

## **Physical Education (PE) Policy (2021-2022)**

This policy should be read in conjunction with the Health and Safety Policy and Keeping Children Safe in Education Part 1 (2021)

### **Introduction**

Physical Education has a vital role in every child's education at Marriott Primary School. We ensure that our curriculum develops the children's knowledge, skills and understanding so that they can perform a range of physical activities with increasing competence and confidence. In P.E, we also develop the selecting and analysing of strategies, problem solving and positive attitudes towards a healthy lifestyle. We enable our children to make informed choices about participation in physical activity throughout their lives and help to promote a lifelong love of exercise and activity.

### **Aims**

1. To promote physical activity and encourage healthy and active lifestyles.
2. Encourage pupils to be physically active for sustained periods of time.
3. Pupils engage in competitive sports and activities.
4. Develop the competence of pupils to excel in a broad range of physical activities.
5. To develop positive attitudes to health, fitness, and the enjoyment of physical activity.
6. To ensure safe practice.

### **Objectives**

1. To develop positive attitudes to participation in physical activity.
2. To make informed decisions about the importance of exercise in their lives.
3. To acquire and develop skills in a range of physical activities and sports.
4. To learn how to select and apply skills appropriate to the activity being undertaken.
5. To set individual targets and compete against themselves as well as others individually and also as team members (with an understanding of what being a good team member means).
6. To respond to a variety of challenges in a range of physical activities and environments.
7. To take initiative, lead activities and focus on improving aspects of their own performance.

### **Teaching and Learning Style**

We use a variety of teaching and learning styles in PE sessions, informed by best practice of the day. Our principal aim is to develop the children's knowledge, skills and understanding through a mixture of whole-class teaching and individual /group activities. Teachers and AOTTs draw attention to good examples of individual performance as models for the other children and we encourage children to evaluate their own and others' performance.

### **Entitlement**

Every child is offered a minimum of 2 hours of high quality PE a week. All children will learn and participate in the areas outlined in the curriculum map for P.E. Children will also learn about and discuss physical activity through cross curricular themes, sessions in PHSE, and during Health Week. The school will also, where possible, offer opportunities for activities in partnership with external organisations.

### **Equal Opportunities and Inclusion**

Children will be encouraged to participate and enjoy all areas of the PE curriculum to the full extent of their capabilities. Adaptations for cultural differences or religious beliefs will be made wherever possible. Appropriate adaptations will be made for those children with specific needs in order to be able to participate in PE.

Physical Education lessons are differentiated to meet the ability of the child. If a child has a medical condition which has an effect on their participation in PE, then activities need to be adapted accordingly. This can be done by using disability (parallel) sports, by talking to the child/parent/SEND Coordinator on what their capabilities are and putting in activities which are suitable for the child. If affected by weather, then alternative indoor activities should be provided.

Reference – Supporting pupils at school with medical conditions, Department for Education 2014

## **The Learning Environment**

Children use the school playground which is divided into clear areas for outdoor P.E lessons, including the 'red zone'. Children also have use of the school hall for indoor P.E lessons.

## **The Early Years Foundation Stage (EYFS)**

We encourage the physical development of children in our foundation stage as an integral part of their work. We relate the physical development of the children to the EYFS Early Learning Goals. We give all children the opportunity to do activities that offer physical challenge, both indoors and out and by using a wide range of resources to support the learning and development of skills.

## **Extra Curricular Opportunities**

Children are offered the opportunity to engage in a variety of extra curricular activities, at lunch time or after school. This is to enrich the curriculum and provide opportunities for students to further develop their skills and participate in competitions. Clubs are run either by members of staff or by outside agencies.

## **Play Leaders & Sports Council**

Selected children in year 5 and 6 receive play leader training – they will have responsibilities for games and activities on the playground. The children's time will be tracked and awards given. Each class will have an elected sports council representative to meet and discuss Sport and PE in the school. The meetings will be led by the PE co-ordinator and the play leaders.

## **Role of Parents**

Parents are expected to provide their child with a basic PE kit (white t-shirt, plain black or navy shorts and jogging bottoms, a plain black or navy jumper and a pair of trainers). Parents must send the student with a note if they are unable to participate in PE due to injury or illness.

## **Monitoring and Evaluation of the Subject**

PE will be monitored and evaluated as part of the School Monitoring and Evaluation Policy. INSET in PE will take place within the school as deemed necessary and staff will have the opportunity to access CPD externally. Staff are responsible for what is taught to their class in PE, including sessions by external coaches.

## **Health and Safety**

Equipment maintenance/service takes place annually and checked every lesson by staff when handing it out to the children.

It is the responsibility of staff to report broken/damaged equipment to the PE Coordinator and the Caretaker.

1. A change of clothing must be worn for indoor and outdoor activities for both curriculum and extra-curricular activities. Trainers are recommended for PE as suitable footwear, not plimsolls.
2. Long hair should be tied back.
3. No jewellery or religious adornments should be worn unless agreed by the Headteacher (including in the pool, during swimming lessons). Disclaimers from parents about wearing jewellery by a pupil will be declined. Such indemnities have no legal status. The duty of care remains firmly with the school.
4. Children are expected to remove their own jewellery (including piercings) or get parents to do so before school. 6 weeks' grace will be given for new ear piercing for PE only. Parents will be contacted and advised that the piercing will need to be taped with micropore tape.
5. Children are responsible for their own inhalers and should always have them with them, depending on their age. For younger children a member of staff will ensure inhalers are on hand immediately during PE lessons.
6. Children should warm up and cool down at the start/end of each session.
7. Children will be taught to move apparatus safely and each teacher/club leader is responsible for the safe arrangement of apparatus.
8. Educate children about and involve them in the process of risk management, so they can participate in physical activity safely and establish good habits and awareness.
9. New staff should have an induction on how to use the school P.E equipment safely.
10. It is the teacher/club leader's responsibility to put away equipment safely, securely and in the appropriate place, however, children should return equipment that has been used in the lesson to an area indicated by the teacher.
11. Dance and gymnastics is performed in bare feet and t-shirts should be tucked in.
12. Encourage good personal hygiene.

13. A lifeguard must be present at the poolside for swimming. Children must not be poolside unless a lifeguard is present and must not enter the water until they are told to do so by a swimming instructor.
14. When swimming students wearing goggles must complete the swimming goggles permission form
15. Follow the guidance laid down in LCC's Safe Swimming Practice in Schools and Other Settings, June 2021.
16. PE and Swimming risk assessments are in place and can be found in the PE Folder and Swimming folder respectively.
17. Staff should wear appropriate kit for teaching PE.

### **Personal Protective Equipment (PPE)**

The most important part of safe participation is the application of good technique and skill and adherence to the rules. Children will take part in competitive activities such as hockey and football. It is highly recommended but not compulsory for students to wear shin pads or mouth guards. It is the parent's responsibility to provide these. It is the adult's responsibility to adapt the lesson for those children who do not have PPE.

### **Managing and Checking the PE Area and Equipment**

An annual inspection is carried out on all of the gymnastics equipment.

Prior to a sporting activity taking place a visual inspection needs to be checked for obstructions and spillages by the member of staff teaching the lesson.

Staff need to check the equipment is suitable for the purpose of the lesson and relevant to the age and ability of the children in the session.

Damaged and faulty equipment must be removed from the PE area. The damaged equipment needs to be reported to the PE Coordinator and Premises Officer, if it cannot be removed it needs to be cordoned off.

### **Sports Premium Funding**

For information about how the School spend the Sports Premium Funding, please see the P.E Evidence folder or the school website.

### **Review**

This is a working document and as such will be reviewed as and when needed.

Date: October 2021

Date of Review: September 2022

S. Magee