

ST. ANDREW'S C. OF E. PRIMARY SCHOOL



PHYSICAL EDUCATION

Autumn 2012

ST. ANDREW'S CHURCH OF ENGLAND PRIMARY SCHOOL

PE POLICY

INTRODUCTION

At St. Andrew's Church of England Primary School we believe that children should be offered a broad and balanced physical education curriculum. We believe that this makes a vital and unique contribution to a pupil's attainment, behaviour, attendance, attitudes to learning, inclusion, healthy lifestyle, citizenship and leadership.

AIMS

We aim to develop in children the following qualities:

- A positive awareness to health, hygiene and fitness.
- An awareness of safety procedures and an appreciation of the principles of safe practice.
- An appreciation of the concepts of fair play, honest competition and good sporting behaviour.
- An understanding of the short term effects of exercise on the body.
- An ability to sustain energetic activity over appropriate periods of time in a range of physical activities.
- An enjoyment of physical activities so that they become life long participants.

OBJECTIVES

- To provide a balanced curriculum in PE which offers continuity and progression for all children.
- To provide opportunities for children to develop communication and co-operation skills.
- To provide activities that develops cardiovascular health, flexibility, muscular strength and endurance.
- To include all children in physical activity and enable them to reach their potential.

ORGANISATION

At St. Andrew's, teachers plan PE on a half termly or termly basis following the school Scheme of Work based on the PE National Curriculum, QCA guidance and the Foundation stage curriculum.

The current yearly plan is based on 2 sessions of 60 minutes per week. It aims to give KS1 children experience in Games, Gymnastics and Dance, and children in KS2 experience in Games, Gymnastics, Dance, Athletics and Swimming. As described by the National Curriculum document, greater emphasis should be given to the teaching of Games, Gymnastics and Dance. Therefore, a combination of these has been included for every term in KS2. Each activity should be provided when it is appropriate, taking into account:

- Age, interests and ability of pupils.
- Seasonal climate.
- Range of facilities available.
- Calendar of School events.

A well balanced PE programme should provide regular opportunities for all pupils to participate in vigorous exercise.

Lessons should always include:

- A warm-up activity.
- Teaching time - including acquiring and developing skills, selecting and applying skills, evaluating and improving and knowledge and understanding of fitness and health.
- A warm-down activity.

Necessary planning continuity is provided by maintaining a constant PE programme.

HEALTH AND SAFETY

(To be read in conjunction with the School Health and Safety Policy).

Staff should ensure that the area where the PE activity is planned to take place is free from obstruction and hazard before the lesson.

All equipment should be carried with care. Both children and staff should be reminded of the correct manner to carry and set down PE equipment and set up apparatus for use. Where apparatus has wheels these should be used appropriately and both staff and children should be certain that they are secure before the lesson commences. The onus is on the teacher to carry out final checks of all apparatus before use. Should any wear or tear be detected then this should be reported to the PE Co-ordinator immediately. All such equipment should then be marked and not used for PE until otherwise notified by the PE Co-ordinator.

Only BAGA qualified coaches are permitted to use the following equipment and should only be used in extra-curricular activities:

- Crash Mats.
- Reuter Boards.

Large and small mats must be carried by 4 children (Infants and Lower Juniors) and by 2 or 4 children (Upper Juniors).

All equipment should be stored in a neat and accessible manner. It is the responsibility of all staff to ensure that all equipment is returned to its appropriate area in a tidy fashion and that it is stored safely.

With guidance the child can be helped to develop a sense of responsibility for his/her own safety and that of his/her fellow pupils. Passageways and exits should be kept clear.

If an accident occurs that requires First Aid attention then the emergency procedure should be followed.

Inhalers should be available at all times and should be taken to all PE lessons.

CLOTHING

Children must wear the appropriate kit for the activity. The Nursery children will change their clothing as and when it is appropriate. For swimming, children should wear a costume (and hat if the child has long hair). For all other activities, children should wear shorts and T-shirt, or the appropriate outdoor kit.

PE kit required at St. Andrew's:

BOYS

St. Andrews T Shirts	
Shorts	Navy Blue
Plimsolls/Trainers	Any Colour
Socks	Any Colour
*Jogging Top	Preferably Dark Colour
Colour	
*Jogging Bottoms	Preferably Dark Colour
Colour	

GIRLS

St. Andrews T Shirts	
Shorts	Navy Blue
Leotard	Navy Blue
Plimsolls/Trainers	Any Colour
Socks	Any Colour
*Jogging Top	Preferably Dark
Colour	
*Jogging Bottoms	Preferably Dark
Colour	

Girls may wear a PE skirt for games.

*** OPTIONAL ITEM**

Children should wear shoes from the Classroom to the Hall. This is because of the danger of staples etc in the corridor and necessary in the event of a fire/fire drill. Hair should be tied back and all slides removed. There should be no jewellery including watches. Jewellery worn for religious reasons or earrings which cannot be removed should be covered with tape or a plaster. Staff must not take responsibility for jewellery or for taping up children's earrings.

Trainers or plimsolls should always be worn outside. Laces must be short and all footwear should be done up properly. Generally, for Gymnastics and Dance work, bare feet are preferable.

Staff should also be dressed in an appropriate fashion for teaching PE, ie tracksuit/leggings and trainers. This is for the teacher's and the children's safety.

TEACHING AND LEARNING STRATEGIES

1. **Repetition** - "Can you do it again?" This will lead children to analyse their movement, practise and clarify it until it can be repeated. If they can "do it again" they have acquired a skill.
2. **Observation** - Observing how the children respond to the tasks is undoubtedly the most important part of the teacher's role. Observations can be directed at individuals, small groups or the whole class.
3. **Demonstrations** - It is a vital and integral part of the learning process to be able to share experiences with others. The use of demonstrations can help to stimulate ideas, and can offer other avenues of learning in terms of observation, analysis and qualitative assessment. Children should be asked to observe and comment on what they are watching.

Work should be conducted quietly, so children can respond immediately to instructions. Comments and/or discussion between the teacher and pupils will take place whilst the children are working. Discussion between pupils will be used when appropriate. Teachers will use a variety of groups in their lessons including individual skills, paired work, and small groups/parts of the class. Children may also be placed in ability or mixed ability groups or in single sex or mixed sex groups as appropriate.

EQUAL OPPORTUNITIES

All children will be given equal access to a broad and balanced PE curriculum regardless of ability, sex, race or home background.

SEN

Teachers aim to provide activities which are differentiated to meet the needs of all children across the range of ability including those with any physical disabilities.

ASSESSMENT AND RECORD KEEPING

Assessment in Physical Education at St. Andrew's is considered primarily with the observation and recording of achievement in the practical context. All references are made in relation to the end of Key Stage Descriptions. It should be a continuous activity, blended in as part of normal teaching.

Assessments will be noted in the teacher's planning book and used to inform their future planning. Teachers will assess children at the end of every term on discipline that has been taught and these assessments are passed to the PE Co-ordinator and will be used when compiling the child's end of year report.

RESOURCES/STAFFING/STAFF DEVELOPMENT

Children and staff should be aware of where resources are kept and return them after use. Children should always be accompanied by an adult to collect and return equipment.

The PE Co-ordinator is responsible for the organisation and re-ordering of PE equipment. The Co-ordinator will keep abreast of new developments in PE by attending Co-ordinator meetings, relevant courses and communicating regularly with the Curriculum Advisor for PE. The Co-ordinator will liaise with staff to update the PE Policy, Curriculum Map and Scheme of Work. The Co-ordinator will ensure through monitoring and support, that there is continuity and progression in children's work throughout the year groups. The Co-ordinator will be available to advise and support all members of staff with planning and to organise relevant INSET, workshops and courses in conjunction with the Staff Development Co-ordinator.

REVIEW OF POLICY

This policy will be reviewed by the Co-ordinator and staff and presented to the Curriculum Committee in line with the Policy Review Programme.