

St. Mary's Catholic Primary School

Physical Education Policy

Responsible Person: Ms R. Turpin / Miss A Winter

Date: September 2016

Review date: Autumn 2017

Agreed by Governors:

At St Mary's we believe that Physical Education, experienced in a safe and supportive environment, makes a unique and vital contribution to the development of a pupil's physical and emotional health and well-being. It educates pupils in the understanding of the body and how to use it with efficiency and control, and the importance of a healthy lifestyle.

OUR AIMS:

1. To develop physical and cognitive skills when planning, performing and evaluating movement in a range of contexts.
2. To promote physical activity and a healthy lifestyle.
3. To develop positive attitudes towards being active.
4. To develop creativity and ensure safe practice.
5. To enable children to set targets for themselves and compete against others, individually and as team members.
6. To develop understanding of what it takes to persevere, to experience success and to acknowledge others' success.
7. To engage in a minimum of 4 hours of physical education each week.
8. To develop the ability to take the initiative, lead activity and focus on improving aspects of their own performances.
9. To discover their own aptitudes and preferences for different activities.
10. To enable children to make informed decisions about the importance of exercise in their lives.

. Objectives

Our objectives, derived from the aims, guide us in the planning and selection from schemes of work (specifically that adopted by the school, written by Val Sabin) and form the basis for assessment of pupils and evaluation of the policy.

Children will:

- know about factors which influence efficient and effective performance
- know how to improve their own performance and that of others by engaging in the continual process of reflection, selection, refinement, adapting and evaluation.
- practise and consolidate movement concepts and motor skills in dance, games and gymnastics. In Key Stage 2 pupils will also experience athletic activities, outdoor and adventurous activities and swimming in addition to the core programme.
- understand the effects of exercise on the body
- engage in regular physical activity

- be aware of opportunities in local clubs and the community which will cater for primary age children.
- exhibit such personal qualities as perseverance
- show awareness of factors which affect safety
- appreciate the principles of safe practice and take responsibility for personal safe practice.
- understand the importance of routine procedures and factors which affect safety
- appreciate the principles of safe practice and take responsibility for personal safe practice.
- work collaboratively as individuals, pairs and members of a group in solving problems expressing independent opinions.
- express interest, enjoyment, motivation and enthusiasm for physical activity.

Principles of Teaching and Learning

Differentiation and Special Needs:

The P.E. programme is based on progressive learning objectives which, combined with flexible and varied teaching styles, endeavour to provide stimulating and challenging learning situations for all pupils. In planning lessons teachers will identify challenge for all pupils, modifying and adapting the task and/or equipment to include the least able child and stretch the most able. A balance of individual and team, cooperative and competitive activities aims to cater for each pupil's abilities and preferences, taking into account any physical disabilities. Our aim is to provide successful learning situations by outcome, and to match tasks and resources to children's abilities and needs. Teachers will liaise with the SENCO and additional adult support will be sought if needed.

Breadth & Balance

Of primary importance are the need and entitlement of every pupil to receive a broad, balanced and differentiated curriculum in order to succeed and attain the highest possible personal standard of achievement. The 2014 National Curriculum physical education orders will be the basis of our teaching programme. At St. Mary's we have adopted the Val Sabin Primary School Games and Gymnastics Teaching as our Scheme of Work to ensure continuity and progression, with curriculum content and policy being reviewed regularly.

At Key Stage 1 - dance, games and gymnastic activities will be offered.

At Key Stage 2 - the above will be continued with the additional programmes of athletic activities, outdoor and adventurous activities and swimming at agreed points during the Key Stage. The programme will include a variety of team and individual, co-operative and competitive activities. Work in Key Stage 2 will build directly on work in Key Stage 1. Account will be taken of the different range of learning styles in any one class.

CROSS-CURRICULAR LINKS

Whilst retaining its unique contribution to a pupil's education, physical education also contributes to a much wider area of learning. It offers an alternative context for the learning, understanding and application of language, numeracy and scientific concepts. The dance element of the curriculum will enrich and complement the arts curriculum. Teachers will provide opportunities for ICT where possible.

Equal Opportunities

See separate policy

To develop positive attitudes children will be taught:

to observe the conventions of fair play, be good team members and recognise honest competition
to cope with success and failure
to try hard to consolidate their performance
to be mindful of others and the environment

To Ensure Safe Practice Pupils should be taught:

to respond to instructions and signals within an established routine
to recognise and follow rules, laws, codes and safety procedures for different activities
to wear the recognised appropriate clothing for the different activities
to lift, carry and place equipment in a safe manner where it can be used safely

Teachers are asked to follow AfPE guidelines regarding safe practice (copy held centrally in AVA room). Teachers are also advised to refer to the Health and Safety policy which includes educational visits. Refer to copy displayed in the main staffroom.

Early Years /Foundation Stage

See separate policy.

Health & Safety

All routine procedures relating to safe practice are agreed and will be consistently adhered to by all teachers and support staff.

It is essential that pupils are taught essential life skills to enable them to participate safely and confidently in physical activity. Pupils are expected to work in a safe manner and be aware of what this means.

All teachers will plan their work with the safety of pupils in mind. The physical education co-ordinator will support the teacher, Headteacher and governors to undertake a risk assessment of activities and plan INSET for teachers if needed.

Teachers must be aware of children with medical conditions which may affect them during the lessons (asthma, epilepsy, etc.).

It is intended that all pupils will take part in P.E. lessons unless a personal note from the parent/guardian notifies the teacher of a particular reason for non-participation.

Pupils will be made aware of correct warming up and cooling down procedures as well as correct lifting techniques.

All accidents must be recorded in the Accident Book kept in the 'First Aid' room. A first aid box is also kept in the room.

Assessment recording and reporting

Opportunities for assessment will be identified during planning and pupils will receive ongoing teacher assessment as well as for self and peer assessment. Information will be shared with pupils, teachers and parents in written and oral form. In line with whole school policy, each child's individual record is completed and passed to future teachers, with comments where necessary. Termly assessments will be undertaken by the class teachers, giving consideration to standards achieved in various skill-sets.

Expectations in Gymnastics and Games for the end of each Key Stage are to be found in every Scheme of Work folder.

Resources

These are stored around the hall and in the physical education cupboard currently in the playground. There is a range of resources for athletics, games and gymnastics.

Funding for physical education will be within the school budget plan for each financial year.

Liaison with our secondary link teacher as well as coaches from the wider community employed at specific times, will provide extra resources / support. Planning resources are also available in the AVA room and from the P.E. coordinator.

Review

The physical education subject manager will monitor physical education teaching in all year groups on a yearly basis. This evaluation will form the basis for an action plan which will inform the School Improvement Plan.

RTurpin & A Winter Autumn 2016

Appendix 1

Extended School Timetable

EXTRA-CURRICULAR TIMETABLE				
Day	Time	Activity	Participating year grp	Supervision
Monday	12:30 -1pm	Country Dancing	Boys/girls Year 2	Mrs Rivron
Monday	1 – 1:30pm	Country Dancing	Boys/girls Year 4	Mrs Rivron
Monday	3:30-4:30pm	Netball	KS2	Welling Utd
Monday	3:30-4:30pm	Gaelic Football	KS2 Boys/girls	Mr McGrath c/- St Paul's Academy
Monday	3:30-4:30pm	Football	Boys/girls Year 1	Welling Utd
Monday	3:30 – 4:30pm	Football Club	Boys Year 6	E Noel Welling Utd/ R Turpin
Monday	3:30 – 4:30pm	Football Club	Girls Year 5/6	Miss Hogan/Miss Winter
Tuesday	3:30 – 4:30pm	Football Club	Boys/girls Year 2/3	Welling Utd
Wednesday	3:30-4:30pm	Gym Club	Yr 1 - 6	J'Amie's Gym
Wednesday	3:30-4:30	Football Club	Yr 4/5 boys and girls	Welling Utd
Wednesday	3:30-4:30	Irish Dancing	Yr 1- 6	Pauline Crouch
Thursday	3:30 – 4:30pm	Cricket Club	Yr 4/5/6 boys and girls	Graeme Moir (LBG)
Thursday	3:30-4:30	Basketball	Yr 3/4	Outside provider
Friday	3:30 – 4:30pm	Street Dance	Year 4/5/6 boys and girls	Hazel Bracken
Friday	3:30-4:30pm	Activkids	Year 2/3/4 boys and girls	Activkids

Appendix 2

P.E. kit as outlined in the school booklet.

Plimsolls (with socks, not tights) are only worn for outdoor games. Junior children can wear trainers but not baseball boots.

For indoor lessons, children must work in bare feet unless otherwise advised medically. Gymnastics using the apparatus must always be undertaken in bare feet.

Long hair must be securely tied.

No jewellery of any kind must be worn.

A copy of 'Safe Practice in Physical Education and School Sport' (AfPE), endorsed by the Department for Education, is available in the AVA room.