

Christ Church C of E Primary School



**PE Policy
2021**

Christ Church C of E Primary School Physical Education Policy

Here at Christ Church we believe that physical education, experienced in a safe and supportive environment, is a unique and vital contributor to our pupil's physical development and wellbeing. A broad and balanced physical education curriculum is intended to develop our pupil's knowledge, skills and understanding, so that they can perform with increasing competence and confidence in a range of physical activities. These include dance, games, gymnastics, swimming, athletics and outdoor adventure activities. Progressive learning objectives, combined with varied teaching approaches, endeavour to provide stimulating, enjoyable, satisfying and appropriately challenging learning experiences for all children. Through the selection of suitably differentiated tasks, it is intended that all pupils, irrespective of their ability, will enjoy success and be motivated to further develop their individual potential. We believe Physical education promotes an understanding in children of their bodies in action and promotes positive attitudes towards a healthy lifestyle. Thus we enable them to make informed choices about physical activity throughout their lives.

The aims of PE at Christ Church are:

- To promote a healthy and fulfilling lifestyle by developing self-motivation to take part in physical activity outside school as recreation:
- To develop a positive attitude and interest in a wide range of physical activities and raise awareness of issues regarding Health Related Fitness.
- To encourage pupils to make informed decisions about the importance of exercise in their wider life during school, after school and in adulthood.
- To help establish the individual child's self-esteem and confidence.
- To develop social skills (co-operating in groups, playing fairly to rules, mixing with children from other schools).
- To increase children's ability to become skilful and intelligent performers by acquiring and developing physical competence and confidence in a range of physical activities and contexts, applying skills, tactics and compositional ideas to suit activities.
- To develop the children's enjoyment of physical activity through creativity and imagination.
- To promote pupils to play fairly, demonstrate good sportsmanship and develop a team spirit.
- To ensure every child has the opportunity to take part in after school sports clubs, as well as inter and intra competitions and tournaments.

Objectives

Staff at Christ Church Primary will:

- Follow a broad and balanced PE curriculum fulfilling the demands of the New National Curriculum.
- Provide an environment in which pupils enjoy and are committed to PE and sport, making physical activity a central part of their lives both in and out of school.
- Aim to develop the fitness of the individual, by ensuring a good pace in lessons and incorporating fitness activities into physical education lessons as appropriate.
- Ensure every child has the opportunity to represent Christ Church in a competitive Sports fixture.
- Integrate, where possible; into other curriculum areas (e.g. use of athletics data in ICT and number work in both numeracy and PE lessons).
- Develop lessons that meet the needs of all the children, providing equal opportunities – inclusion of SEN and physical disabilities.
- Aim to ensure every child moving on to secondary school can swim 25m and has basic water skills.
- Involve the outside community where possible - e.g. Sports Day - parents, Coaches, Change 4 Life, Inter-school matches, Local High schools.
- Ensure children wear the schools expected P.E. kit for all lessons. Also, ensure staff change into appropriate clothing to teach PE.

Curriculum

The PE curriculum at Christ Church Primary School has been carefully created to ensure children are given a broad and balanced experience of sport and physical activity. Skills are taught and developed in a structured and progressive way within lessons and across year groups and key stages. Units of work are planned to complement the inter school calendar of competitions, thus providing the children with opportunities to apply the skills they have been taught in a festival style or competitive setting. The curriculum is supplemented by a wide range of after school clubs which introduce children to new sports and activities and signpost them to community clubs where they can continue their active journey. At our school children from Reception to Year six can access a wide range of activities that add up to 2 hours per week.

Swimming

All schools must provide swimming in 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 (E.g. front crawl, backstroke and breaststroke) -Perform safe self-rescue in different water-based situations. Christ Church Primary School currently offer swimming lessons for all children in Years 4 for a full academic year. Children are taught by qualified swimming instructors from the local pool who follow guidelines set out by the Local Authority. Booster sessions are planned for those children who do not meet the required standard at the end of their allocated swimming year.

Assessment

Teachers assess children's work in PE by making assessments as they observe them working during lessons. They record the progress made by children against the learning objectives for their lessons. At the end of a unit, teachers make a judgement as to whether the child is developing, secure or exceeding expectations for that particular area -Games/Gymnastics/Athletics/Dance. This data is analysed by the PE Coordinator to keep track on pupil's progress and also helps identify gifted and talented pupils. The data is also used for end of year reports.

Early Years Foundation Stage

We encourage the physical development of our children in the reception class as an integral part of their work. We relate the physical development of the children to the objectives set out in the Early Learning Goals, which underpin the curriculum planning for children aged three to five years of age. We encourage the children to develop confidence and control of the way they move, and the way they handle tools and equipment. We give all children the opportunity to undertake activities that offer appropriate physical challenge, both indoors and outdoors, using a wide range of resources to support specific skills. We have excellent links with Northumberland Park which allow us to participate in forest school lessons on a weekly basis.

Equal Opportunities and Special Educational Needs

At our school we teach PE to all children, whatever their ability. PE forms part of the school curriculum policy to provide a broad and balanced education to all children. Through our PE teaching we provide learning opportunities that enable all pupils to make progress. We will encourage children to enhance their ability and also help children cope with success and disappointments in competitive and co-operative situations. We recognise and plan for those children who are less physically able. It is important that each child's self-esteem is raised through physical activity.

When progress falls significantly outside the expected range, our assessment process looks at a range of factors – classroom organisation, teaching materials, teaching style and differentiation – so that we can take some additional or different action to enable the child to learn more effectively. This ensures that our teaching is matched to the child's needs.

PE KIT

Each class is allocated two PE days throughout the week. Pupils should arrive at school on their PE Days fully dressed in their PE kit for their allocated days.

Children should come to school wearing:

- A navy tracksuit- (Joggers/Hoody)
- Navy Shorts and a navy t-shirt to be worn underneath Tracksuit/joggers.
- Properly fitting trainers or plimsolls (Trainers are more suitable to indoor/outdoor PE)

Swimming:

Girls should wear one piece swimsuit (no bikinis/two pieces) and boys should wear swim shorts which should not pass the knee. Although colour is not essential, swimwear worn should not be too outrageous in colour.

Jewellery

Children are not permitted to wear any jewellery during PE lessons-Earrings are not permitted in school. Teachers are not allowed to take out or replace children's earrings if they are unable to do so themselves.

Illness

Children should bring a note/parents to contact school office if their child is 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). Children not going swimming through illness or injury will stay at school with another class. In all other PE lessons children not participating will remain with their class: helping in the lesson or doing PE related work.

Health and Safety

The health and safety of the children is paramount in all lessons. The school is a member of the Association for Physical Education and the publication 'Safe Practice in Physical Education and Sport' can be obtained from the PE subject leader. This document specifically deals with health and Safety guidelines for the teaching of PE. In the event of an emergency, phones are within a short distance from the hall and first aid boxes are available from the school office.

Extra-Curricular Activities at Christ Church

At Christ Church Primary School we believe that opportunities for children to participate in and enjoy a variety of extra-curricular activities are very important. Throughout the year the school provides a wide range of extra-curricular activities accommodating all ages and interests. In a sporting context the school has decided to organise these into two discrete sections.

1) Participation Sport - In these activities we arrange a variety of opportunities in order to ensure that all children can participate in the sports that they wish to experience.

2) Success Sport - In these activities we will select children on ability. The objective being for the school to be successful in competitive sport, in a variety of local competitions. The school will endeavour to provide a balance of these two types of extra-curricular activities. Naturally, all children will have equal access to all the activities offered. Children in our school play a major role in deciding which extra-curricular activities are offered throughout the school. Every extra-curricular activity is monitored by the curriculum leader to monitor enjoyment and to increase participation.

Adults other than teachers (AOTT's):

The school values the contribution of external providers/coaches and encourages the opportunity to liaise with the wider community. Appropriate DBS/safeguarding procedures must be carried out before external providers begin any work in school – this includes:

- Enhanced DBS checks
- Public Liability Insurance up to £5 million
- Suitable level of qualification appropriate to activity
- Photo identification

North Tyneside LA has a database of coaches and external providers that have undertaken the above checks and are approved for NT schools. The NT database is updated on a monthly basis and emailed to all schools FAO the Headteacher.

If coaches are used in curriculum time, the class teacher still retains overall responsibility for the pupils and should be present to monitor and evaluate delivery.

Role of the Coordinator

The role of the PE Coordinator involves:

- Producing a flexible scheme of work, with lesson ideas to support its implementation.
- Supporting colleagues in all aspects of the PE curriculum.
- Maintaining and replacing equipment/involvement with the spending of the Sports Premium Funding.
- Monitoring and assisting with the assessment of the subject.
- Monitoring the teaching of the subject at school.
- Attending meetings and courses, which will inform future development of the subject and ensure other staff, are aware of courses themselves for CPD.
- Ensuring that pupils have the opportunity to become involved in extra – curricular clubs to further develop skills and talents. Monitor/target groups of non-participants.
- Ensure standards remain high in each year group through effective monitoring of the subject.
- Apply and monitor subject to gain School Games Status annually.

Resources

As a primary school we have access to the school hall (On a rota basis), an outdoor adventurous activity area, hard court areas and a grassed playing field. The school also has a well-resourced PE store, portable football and netball goals, portable and fixed gymnastics equipment as well as many mats and benches. Equipment is checked regularly and stock replenished as often as budget allows. The children use the local swimming pool for swimming lessons. With strong links with John Spence High School, Christ Church pupils also benefit from the use of their sporting facilities and coaches as and when they are required.