

**PHYSICAL EDUCATION POLICY**

**Introduction**

At Leasowe Primary School we recognise the importance PE plays in the curriculum and are committed to providing all children with opportunities to engage fully in Physical Education (PE). PE should provide opportunities for all pupils to become physically literate and confident in a way which also supports their health, fitness and mental health. Children should acquire not only physical skills, knowledge and understanding, but also the awareness and importance of leading active, healthy lives as well as the values of sportsmanship, fairness and respect through the sports and activities they undertake. We will be providing children with a wide range of opportunities both in school and offsite to encourage their confidence through raising self-esteem to prepare them to be active young people for the next stages of their lives.

This policy outlines the organisation, teaching, and management of the Physical Education Curriculum at Leasowe Primary School.

**School Vision for PE**

***Healthy & Active Lifestyles***

We aim to educate both adults and children to develop a greater understanding of the benefits of healthy living. Children need to practise skills regularly (2 one-hour lessons of practical learning) to show commitment to keeping their bodies healthy. This will promote long term healthy, active lifestyle choices. We will build knowledge, improve skills, and deepen social wellbeing within a prosperous partnership between home, school and the community.

***Competitive Opportunity***

Our aim is to nurture resilient, confident and healthy children who strive to achieve their potential through a variety of competitive experiences. We will encourage a positive attitude towards winning and an accepting approach towards losing within a wide range of sports. This way everyone can commemorate varying sports, skills and success in themselves and others in school.

At Leasowe Primary School we will support and encourage the children in, ***‘developing an understanding of how to improve physical activities and sports and learn how to evaluate and recognise their own success.’***

***National Curriculum 2014***

**Rationale and Ethos**

***We believe that Leasowe Primary School provides a caring, positive, safe and stimulating environment that promotes the social, physical, spiritual and moral development of the individual child; enabling all children to thrive.***

At Leasowe Primary, we believe that physical education, learnt in a safe and supportive environment, is vital and unique in its contribution to a pupil’s emotional and physical development and health. The physical education curriculum aims to provide for pupils’ increasing self- confidence through an ability to manage themselves successfully in a variety of situations. A balance of individual, team, co-operative and competitive activities aims to cater for individual pupil’s needs and abilities. The scheme of work is based on progressive learning objectives which, combined with varied and flexible teaching styles, endeavour to provide appropriate, stimulating, challenging and enjoyable learning situations for all pupils. We aim to promote an understanding of the many benefits of exercise, through a balanced range of relevant activities. We aim to:

* Acquire and develop skills, performing with increasing physical competence and confidence in a range of physical activities and contexts
* Provide stimulating and challenging opportunities that help to promote physical development such as cardio-vascular health, flexibility, muscular strength and endurance
* Enable pupils to understand the importance of Physical Education in respect of a healthy lifestyle. (Knowledge and understanding of fitness and health).
* Develop positive attitudes towards participation in physical activity
* Provide a safe learning environment for physical activity and an understanding of the need for safety
* Provide pupils with opportunities to become aware and conform to the principles of fair play, demonstrating a good sporting behaviour.
* Enable pupils to actively participate in a wide range of activities with confidence, developing self-esteem through achievement
* Solve problems and find alternative solutions to physical challenges on their own and with others
* Learn how to select and apply skills, tactics and compositional ideas to suit activities that need different approaches and ways of thinking
* Develop their ideas in a creative way
* Understand how (and be able) to persevere, succeed and acknowledge others' success
* Take initiative, lead activity and focus on improving aspects of their own performance
* Make informed decisions about the importance (and value) of exercise in their lives
* Be given a firm foundation for life-long participation in sporting activity

**Swimming and Water Safety**

All children must have access to swimming instruction in either key stage 1 or 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 such as front crawl, backstroke, and breaststroke
* Perform safe self-rescue in different water-based situations

At Leasowe Primary the children have historically had access to swimming instruction in Y2 to Y6 which takes place at Leasowe Leisure Centre. Each year group will participate in swimming for one week with daily 1 hour lessons.

All lessons are taught and assessed by qualified instructors employed by Leasowe Leisure Centre and they liaise closely to class teachers for assessment outcomes.

At Leasowe Primary School, we aim to deliver two hours of high-quality PE per week which is in line with government guidelines.

* Teachers have a long-term PE curriculum map that has been written by the PE leader (Michelle Macallister).
* P.E will be taught by a specialist secondary P.E teacher (Mr Heaton). He will teach a wide range of skills across the curriculum in gymnastics, invasive sport and athletics. Mr Heaton will also be working closely with class teachers to support their own continuous professional development.
* PE sessions are matched to the main hall timetable. Dependent on the activity, the staff will decide whether the session will be taught inside or outdoors. Whenever possible, the staff will try to take the children outside. This allows them a greater access to more space.
* All staff have access to our school assessment document which covers key skills that need to be taught within their year group. This is accessible on the school drive and teachers are required to fill in this assessment document every half term. This will be closely monitored by the designated P.E lead (Michelle Macallister) and Mr Heaton.

**Karate**

Karate sessions will be taking place for resourced provision classes on a Friday afternoon. Each class will participate in an hour session with a qualified Karate specialist.

**PE Changing**

When changing for PE, KS1 and lower KS2 pupils will change together in their classrooms where as upper KS2 pupils will change in separate areas. Staff must be present during changing times, in both areas, to ensure children are always safe. After changing for PE children should place their school clothing into their PE bag. Children should also be given a question to think about when changing which will link to the objective of the lesson.

**School PE Kit**

In the interest of health and safety appropriate kit should be worn for P.E. activities. Acceptable kit is that which presents no risk of injury to the wearer or other children and details of our policy are outlined below.

**Indoor clothing**

* Plain white T-shirt,
* Black shorts
* Children must have bare feet for gymnastics unless they have medical reasons not to.

**Outdoor clothing**

* Plain white t-shirt
* Dark leggings/ shorts/ tracksuit bottoms
* Trainers
* A hoody or school jumper may also be worn at the discretion of the teacher.
* Trainers must be worn outside. Indoor pumps are not suitable as the grip is insubstantial

All teachers must ensure that children tie long hair back; finger nails are appropriately short to

prevent injury to themselves or others and personal effects including jewellery have been

removed. In the event of new piercings ***(less than a month***) if a child is unable to remove them, ears must be taped up.

**Staff Dress**

It is expected that teachers change for P.E, or come to school dressed appropriately, for the safe delivery of a PE lesson. This should include suitable footwear. If possible, jewellery should be removed to set a good example.

**Accident Procedure**

For school-based activities staff should follow the guidelines in the Health and Safety Policy. For offsite activities, staff must familiarise themselves with the individual facility procedures. Risk assessments must be in place for any off-site visits. For swimming sessions, all staff should familiarise themselves with pool procedures, e.g. the fire and drown alarm. They must know the location of rescue and survival equipment and there should be frequent practices involving the children.

As a school we ensure the safety of all pupils and staff through the following codes of practice:

* Safe storage of all equipment – all equipment to be stored safely and tidily in its appropriate place after use, so easy access and availability are ready for the next group. PE equipment is stored in the hall and PE Cupboard. These areas will be monitored by members of the PE team.
* Children are taught to manage and use apparatus safely and effectively.
* Equipment will be checked at the beginning and end of use. All unsafe, damaged or lost equipment to be reported to a member of the PE team.
* Staff are aware of First Aiders within the School and there are several members of staff first aid trained across school.
* Staff have knowledge of the environment in which learning is taking place. They must check areas for hazards before any activity takes place.

**Handling Apparatus**

* Apparatus should be stored consistently and always returned to the same place.
* Apparatus needs to be easily accessible for all children.
* Children are taught how to lift apparatus correctly. They should know:
* never to touch apparatus unless instructed to do so by the teacher
* how many children should be holding it
* where they have to grip the apparatus
* To carry apparatus – never drag it across the floor
* To have knees bent, back straight and head up ready to lift. They must walk when carrying the apparatus
* Only to lift when everyone is ready. When ready lead child to say ‘one, two, three lift’ and when it is in place ‘one, two, three down’
* When the apparatus has been positioned, children must sit on the floor to await instructions
* Always have plenty of children lifting the apparatus.
* Avoid walking backwards when carrying the apparatus. The apparatus should be pointed in the direction of its destination and children should carry it facing in the same direction.
* Mats should be put out last and put away first; this will avoid children tripping over the mats as they carry the apparatus.
* As a general guideline, children should only use apparatus which they can move themselves.

**Facilities, Equipment and Resources**

Leasowe Primary School has a school hall, which is equipped with portable and fixed apparatus for gymnastics and a large projector to support the teaching of dance. For sports games, there is a playground area directly behind the school building which leads on to a very large field area.

**Sports Day / Inter-school Sports**

The PE team organises the annual Sports Day in which all children compete in a variety of team events and traditional races.

**Adults Supporting Learning**

Staff members are supported by the PE team which includes the school PE subject leader. Members of the PE team accompany and transport children to competitions. Support assistants assist with the delivery of PE as they would any other subject.

**Leadership**

The PE subject leader will:

* Monitor the teaching and learning of PE within the school
* Keep up to date with new developments and inform staff
* Ensure that PE resources are available and appropriate to the needs of the staff
* Ensure that PE maintains a high profile within the school, through displays, rewards etc.
* Assist with recording keeping and assessment of the subject.
* Ensure all coaching staff delivering PE on the school site are quality assured and have provided enhanced DBS checks
* Contact local sports clubs to establish new community links with the school

**Assessment and Recording**

Class teachers will assess and record pupil’s progress using the teacher planning/assessments sheets given to them and will keep these in their class P.E folders and will take pictures of each lesson as evidence of teaching and learning.

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**Review**

**This Physical Education Policy was written in September 2021.**

**P.E leader: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Headteacher: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

This policy is to be reviewed every two years and modified as necessary.

**Review Date: September 24**