

Grand Avenue Primary and Nursery School

A Policy for Physical Education

Contents

- 1. Statement/Aims**
- 2. Responsibilities**
- 3. Planning Monitoring and Assessment**
- 4. Health and Safety**
- 5. Clothing**
- 6. Equal Opportunities**
- 7. Appendix – photographs of PE kit**

Agreed by staff and Governors – Spring term 2021
Review date - Spring term 2024

Statement

Regular exercise boosts self-confidence, mental concentration and encourages children to lead a healthy lifestyle. P.E. provides opportunities to compete in sport and other activities which build character and help to embed our school values such as respect, aspiration and determination. Providing each child with two hours of PE each week is a legal requirement.

Through PE lessons, pupils will gain an understanding of health and fitness, and develop a lifestyle embracing physical, mental, emotional and social well-being. Our curriculum allows pupils to develop attitudes, skills and knowledge of human movement that will promote a lifestyle of participation in physical activity.

All pupils will be given the opportunity to develop efficient movement and sport skills, acquire knowledge and strategies of sports and games and learn about positive nutritional and exercise habits. Pupils are given the opportunity to develop self-control, self-discipline and the ability to make positive choices for behaviour, while developing self-esteem, self-awareness and respect for others.

Aims

- Increase enjoyment and challenge within P.E
- Provide physical experiences which are enjoyable and will be continued into adult life.
- Promote an understanding of the importance of exercise and its link with fitness, health and well-being.
- Develop self-confidence and self-discipline.
- Develop reasoning and decision making skills.
- Provide opportunities for creative activities such as movement and dance and designing games.
- Pupil understanding of aspects of safety whilst undertaking physical activity.
- Confident staff who enjoy teaching P.E.
- Enjoyable and differentiated lessons to challenge and support
- Ensure effective use of outdoor environment

Responsibilities

The PE Co-ordinator will

Create, review and monitor the PE policy and scheme of work especially with regard to local and national agendas.

Keep up to date with current developments and initiatives.

Be responsible for the PE budget monitoring and ordering resources.

Arrange for the routine maintenance of PE apparatus.

Ensure resources are well cared for and stored appropriately

Support staff in planning and delivery of the PE scheme of work.

Undertake monitoring of the teaching of PE, including pupil voice and lesson observations

Inform and train staff in the use of resources available for planning

Promote extra-curricular activities involving physical activity.

Liaise with office staff in set up and delivery of PE extra-curricular activities

Monitor PE extra-curricular activities including quality and attendance

Organise intra and inter school competitions.

Ensure Risk Assessments for off-site activities are written and shared with staff accompanying children

Organise appropriate training for all staff

Organise visiting coaches and experts, monitoring effectiveness of provision

Analyse assessment data at the end of the academic year, providing feedback and support for staff

The Governors will

Agree the policy, revisions and amendments.
Evaluate the success of the policy through visits to school.
Regularly review the policy.
Support the implementation of the policy.
Ensure funding to support the policy is considered during the budget setting process.
Meet with the PE co-ordinator on a regular basis.
Have a clear view of strengths and areas for development.
Attend relevant training.

The class teacher will

Plan and deliver PE lessons in accordance with the scheme of work set out by the Fit for Sport Active PE Support Programme.
Alert children to any possible hazards or dangers during the lesson.
Have clear signals and routines used during PE lessons.
Ensure clear instructions are given to children on how to handle PE equipment safely, such as mats.
Ensure a variety of opportunities to explore physical activity e.g. individual, paired work, team games.
Teach using a variety of teaching styles, ranging from a direct, teacher-led approach, to a much more open-ended and student-centred style where the teacher acts only in a facilitator role.
Ensure that children are dressed appropriately for PE.
Dress appropriately when taking PE lessons (see clothing section)
Encourage children to change quickly to maximise time spent on physical activity.
Inform the PE co-ordinator of any broken/worn equipment.
Ensure equipment is returned to the correct place after each lesson.
Give verbal and constructive feedback to children during lessons.

Planning, Monitoring and Assessment

Planning to be undertaken by the class teacher in accordance with the school programme of study, curriculum overview and National Curriculum.
The timetable for use of hall and outdoor areas will be agreed at the beginning of each term.
Assessment of each child's progress is ongoing. Staff will use the agreed assessment procedures to record each child's progress.
Achievement is reported to parents on the ROA at the end of each year.
See also Monitoring and Assessment policy.
See also Learning and Teaching policy.

Health and Safety

The need to eliminate unnecessary dangers is recognised and safety precautions are put place.

Children will be asked to comply with the following guidelines:

To wear clothing appropriate to the activity being undertaken. (see clothing section).
To remove any jewellery and watches. (earrings to be taped over if cannot be removed)
To tie up hair which is shoulder length or longer and ensuring that any loose hair is removed from the face.
To respond readily to instructions and signals, including those explaining how to avoid personal injury.
To lift, carry and place apparatus/equipment safely under the guidance of an adult.
To handle small apparatus carefully and appropriately e.g. bats, rackets and balls.
To consider carefully the needs of others in terms of space.

Clothing/Kit

School uniform, including PE kit needed is outlined in the school prospectus. Children in Reception are advised of their house team colour during the Autumn term. Model pictures will be displayed in every classroom to show appropriate PE kit.

Children must wear the following clothing:

Indoor PE – a team coloured t-shirt, black shorts, bare feet and no socks. If the activity is high impact, children should wear supportive footwear (trainers or plimsolls)

Outdoor PE - a team coloured t-shirt, black shorts, supportive footwear (trainers or plimsolls)

If the weather is very cold, children may wear plain black/navy tracksuit bottoms.

See Appendix for photographs.

If children do not have the correct clothing, they may be unable to take part in the physically active elements of the lesson. The child will be asked to wear PE provided from school or borrow from a sibling. Teachers may ask a child to take part in the lesson whilst wearing their school uniform.

If there is no kit available, the child may be given a PE related task to complete during the lesson.eg design a game. The class teacher will contact parents to ask that a PE kit be provided.

PE kits are kept in school and returned home each half term for washing.

For PE lessons staff must, as a minimum, change their footwear and wear trainers or similar. Ideally a complete change of clothing would be undertaken, wearing a tracksuit or similar for the lesson.

The PE and Sports Premium

The PE and sport premium (provided by The Education Funding Agency) is designed to support primary schools in improving provision of physical education and sport activities offered to pupils. At Grand Avenue, careful consideration is given to how this money should be spent to ensure the quality of the PE curriculum is improved and to maintain the current sports provision.

Through staff consultations and questionnaires, this funding is used to target and improve staff capabilities and confidence when teaching P.E.

The aim is to further increase teacher confidence and expertise to ensure that the funding has a lasting impact on up-skilling our teachers and inspiring children to lead healthy and active lives. With the aid of technology, all CPD training from outside agencies will be recorded and uploaded on to the system to enable new or existing teachers access for professional development.

A report is published annually on the website outlining how this money is allocated.

Equal Opportunities

All children will have the opportunity to take part in physical activity regardless of ability, gender or ethnicity. The Programme of Study allows for differentiation to enable all pupils to participate, develop and gain confidence in their physical ability.

INDOOR PE KIT



Pupils must :

- tie up long hair
- wear no jewellery
- take out earrings or cover with tape

Indoor

- wear a t-shirt
- wear black shorts
- have bare feet/clean trainers

OUTDOOR PE KIT



- t-shirt
- trainers or plimsolls
- black shorts

- plain black or navy tracksuit bottoms

OUTDOOR PE KIT IN COLD WEATHER

