



# St Michael and St John's RC Primary School

## PE POLICY

*Following the example of Jesus, together we learn, love and respect one another to be the best we can be.*

Date of Policy: September 2018

Review Date: September 2019

### *Vision for the Primary PE and Sport Premium*

*ALL pupils leaving primary school physically literate and with the knowledge, skills and motivation necessary to equip them for a healthy, active lifestyle and lifelong participation in physical activity and sport*

*It is expected that schools will see an improvement against the following 5 key indicators:*

- 1. The engagement of all pupils in regular physical activity – kick-starting healthy active lifestyles*
- 2. The profile of PE and sport being raised across the school as a tool for whole school improvement*
- 3. Increased confidence, knowledge and skills of all staff in teaching PE and sport*
- 4. Broader experience of a range of sports and activities offered to all pupils*
- 5. Increased participation in competitive sport*

### **Introduction**

At SSMJ we believe that a balance and range of opportunity underpins everything we plan and deliver. Since the beginning of the human species there has always been a need to move and be active but as time has gone by, and technological advances have been made, there has been an increase in sedentary lifestyles and the associated health problems.

There is strong and consistent evidence that doing regular, moderate-intensity physical activity provides a range of physical, intellectual and emotional benefits for everyone. At our school we recognise the importance of being fit and agile and the effect it has on a child's health and wellbeing, their ability to learn effectively and achieve in school.

As a healthy school we want to promote participation in sport and physical activity and believe we have an important role in partnership with the family and wider community in promoting physical activity and a healthy lifestyle. Information on our PE curriculum, extra-

curricular activities and how we use our Schools Sports Premium Funding can be found on our website.

We also aim to increase enjoyment and participation in sport and physical activity for all pupils.

### **Aims of the policy**

- To show how we promote fitness and a healthy lifestyle and how we provide a broad range of physical activity opportunities through PE lessons, sporting competitions, recreation and games and gives guidance to staff
- To give guidance to staff about their role in promoting physical activity
- To give information to parents and carers about what is taught and how they can support the policy
- To show how the school meets national guidelines for physical activity, including PE and sport

### **Our approach to promoting physical activity**

The brain goes through a crucial development period in the first years of life and this can have a long-lasting influence on children and young people's future interests. Physical activity programmes that are fun, inclusive, educational, age and skill level appropriate help ensure early positive interest in physical activity and an increased likelihood of staying active throughout life.

- To provide pupils with the best possible physical activity opportunities and experiences for all pupils, both in and outside of the curriculum and throughout the school day, so as to encourage lifelong healthy lifestyles and a positive attitude to physical activity
- At key stages 1 and 2: To provide a planned programme of at least two high quality PE lessons per week in the curriculum for all pupils. The total offer of two hours will be achieved through a wide variety of opportunities to take part in physical activities at lunchtime and after School to supplement the lessons.
- To provide a range of opportunities for all pupils. We will aim to increase opportunities for as many children as possible to participate in inter-school sporting competitions and experience a range of sports.
- To provide a supportive environment for enjoyable participation in a wide variety of physical activities. We do not believe in a culture where winning takes over and creates an environment where children leave competitions feeling like a failure, and eventually drop out of participation due to their unpleasant experiences. Staff, as coaches, must model good behaviour and be supportive of all pupils. It is essential for pupils to have the freedom to express themselves when participating in competitions. Teachers/coaches must accept that we prepare children for participation with the understanding that making mistakes is part of the valuable learning process which can only help them/us in the future when lessons are learnt and guidance is given. Teachers/coaches must be willing to step back and watch what is happening in an effort to identify strengths and limitations which can be worked on during future lessons/training. This can be summed up by a 'let them play' philosophy, where the emphasis is on the pupils participating and achieving through their own success and failures whilst being guided positively by staff.
- To provide appropriate resources and facilities
- To enable pupils to understand how to keep themselves physically healthy and make informed decisions about participating in physical activity
- To identify specific groups/individuals with high need e.g. girls, pupils who are the least active with suitable opportunities to be physically active throughout the school day

## **Policy development**

It is important that in developing this policy further we consult further and include all stake holders. This will help us in delivery of activities that the pupils want to participate in such as after school clubs, playground activities and lunch time clubs. This will help us identify any barriers to participation.

Listed below are a list of ways we consult :

- All pupils through the school council and school sport councils
- Staff
- Parents/Carers
- The curriculum group of the Governing Body
- School nurse
- PE and Sport consultants from Lancashire and our cluster involvement

## **Links to other policies**

This policy should be read in conjunction with these related policies; Health and Safety, Behaviour, Safeguarding, Equality and Teaching and Learning.

## **Responsibility for physical activity**

The PE subject leader has overall responsibility for physical activity and the development, monitoring and review of the provision of physical activity. Their role includes: ensuring annual health and safety checks of all PE equipment are carried out, supporting and training staff, liaising with external agencies to support the curriculum, developing, monitoring and reviewing the policy, and coordination of and participation in after school sporting competitions

A Designated Lead Governor has responsibility to ensure the effective monitoring and evaluation of the subject, and ensuring annual health and safety checks of all PE equipment are carried out.

All staff should be aware of the policy and consider how they can support it and staff who provide PE and physical activity should ensure that safe and effective procedures are adopted in all physical activities.

## **External providers**

To increase opportunities and numbers participating in extra curricula sport we hire various sports coaches outside the school curriculum to complement the work of the PE teacher's in delivering sport and physical activities. We also look for opportunities to be involved with outreach programmes such as Maths on The Move programme and Clitheroe Rugby Coaching. This is something we would like to develop further over the following year. All visitors are expected to work within the framework of this policy. All visitors/coaches are expected to have an up to date CRB/DBS and provide this with photographic I.D (passport/driving licence) on arrival for their first coaching session.

This policy is made available to visitors and we ask them to consider the following questions in preparation for their visit:

Does the visitor understand the school's physical activity policy?  
What will they offer that the teachers cannot?

How will the visitor's sessions be integrated into the PE programme?

What role will teachers take during the session?

How will the session be followed up?

How will the sessions be evaluated and pupil progress assessed?

### **Health and Safety**

We recognise that participation in physical activities contains an element of risk. Staff are responsible for ensuring that they are familiar with safe practice to reduce the element of risk to the absolute minimum within their control. We follow the advice contained in the AfPE (Association for PE) publication 'Safe Practice in Physical Education and Sport' 2016.

- Staff are aware of pupils who have special needs with regards to physical activity and make special provision for needs where appropriate e.g. physical disability, asthma
- Staff ensure sports coaches are informed about all additional needs.
- Staff ensure medication is taken to PE lessons, both indoors and out.
- Staff know about the safe practices involved in moving and using apparatus
- Pupils wear appropriate clothing, remove jewellery and tie back long hair. If the removal of jewellery or studs is not possible they should be securely taped and the teacher is confident this strategy is effective.
- Our school decides its uniform and does not discriminate based on gender, race, disability, sexual orientation or belief. Headscarves may be worn in PE (providing they are safely attached and unlikely to cause the wearer harm), and leggings can be worn under shorts.
- Pupils remove shoes when participating in indoor activities such as gymnastics,
- Correct use of equipment is taught along with any potential hazards, including completing a risk assessment for each area/ space that PE and school sport takes place in
- Equipment and apparatus is stored safely at the end of each lesson.
- Pupils are taught to consider their own safety and that of others at all times.

Staff also consider their own and their pupils' safety with regard to their own personal clothing, footwear and jewellery when involved in the teaching of any activity

We undertake an annual risk assessment of the school premises and equipment including PE equipment as necessary. Risk assessments are carried out for school sporting trips. Staff need to undertake additional Risk Assessments in line with specific activities that they are teaching.

## **Curriculum**

### **PE**

All children from Reception to Year 6 have at least two lessons of PE a week during curriculum time. As a school we follow the Lancashire PE Scheme Of Work. The curriculum covers the programme of study for PE in the national curriculum and pupils develop physical skills as well as learn about fitness, cooperation and fair play. Pupils' are assessed to ensure progress is made and end of key stage expectations are met by all children. Summative assessments are then reported to parents on an annual basis. Methods/criteria for assessment is currently being reviewed so that pupils are more aware of what they have to do to make progress.

### **Activities taught at SSMJ:**

- **Dance**
- **Gymnastics**
- **Games (fundamental skills)**
- **Games (rounders,tennis,cricket,football,basketball,dodgeball)**
- **Outdoor and adventurous**
- **Athletics**

### **Participation in PE**

- A wide range of imaginative resources and teaching strategies are used to actively engage pupils in participating in lessons.
- Our curriculum takes into consideration the range of pupils' needs to ensure continuity and progression in learning is provided and PE lessons will be suitably differentiated in order to support and challenge pupils.
- Staff ensure that pupils of all abilities are able to access the PE curriculum by providing alternative, or different resources to develop new skills and ensure a positive relationship with physical activity from an early age.
- Pupils who are unable to participate in a PE lesson are engaged purposefully with other roles such as observation, feedback, video recording, evaluation, coaching, umpiring and refereeing. Students should change into suitable footwear. Parental notes should be received if a child is excluded for any short or long term health reason.
- Teachers monitor and follow up on non participants due to loss of kit or medical reasons.

### **Facilities available for physical activity**

On-site facilities include (*school to include*) eg:

- Halls – climbing frames, gymnastics mats, balance benches, box, springboards.
- Playground– to be used during the day for play times, lunch times and PE, both in and out of school hours
- The Field is used for break/lunchtime activities and curriculum activities (Weather Permitting)
- The Local swimming pool is used for designated year groups pupils during the school day

### **Clothing to be worn during physical activity (before, during and after school)**

PE is part of the National curriculum and can take place on varying days. Therefore, ALL pupils must have a PE kit in school at all times. It must contain:

- A plain t-shirt in the house colours (Whalley - Red; Bolton - Blue; Fountains - Green and Sawley - Yellow),
- (A white tee shirt is acceptable if you have difficulty sourcing the coloured ones).
- Plain navy shorts (not denim shorts, no logos or designs on them)
- Black pumps (canvas and plain)
- Plain Navy Blue/Black tracksuit bottoms (no logos or designs) Optional
- Plain Navy Blue/Black Sweatshirt or tracksuit jacket. (no logos or designs) Optional
- Trainers for outdoor games

*School jumper can be worn on top of the t-shirt during autumn/winter months*

Only in exceptional circumstances will we provide spare kit for pupils who forget their PE kit.

## **Physical activity outside of the curriculum**

In addition to PE, there are a range of opportunities for physical activity throughout the school day.

### *Extra-curricular activities and clubs*

A range of after school clubs are available to pupils some paid for and some offered free of charge by teachers. These clubs complement the curriculum, the interests of pupils and the local sporting opportunities. We analyse the attendance at clubs and use this information to target pupils or groups to attend where we think it is appropriate to encourage participation. Should there be any groups that are under-represented we will consult to find out what the barriers are to attendance and work to remove them. We will also begin to make links with more local sports clubs.

### *Active Travel to and from school*

We encourage pupils and parents to walk to school and regularly promote walk to school events. We provide road safety training in Key Stage 1 and 2 and cycle proficiency training for Year 6.

### *Active playtimes*

We have zoned areas in the playground to promote different types of physical activity and relevant equipment is provided to engage pupils. Pupils are trained as playground leaders and sports leaders annually to further support physically active playtimes.

### *Sports Day*

We organise an annual Sports Day event at the end of the spring term. Parents and carers are actively involved in the day. We have a wide range of sporting competitions and activities on the day to encourage participation from all pupils.

## **Involving parents and carers**

We recognise the important part parents and carers play in encouraging children to participate in physical activity. Information about physical activities and sporting competitions organised by the school and opportunities in the local area is given to parents and carers through the school website and in weekly newsletters.

## **Monitoring and evaluation of physical activity**

The PE subject leader is responsible for the overall monitoring of the quality of physical activity provision.

We monitor PE in the curriculum through subject reviews, self-evaluation and improvement planning to provide an accurate perspective on how it is being delivered and can be further improved. ICT is used to support observations and support planning to further improve work.

Physical Education is monitored and evaluated through:

- Lesson observations
- Video evidence

- Annual PE subject review
- Monitoring of lesson planning
- Monitoring of equipment
- Feedback from staff
- Feedback from governors
- Children questionnaires
- Parent and carer questionnaires
- Pupil records of participation, focusing on different groups
- Feedback from pupils/school council about PE and general physical activity
- Pupil achievement in sporting competitions

When external providers are used to deliver physical activity we will ensure there is a procedure to ensure that high quality lessons are delivered consistently.

### **Equal opportunities and inclusion**

We comply with the Equality Act 2010 and are proactive in ensuring that all pupils, including those with special needs or disabilities are provided with a comprehensive programme of physical activity. For pupils with disabilities or health conditions we will adapt activities to suit their individual needs. Where appropriate this may mean providing specialised equipment, differentiating activities, offering a parallel or separate activity or setting a challenge appropriate to their skill level.

Pupils who do not participate in physical activity on a regular and consistent basis will be encouraged to be involved through discussion with them and their parent or carer.

### **Training and support for staff**

We ensure relevant staff access high quality professional development annually on PE and physical activity to keep them updated on key related issues and ensure they are confident to teach the full breadth of the curriculum. We participate in training and projects run by the LA and other organisations. New members of staff receive induction training on the teaching of physical activity as appropriate to their role.

### **Dissemination of the policy**

The policy is available to parents and carers and pupils via the school website.

Copies of the full policy are kept on staff admin and ratified by Governors.

Any outside contributors involved in physical activity receive a copy prior to teaching.

- EXTERNAL REFERENCES:
- LANCASHIRE SCHEME OF WORK
- THE SSMJ PE WAY
- EVIDENCING THE IMPACT OF PRIMARY PE AND SPORTS PREMIUM
- APFE GUIDANCE

Signed \_\_\_\_\_ DATE \_\_\_\_\_