



Physical Education Policy

Introduction

Physical education is a statutory requirement of the National Curriculum and an essential contributor to the development of the whole child. Through a high quality physical education curriculum pupils develop physical competence and confidence and are given opportunities to make informed choices about how to get involved in lifelong physical activity.

Physical education provides pupils with the opportunity to be creative, competitive and face up to different challenges as individuals and in groups in a safe and supportive environment. Physical education helps pupils develop personally and socially and promotes positive attitudes towards a healthy and active lifestyle. Pupils learn how to think in different ways and make decisions in response to competitive and challenging activities. They learn how to reflect on their performance, plan, perform and evaluate actions, ideas and performances to improve the quality of their work.

Aims

The national curriculum for physical education aims to ensure that all pupils:

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives.

Objectives

The school's objectives in developing the P.E. curriculum are to:

- Provide a broad and balanced curriculum with challenge for all pupils appropriate to their physical development.
- Involve children in the process of risk awareness in order for pupils to work independently during physical activity and establish a good awareness of safety of themselves and others.
- Ensure pupils understand that physical education and sport are an important part of a healthy active lifestyle.
- To encourage the development of leadership skills.
- Promote positive attitudes, co-operation, fair play & sportsmanship.
- Develop pupils' stamina, determination and resilience in challenging or competitive games.
- Provide access to extra-curricular clubs for all pupils, with activities that extend and enrich the curriculum.
- Establish links and pathways for children to engage in life-long activity.

Curriculum & Organisation

Each class in key stage 1 and 2 is allocated one hour of hall PE and an hour of outdoor PE time each week. We have a long term plan for P.E. that outlines the areas to be covered within each year group each term. Class teachers are then responsible for medium and short term planning and for the delivery of P.E. to their class.

Early Years

Physical development is an integral part of children's early development. In the Early Years unit children have daily access to physical development to encourage the children to develop confidence in moving and handling equipment and managing their own health and self-care. The Early Years curriculum ensures children are provided with opportunities to be active for sustained periods of time, develop co-ordination and control and handle large and small equipment. The Reception class is allocated one hour of hall time for PE each week and children have learning opportunities in the outdoor environment daily.

Teaching and Learning

Lessons will be planned to provide appropriate challenge for all pupils, to extend more able and provide appropriate levels of support in order for all pupils to make progress. The learning environment will enable all pupils to recognise their own and others' strengths and areas for improvement and provide them with appropriate tasks to improve and succeed. Differentiation for more and less able pupils should be evident on planning and follow the STEP principles (Space, Task, Equipment, and People).

Each lesson will follow a similar format;

- Warm up
- Skill development
- Independent activity
- Cool down.

Educational Inclusion

At West Park we operate a fully inclusive ethos in school. No child will be omitted from an activity or lesson on the grounds of gender, race, disability or special needs unless it is for reasons of the safety of themselves or others. If risk cannot be eliminated then parents will be informed and the best way forward can be discussed.

Extra-Curricular Activities

The school holds an annual sports day or sports week in the summer term. The format of this varies from year to year but the emphasis is always on enjoyment and children's experiences. The school provides a range of PE-related activities for children. Children participate in inter school competitions including, athletics, rounders and football. These encourage children to further develop their skills in a range of the activity areas.

Swimming

At West Park we recognise swimming as an important life skills. The national curriculum states children should swim competently, confidently and proficiently over a distance of at least 25 metres. At present, Year 4 attend swimming classes during term time at Central Baths. Children who do not meet statutory requirements attend extra booster sessions in Year 5 and 6.

Sporting Links

We also have links with sporting and community organisations in the local area. These may involve specialist coaching for the children, use of sports leaders from secondary schools or sports clubs and visits to more specialist sports venues. These links are with organisations such as Central Baths, West Park, West Croft, local schools for dance festivals, Aldersley Leisure Centre, Junior Coaches from Wolverhampton & Bilston Athletics Clubs and Soccer 2000.

Sports Premium Funding

The PE and sport premium is designed to help primary schools improve the quality of the PE and sport activities they offer their pupils. The sports premium spending plan can be accessed via the school website.

<http://www.westparkprimaryschool.co.uk/our-school>

Leadership & Management

The Subject Leader will:

- Devise a school improvement plan to improve the teaching and learning of the PE curriculum.
- Monitor and evaluate the planning and teaching of PE within the school.
- Provide support and guidance to colleagues.
- Manage the PE budget to ensure high quality resources are readily available.
- Extend relationships and contacts beyond the school and in the local community.

Health & Safety

Safe practice in physical education should be an integral feature of lessons. Teachers have a duty of care for those in their charge to ensure that planning and implementation include recognition of safety as an important element.

Comprehensive guidance and advice for schools and outdoor education groups is to be found in the following publication:

**‘Safe Practice in Physical Education and School Sport’
published by the Association of Physical Education.**

Clothing (PE recommendations)

- Clothing and correct attire for a physical activity represent important features of safe practice that apply in equal measures to both staff and pupils. Pupils should be able to change into suitable clothing for PE so they can participate safely. Each child’s PE kit should include a white top, black shorts or joggers, pumps for indoor PE and trainers for outdoor PE.
- Jewellery, religious artefacts, watches, hair slides, sensory aids etc., should always be removed by pupils before participating in physical activity.
- Long hair worn by both staff and pupils should always be tied back with a suitably soft item to prevent entanglement in apparatus and to prevent obscuring vision.
- When swimming children will be expected to have a costume and towel. Girls may also wear leggings with their costume if required on religious grounds. Swimming hats are not compulsory but are recommended.
- A letter can be found in staff share folder on the learning platform which can be sent home when pupils persistently fail to have correct kit in school.

Equipment & Resources

Equipment must be stored safely in its correct place to prevent accidents and ensure easy access for all staff. Staff members are required to return all equipment promptly after use to its labelled place in the PE cupboard. All movement of apparatus and equipment must be supervised by an adult, and staff must check the safety of equipment prior to use. All damage to equipment must be reported promptly.

The majority of PE equipment is stored in the PE cupboard, with the exception of larger equipment, which is kept in the shed outside behind eco classroom. (A list of resources that are stored in the shed is on the door in the PE cupboard). Early Years resources are kept in the shed on the small outdoor playground. There is an additional supply of resource cards which are kept boxed in the resource area. Requests for new P.E. equipment can be given to the co-ordinator and orders will be placed within the constraints of the budget allocation.

Accidents

Any accident in a P.E. session must be recorded in the accident book as soon as possible. Any accident other than a minor cut or abrasion, and particularly any accident resulting from a dangerous situation, must be reported to the Head Teacher.

Rebecca Dowdeswell, May 2020

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