

The Friars Primary School

Cannon Street

Salford

M7 3EU

Physical Education Policy



Happiness – Achievement – Respect - Determination

Written by: Sarah Toole & Rachel Hughes

Published: November 2021

Review: November 2022

Aims and Objectives:

At The Friars Primary School, Physical Education forms an important part of the education of each pupil. We aim to promote a holistic approach to develop an active, healthy and enjoyable lifestyle and encourage our pupils to have the motivation, confidence, physical and social competence, knowledge and understanding to maintain physical activity throughout life.

P.E. is about introducing children to the world of sport, which, combined with an enjoyment of exercise, will hopefully provide the foundations for a healthy and active lifestyle.

The aims of Physical Education at The Friars Primary School are:

- To promote positive attitudes towards physical activity.
- To develop social co-operation and positive attitudes towards others and to compete with a sense of fair play.
- To promote physical activity, physical skills development and a healthy lifestyle.
- To show an awareness, knowledge and understanding of safety when participating in physical activity.
- To encourage lifelong involvement in physical activity.
- To develop fair play through cooperation, collaboration and competition and manage, to varying levels of success, in competitive and co-operative situations and retain a proper sense of perspective in competition.
- To always try to achieve their personal best.
- To have age appropriate activities.
- To understand the need for rules in games.
- To provide equal opportunities for all children regardless of their race, gender, background or ability, thus providing a programme of study that is inclusive.
- To provide equal opportunities for all children to achieve their full potential, through curricular and extra-curricular sessions.

Curriculum:

Each child at The Friars Primary School receives two hours of Physical Education curriculum time per week. The teaching of the Physical Education curriculum is broken into the following areas of activity:

- Fundamental Skills
- Multi-Skills
- Team Games
- Dance
- Gymnastics
- Invasion Games
- Net and Wall Games
- Striking and Fielding
- Athletics
- Swimming

In accordance with the National Curriculum, children will participate in swimming lessons while in KS2, to ensure they can swim the minimum of 25m. All pupils are required to learn how to swim. Lessons will be delivered at Clarendon Leisure Centre by their swimming instructors.

Non-Participation in P.E. Lessons:

Children should only not take part in PE lessons on health grounds if this is requested by their parents or guardian either by direct contact with the school or in a letter to the teacher. Children who persistently forget their PE kit should be reminded of the importance of PE and if necessary, a letter should be sent to their parents asking for their co-operation. The child should accompany the class and take an alternative role during the session i.e. PE Lesson Observation Sheet. Class Teachers should work together with parents in order to tackle the issue.

Planning and Progression:

Each year the children will follow the schools agreed Physical Education scheme of work. The medium-term planning documents will indicate the activities that children will be involved with during the half-term. Individual members of staff will amend the short-term planning for pupils, based on their knowledge of the children's ability. Books and other teaching resources are stored in the EYFS building with the PE Co.ordinator and are accessible to everyone.

Special Needs & Differentiation:

Wherever practical, provision will be made for children with special educational needs where it affects their performance in PE. Physical education in the school will comply with the three basic principles for inclusion in that it will:

- Set suitable learning challenges
- Respond to pupils' diverse learning needs
- Strive to overcome potential barriers to learning and assessment for individuals and groups of pupils.

The action necessary to respond to an individual's requirements for curriculum access will be met through greater differentiation of tasks and materials. Some pupils may need specialist equipment and approaches or to alternative or adapted activities, consistent with school-based intervention augmented by advice and support from external specialists, or in exceptional circumstances, with a statement of special educational needs. Any classroom support provided must extend in to physical education lessons as appropriate. Teachers and Teaching Assistants working with the children will be made aware of any pupils who have special educational needs or medical conditions. The SENCO will liaise with all staff to ensure all pupils' needs are met in relation to teaching and learning in PE.

Equal Opportunities:

The Governing Body will ensure compliance with current legislation regarding Equal Opportunities. All pupils at The Friars Primary School will be given equal opportunities to access the PE curriculum regardless of race, sex, religion, ethnic group, culture or ability (including more and less able pupils). A well-balanced and planned PE programme should meet the physical and social needs of all pupils thus allowing all children across the ability spectrum to succeed. By setting suitable learning challenges, responding to pupils' diverse learning needs and overcoming potential barriers to learning and assessment, teachers will create a positive and achievement orientated learning environment.

Assessment:

Assessment in PE is ongoing. Children will receive feedback and support during the lessons. Assessment in PE should provide opportunities for pupils to assess their own performance through talk and observation of peers. They should be encouraged to recognise ways of improving skills and make positive comments on their own and others work. To assess the children's progress and achievement, teachers will score the children at the beginning and the end of the half term using the PITA Point in Time Assessment Overview.

Dress Code for Pupils:

It is expected that children will wear the school PE kit during lessons. This includes:

- Black T-shirt
- Black shorts
- Black plimsolls (indoors)/ trainers (outdoors)
- School jumper or fleece (optional due weather conditions).
- Hair band (if child has long hair)

- No jewellery or fancy hair accessories
 - The pupils can work with bare feet indoors during gymnastics or dance.
- Tights or socks must not be worn.

Use and Storage of Apparatus:

Large apparatus is stored in the hall and the children are taught how to move and lift the apparatus safely. Games equipment is stored in the P.E cupboards.

New members of staff:

Any new members of staff including NQTs will be shown how to use, move and store all apparatus. When teaching PE lessons in the hall, supply teachers should not be using any large apparatus for Health and Safety reasons. Teacher training students need to be with a teaching member of staff during a PE lesson. They should not be left alone with children during apparatus, dance and games lessons.

Extra-Curricular Activities:

We are committed to recognising the importance of physical activity of children outside the curriculum. We believe that links with local sporting clubs and organisations and the provision of extra-curricular activities organised by the school is a positive experience. Pupils are given regular opportunities to represent The Friars Primary School in various sporting events throughout the year and are provided with opportunities for skill development sessions ran by local sporting clubs such as Manchester United and Salford Reds Rugby Club. We also have links to various inter and intra school activities through the EIP PE Cluster. Students are encouraged to participate in these events, where possible, to further promote an awareness of the value of physical activity.

Health & Safety:

Physical Education is by its very nature a challenge to growing children. Pupils will be placed in situations where risk of an accident or injury is ever present. Therefore it is important for teachers to be aware of the importance of safety and to plan it in their work so as to minimise the risk of accidents to both pupils and teachers.

The following list is a general outline of safe practice in PE:

- All forms of physical activity should be preceded by an appropriate warm-up.
- The pupils must be given tasks which are challenging, but within the scope of their ability.
- Teachers must carry out a risk assessment of all equipment before use and give pupils disciplined strategies for safe handling of the equipment whilst the work is in progress and safe storage when the work is complete.
- Appropriate levels of lighting must exist to facilitate a safe working environment.
- The surface that the pupils are expected to work on should be clean and free of litter or other hazards that could cause an accident. The teacher should pay special attention to the suitability of the surface, after the floor has been polished in the hall and after rain on the playground or on the grass as this may make the area too slippery to be safe.
- All jewellery, watches and religious symbols should be removed.
- Long hair should be secured as appropriate to the activity at all times.
- Appropriate clothing must be worn by pupils and staff.
- The teacher must ensure the preservation of body heat after hard physical exercise and use good methods to cool down pupils after such exercise.
- The Class Teacher and Sports Coach must be aware of any medical condition which may affect physical ability (e.g. diabetes or asthma) and make the appropriate adjustments in planning and implementation of the lesson to allow pupils who suffer from any conditions to take part actively but safely.

- For Health and Safety reasons, teachers may physically guide children during lessons in order to develop their skills, e.g. correcting a child's position during a gymnastics lesson.
- Staff should have a working knowledge of First Aid and know when and how to summon qualified First Aid assistance.

Risk Assessment:

Risk assessments should be carried out on any facilities that are used for sporting activities outside of the school grounds. Annual safety checks and repairs are carried out on gymnastic equipment and staff should check apparatus when it is being taken out for use in lessons. If a potential hazard is identified it is immediately taken out of use and reported to the PE Co.ordinator.

Monitoring and Evaluation:

The monitoring and evaluation of the PE curriculum will be carried out in the following ways:

- By the PE co-ordinator meeting with year group leaders/teachers and external coaches to discuss their plans and match them against the PE schemes of work.
- Supporting colleagues in the teaching of PE by being informed about current developments in the subject.
- By evaluating the strengths and weaknesses of the subject and identifying areas that need further development.
- By carrying out lessons observations