined atmosphere.
- Any child who is acting in a dangerous manner must be removed from the lesson at once.
- When moving the large apparatus help should be enlisted from another adult whenever possible.
- Apparatus must not be carried above shoulder height.
- When children are helping to carry apparatus there should be at least 2 children, preferably 4 depending on the size of the equipment and/or the children, the large mats require 4 children to move them at all times.
- Apparatus should be carefully and securely positioned.
- Only one child should be on planks or poles.
- Mats should be placed appropriately, e.g. if jumping, landing is planned.
- PE mats must be put back as soon as the lesson is finished.
- If a doctor has put a restriction on a child's activity on medical grounds, it is the doctor alone who can remove it.
- If a child has an ongoing medical condition or disability, which prevents them from taking part in an unaccustomed physical activity, rigorous supervision should be maintained.

## **Equal Opportunities**

Teachers should ensure that all children regardless of gender, ethnicity, culture or disability have optimum access to high quality Physical Education. Teachers must take this in to account while planning to ensure pupils with physical/medical conditions can access the curriculum.

At no point will teachers withhold PE as punishment for poor behaviour as all children are entitled to physical education in their curriculum. Those who excel at P.E. are extended through the provision of resources. They are also put forward for gifted and talented teams organised by WSU.

## **I.C.T.**

Physical Education is a practical subject and physical activity must predominate every lesson. Information and Communications Technology (I.C.T.) may be used to enhance learning but should never replace the activity itself.

I.C.T. offers considerable advantages when used in teaching and learning as well as preparing materials for teaching and in the management and administration of this area. Effective use includes digital cameras and camcorders for evaluation.

## **Assessment**

Pupils are taught a progressive range of skills through termly topics such as Invasion. The skills taught are assessed at the end of each unit. Children are involved in their own learning and encouraged to evaluate their progress and attainment regularly. Children also take part in a fitness assessment, once at the beginning of the academic year and once at

the end. This enables us to monitor the children's fitness level over the course of their school years.

## **Physical Education Resources**

The PE equipment is stored in the PE shed beside the Reception classroom. The equipment is mainly stored in labeled bags and boxes. Children are not allowed into the shed without an adult.

Gym equipment is stored in the Great Hall or in the cupboard beside the Great Hall. Wherever possible, the children should be involved in moving and setting up any gym equipment that they are using therefore children need to be taught how to carry equipment safely.

## **The role of the Physical Education Coordinator**

The co-ordinator is on hand to support teachers in their planning and to inform them of any new initiatives arising in this area. The co-ordinator is responsible for organising observations of teachers/monitoring of plans as well as passing on skills acquired through his or her own training.

The co-ordinator works in collaboration with the Westminster Sports Unit and the assigned school sports co-ordinator to develop the teaching of PE across the school, competition entry and to organise other outside opportunities. The co-ordinator also works in collaboration with the extended schools co-ordinator to oversee the running of a number of after-school sports clubs.

## **Additional Opportunities**

- St Gabriel's has an outdoor adventure play area for all children to use. This is used at teacher's discretion, often as a reward for good behaviour.
- A wide range of play equipment is set out for morning and lunchtime break.
- Year 6 children have the opportunity to visit Sayers Croft, in Ewhurst, Surrey. This is an outdoor adventure and activities centre for schools. The three day trip includes activities such as hiking, orienteering, abseiling and climbing, as well as various assault courses.
- Children have the opportunity to attend events held by Westminster Sports Unit, for example netball competitions, cross-country running, multi-skills.