

Great Orton Primary

Physical Education Policy

**This policy was reviewed / updated by the P.E.
Co ordinator / Head on: 23rd April 2018**

It was adopted by the Governing Body on: 21st May 2018

Headteacher ...J Robertson.....

Chair of Governors ...L Thorp.....

Rationale

Physical Education (P.E.) is a unique and vital contributor to pupils' physical and mental state. A broad and balanced curriculum nurtures pupils' increasing self-esteem in their ability to manage themselves within a variety of movement situations. It is intended that all pupils irrespective of their innate ability, will enjoy success and be motivated to develop their individual potential and opt into physical education as a lifestyle habit.

The activities offered and the teaching approaches used seek to provide pupils with opportunities to develop their creative and expressive abilities through improvisation and problem-solving. They are taught to understand the importance of a healthy and fit body and factors which affect health and fitness.

Physical education has the potential to effect wider areas of learning. It contributes to the whole curriculum through: artistic, spiritual, moral, aesthetic and cultural education, personal, social and health education including mental health and well-being as well as cross-curricular learning.

Aims and Objectives

- To provide a safe environment which provides challenges but minimises danger and prioritises concerns for health and safety.
- To develop fundamental movement skills (running, jumping, throwing and catching) in isolation and in combination.
- To play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending.
- Develop flexibility, strength, technique, control and balance.
- Perform dances using a range of movement patterns.
- Take part in outdoor and adventurous activity challenges both individually and within a team.
- To compare their performances with previous ones and demonstrate improvement to achieve their personal best.
- To develop their understanding of the effects of exercise on the body and the value of safe, lifelong effective exercising.
- To forge links between the school and the community.
- To swim competently, confidently with proficiency over a distance of at least 25 metres using a range of strokes effectively.
- To perform safe-self rescue in different water-based situations.

Curriculum/Organisation

A whole-school long-term plan is in place. In Reception and Year One P.E. is organised into Basic Moves which develops the fundamental movement skills: Travel; Object Control and Balance and Coordination. Coaches are used, across the school year (GLL Limited) to support the teaching and assessment of Key sports skills in Physical Education in School, the school meets its statutory requirements for the sports premium by enabling Teaching Assistants to observe the PE coaches in action, thereby gaining a training benefit.

Across the whole school, pupils will follow the programmes of study for dance, games, gymnastics, swimming activities and water safety, outdoor and adventurous activities and athletics.

P.E. is taught in two one-hour slots each week for every class and the school follows the national curriculum units in progression relevant to Key Stages.

Children also have the opportunity to represent the school through various sporting events.

Co-ordinator Role

- The PE coordinator plans and oversees the curriculum provision to ensure continuity and progression is evident for all
- Offer support to colleagues
- Monitor progress
- Keep up-to-date with developments in British education and disseminate to colleagues where appropriate

The PE Governor Monitor work with the coordinator to ensure PE resources are appropriate and that resources are regularly checked and stored with regards to Health and Safety

Resources, Equipment and Accommodation

The school has a sports hall with a storage unit for indoor and outdoor sports equipment. We use a variety of resources to support planning. The Val Sabins schemes are used to support the planning and delivery of athletics, dance, games and gymnastics; Tops cards (in various sports), tri-golf, kwik-cricket

Great Orton School has the following facilities

- Playground with netball and tennis markings
- Playing field with rounders' and football markings.
- School hall for indoor P.E. (this opened in 2008)
- Wall bars for gymnastics in indoor hall
- Climbing wall
- Monkey bars
- Climbing opportunities through Eden Rock
- Use of Orton Grange and Morton Academy swimming pools
- Residential Trip to Barcaple for outdoor adventurous activities
- Strong links maintained with Caldew: Year Six transition

Participation

All pupils are expected to participate fully in P.E. lessons. On occasions when they are physically incapable of participating, a parental or doctor's letter must be presented to the class teacher or head-teacher.

Non-participants will be involved in lessons observing, recording ideas, joining in with class discussions or questioning sessions and evaluating the work of other pupils. Persistent non-participation must be recorded and followed up.

Clothing

All pupils and staff are expected to be appropriately dressed for P.E. lessons and extended curricular sporting activities.

Staff: T-shirt and/or Sweatshirt, Jogging bottoms and trainers.

School kit – white t-shirt with the Great Orton School logo and navy blue sports shorts (which can be supplemented with a sweatshirt, jogging bottoms and trainers when the weather deteriorates). For health and safety reasons all children must wear the same footwear i.e. all children to have bare feet for dance, gymnastics and swimming and trainers for all other activities. Ear-rings must be removed or covered with plasters that adequately cover the stem of the ear-ring (see Safe Practice in Physical Education and Sport p.27-32). Parents/carers should provide, attach and remove any coverings.

Inclusion

All pupils are entitled to a progressive broad and balanced physical education programme which meets the needs, interests and aptitudes of all pupils irrespective of disability, ethnicity, gender, sexual identity, gender identity and religion or belief.

Pupils with disabilities and/or health conditions will be encouraged to participate as appropriate in P.E. and extended curricular activities.

Able-bodied children can be used as buddies to enable participation.

The need to break down skills into small, achievable, progressive steps is recognised.

Pupils can be grouped by ability or by the method which allows them to participate.

Health and Safety

The booklet “Safe Practice in Physical Education and Sport” 2012 Edition provides the guidance for our policy. Teachers in charge of the pupils must exercise the same degree of responsibility for them as would any reasonable parent.

The facility and all equipment to be used must be checked to ensure that they are safe before use. Teachers must be aware of any medical conditions which may affect their ability to participate fully in specific activities, for example the need for asthmatic pupils to keep their inhaler at hand at all times during a P.E. lesson and a first aid kit should be within easy reach. Teachers must know the expected procedures to follow in the event of an accident and know the qualified first aider.

In the event of an accident in school the teacher must:

1. Stop the lesson and make sure the child is still and safe.
2. In an emergency a child should be sent to the infant classroom to get assistance from a first aider or competent adult.
3. Correct first aid procedures must be carried out.
4. The accident must be recorded in the Pupil Accident Booklet in the office.
5. Head injury cards should be completed and sent home if necessary.

Gymnastic equipment is inspected by Physique Sports

Risk assessments are carried out annually by PE Co ordinator with the Health and Safety Governor.

Children must be taught expected standards of behaviour and safety.

They must be taught how to handle equipment safely.

Long hair should be tied back.

Any jewellery must be removed at the beginning of a lesson. Children who are unable to remove their earrings should not wear them on P.E. days. Recently pierced ears must be covered with plasters that adequately cover the stem of the ear-ring. Coverings must be sufficient enough to prevent the stud post from penetrating the bone behind the ear should an unintentional blow be received. (See Safe Practice in Physical Education and Sport p.27-32). Parents/carers should provide, attach and remove any coverings.