

# St. Peter's C of E Primary & Nursery School



## PHYSICAL EDUCATION POLICY Autumn 2023

Ratification Date: Autumn 2023

Review Date: Autumn 2026

### **St. Peter's Vision Statement:**

At St Peter's C of E Primary School, the growth and development of children and adults is central to everything we do. As a church school, we aim to serve and take care of our community by providing an education that inspires every child to be the best they can be. This is within a framework that is rooted in distinctive Christian beliefs and values whilst embracing diversity, respecting other faiths and worshipping together. We encourage an understanding of the meaning and significance of faith and promote Christian values through the experiences we offer to all our school community.

We are a TAKE CARE school.

Everyone will take care of themselves - practicing mindfulness and being mindful of their own well being

Everyone will take care of others in their speech and actions. They will be mindful of others.

Everyone will take care of the school - its fabric and reputation.

Everyone will take care of the community through their actions.

Everyone will take care of the wider world through acts of charity.

### **Our 'Beyond Expectation' attitudes:**



Be kind

Be positive

Be respectful

Be forgiving

Be courageous

Be trustworthy

Be yourself!

These Christian values underpin all that we do in school so that our children may live out the Vision of the school.

### **EQUALITY, DIVERSITY AND INCLUSION STATEMENTS**

In fulfilling our legal obligations we will be guided by seven core statements:

**Statement 1:** All learners are of equal value.

**Statement 2:** We recognise, welcome and respect diversity.

**Statement 3:** We foster positive attitudes and relationships, and a shared sense of belonging.

**Statement 4:** We observe good equalities practice, including staff recruitment, retention and development.

**Statement 5:** We aim to reduce and remove existing inequalities and barriers.

**Statement 6:** We consult and involve widely

**Statement 7:** We strive to ensure that society will benefit.

## Introduction

At St. Peter's C of E Primary & Nursery School, we believe that physical education, school sport and physical activity experienced in a safe and supportive environment, is a unique and vital contributor to a pupil's physical development and well-being.

Our PE policy establishes common codes of practice for staff and pupils and common administrative procedures. It also ensures that statutory and local requirements are followed and other national guidelines, such as codes of practice are considered.

Aspects of this document, for example, policy regarding acceptable clothing, footwear and jewellery are set out on our website and in newsletters, so that parents know exactly what is required for PE.

## Rationale

Our aim of establishing and applying safe-practice standards in PE are to:

- enable pupils to participate in PE that provides appropriate challenge with acceptable risk
- promote pupils learning about risk management, and their responsibility in this, in order for them to participate independently in physical activity in later life
- fulfil the provision of a broad, balanced and relevant curriculum for physical education through:
  - an environment that is safe for activity
  - adequately supervised activities
  - the use of regular and approved practice
  - progressive stages of learning and challenge
  - building a system of advice and the practice of warning
  - the use of equipment for the purpose for which it was intended
  - providing basic care in the event of an accident
  - the use of forethought and sound preparation
  - involving pupils in the process of risk management
- ensure clear management responsibilities and organisation provide for safe systems of work
- identify and provide for any professional learning needs the staff are likely to encounter in their work.

## **Intent**

1. To develop physical competence to excel in a wide range of physical activities, including competitive sports.
2. To develop an increasing ability to select, link and apply skills, tactics and compositional ideas.
3. To improve observation skills and the ability to describe and make simple judgements on their own and others work, and to use their observations and judgements to improve performance.
4. For pupils to be active for sustained periods of time and to develop an understanding of the positive effects of the exercise on the body.
5. To develop the ability to work independently and respond appropriately and considerately to others.
6. To promote an understanding of safe practice and develop a sense of responsibility towards their own and others' safety and well-being.

## **Implementation**

At St. Peter's C of E Primary & Nursery School, our PE curriculum provides a broad base of movement knowledge, skills placing pupils in co-operative, collaborative and competitive situations, which aim to cater for the preferences, strengths and needs of every pupil. We aim to develop the children's creative and expressive abilities and provide situations where pupils work independently, in pairs and in groups. Pupils will be encouraged to appreciate the importance of having a healthy body and begin to understand the factors that affect health and well-being.

The curriculum embraces the Statutory Orders of the National Curriculum 2014 and Early Years Foundation Stage (EYFS) Guidance. It is inclusive and every pupil has equal access irrespective of their age, gender, cultural or ethnic background.

All Key Stage 1 & 2 classes have at least two hours of PE lessons per week. We endeavour to ensure that we implement the Department of Health guidelines for daily physical activity which are as follows:

*Early Years/Under 5s: Children of pre-school age who are capable of walking unaided should be physically active daily for at least 180 minutes (3 hours), spread throughout the day. All children should engage in moderate to vigorous intensity physical activity for at least 60 minutes and up to several hours every day. At St. Peter's much of this physical activity occurs in the outdoor area of the Foundation Unit and on the school field, playground and/or trim trail.*

*5 to 18 years: All children and young people should engage in moderate to vigorous intensity physical activity for at least 60 minutes and up to several hours every day. Vigorous intensity activities, including those that strengthen muscle and bone, should be incorporated at least three days a week.*

As part of the PE provision at St. Peter's, we annually work towards achieving the Gold standard for the School Games Award.

We understand the importance of the subject contributing to all aspects of health and well-being. In the event of weather conditions making it unsuitable to complete the activity planned, alternative arrangements are made. These include class-based activities around the activity or rescheduling the activity for another day. If the indoor space is available, the activity is taught inside with modification or adaptation still allowing the learning intentions to be achieved.

In the **EYFS**, the teacher:

- Plans activities that offer appropriate physical challenges and provide sufficient space, indoors and outdoors, to set up relevant activities
- Gives sufficient time for children to use a range of equipment
- Provides resources that can be used in a variety of ways or to support specific skills
- Introduces the language of movement to children, alongside their actions
- Provides time and opportunities for children with physical disabilities or motor impairments to develop their physical skills, working as necessary with physiotherapists and occupational therapists
- Uses additional adult help, if necessary, to support individuals and to encourage increased independence in physical activities.

During **Key Stage 1**, pupils are taught knowledge skills and understanding through dance, gymnastics and games activities, according to National Curriculum requirements.

**Key Stage 2** pupils have access to all components of the National Curriculum Programme of Study, (Athletics, Dance, Games, Gymnastics, Outdoor and Adventurous Activities and Swimming).

PE lessons are delivered by two outside providers.

The Foundation Stage children, including the Reception and Nursery cohorts, Key Stage One and the Year 6 pupils, take part in PE lessons delivered by KIXX and supported by a member of school staff. Key Stage 1 & 2 lessons last for one hour and the EYFS lessons lasts for 45 minutes on Wednesday afternoon.

Key Stage One and Two pupils take part in PE lessons delivered by Premier Education on Friday afternoons, supported by a member of school staff. Most of these lessons focus on the requirements of the National Curriculum although enrichment sports are also included including Ultimate Frisbee, Lacrosse, Tri-Golf, Fencing etc.

**Swimming** takes place at Retford Leisure Centre pool during the autumn term and the first half of the spring term. This includes pupils from Years 3, 4 and 5.

Lessons are delivered by Notts CC School Swimming teachers and last for 45 minutes once per week. Children are taught in ability groups which are determined through assessments at the start of each term. Children must be able to swim 10 metres on their back and front before moving from the 'learning' pool to the main pool.

Lessons are planned and delivered by Nottinghamshire County Council School Swimming Service. The instructors will provide assessments at the end of each term and deliver a session, in-school, on water safety at some point in the programme.

**Outdoor Adventurous Activities** take place during the Class 3 bi-annual visits to Edale YHA. Orienteering is also led by the teachers on the school site and at various Bassetlaw School Games events.

### **a) Progression in the Physical Education Programme**

Carefully planned and graduated progression is fundamental to enabling pupils to improve safely their skill and understanding in Physical Education. All pupils should be enabled to achieve success in an environment that safely meets their needs.

High quality PE lessons should include challenges for pupils, which involve developing:

- A sense of accomplishment/achievement
- Learning something new and wanting to learn more
- Physical and mental well-being
- A feeling of independence
- Wanting to perform well and with imagination and flair

### **c) Personalised Learning in the Physical Education Programme**

At St. Peter's C of E Primary & Nursery School, we have the highest expectations of pupils and believe they should have the opportunity to make safe progress at individual or small-group rates. None of our classes have a uniform level of ability or need to progress at the same rate.

All pupils will learn if they are provided with appropriate learning conditions. Differentiated work or personalised learning involves matching the tasks to the students to enable progress at an appropriate pace.

In addition, our range, quality and availability of age and ability related equipment for most activities enable us to meet the specific needs of our pupils.

### **b) Assessment of Pupil Progress and Attainment in PE**

The Physical Education National Curriculum (2014) sets out the aims, purpose of study and content for physical education. It does not specify a detailed overview of the nature and content of learning. However, it does present attainment targets that pupils should reach by the end of each key stage and these targets are considered the minimum entitlement.

#### **Impact**

*At KS1: Pupils should develop core movement, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and co-ordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.*

*At KS2: Pupils should continue to implement and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They*

*should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to succeed in different activities and sports and learn how to evaluate and recognise their own success*

Formative assessment helps pitch the learning activities to accurately meet the needs of all pupils in the class.

Summative assessments are made by KIXX and Premier Education at the end of each unit of work (usually the end of each half term). Statements which directly relate to the unit that has been taught are highlighted and pupils are identified as follows:

**Emerging** – not quite met the learning objectives (or only met with support)

**Expected** – successfully met the learning objectives

**Exceeding** – achieved over and above what is expected.

Gifted and talented pupils, emerging groups or causes for concern, will be noted (identified in pupil progress meetings) and appropriate interventions put into action if required. Overall judgements will be transferred onto a class assessment list at the end of each academic year.

## **Clothing, Footwear and Personal Effects**

### **a) Clothing for pupils**

All children should have a clearly named PE kit at school every day. Our PE kit consists of:

- A navy blue polo shirt – with the school logo on the front
- Navy blue shorts /leggings/tracksuit bottoms, no stripes, logos or other emblems. Cycling shorts are not permitted.
- Tracksuits may also be worn for outdoor activities in cold weather.
- School sweatshirt or hoodie
- Watches and ear-rings must be removed where possible. Ear-rings may be taped over if they cannot be removed.
- Fitness trackers may be worn in PE lessons
- Trainers or plimsolls – that fit properly and are different to shoes worn in school. Fashion 'trainers' should not be worn as they do not offer sufficient support during sporting activities.
- Long hair should be tied back for every lesson with a suitably soft item.
- Any religious artefacts should be removed or made safe.
- Bare feet are recommended for gymnastics and dance for improved quality of movement and safety.

School PE polo shirts can be purchased from Uniform Direct in Gainsborough.

Children come to school in their PE kits on PE lesson days.

Our policy on clothing, footwear and personal effects is provided to new parents on their child's entry to the school. It is also on our website and annually provided in a newsletter when appropriate.

Disclaimers from parents alleging the removal of responsibility from teachers in the event of an injury occurring while their child takes part while wearing jewelry, personal effects or non-policy clothing or footwear should be declined.

**Swimming kit** should be brought to school in a drawstring bag on the day when swimming lessons take place and taken home afterwards.

School swimming kit consists of a one-piece swimming costume or swimming trunks.

Goggles may be worn if a Goggles Permission Slip has been completed by a parent/carer

Ear-rings **MUST** be removed – this is the policy of School Swimming. Staff are not permitted to remove piercings from a child, nor replace them.

If a child is well enough to be in school, they are encouraged, unless on health grounds (e.g. broken bone), to take part. They should only miss PE lessons if this is requested by their parents, either by direct contact with the school or in a note to the teacher

Non-participants should be included in the lessons. They can take the role of an evaluator, coach, score keeper etc.

## **b) Clothing for staff**

Teachers and support staff involved in the lesson are expected to wear suitable footwear and clothing for teaching PE and be a role model.

Staff should be mindful of their own adornments and remove them prior to teaching PE.

## **PE Equipment**

### **a) Managing equipment**

At St. Peter's C of E Primary and Nursery School, we try where possible to purchase equipment that has a British and European Standards Kite mark (BS and BS EN respectively).

Pupils are taught to lift and carry equipment safely from an early age. They know how many people are needed to carry and place specific items of equipment and how to carry correctly.

The school does not own any large pieces of equipment such as benches, trestles or vaults other than outdoor equipment in the Foundation Stage Unit. Children do not lift or move this equipment.

All equipment should be visually checked prior to using it to ensure it is safe to use, assembled correctly and not damaged or faulty. Pupils should be involved in reporting any faulty equipment in line with their age, ability and previous experience. In addition to the annual contractor (gymnastics and early years' outdoor equipment/surface from Sports Safe) inspections, we have a system for staff to report faulty equipment.

Where equipment is deemed unsafe, but repairable, it is moved well away from the working area and clearly labelled as unsafe until made good.

Equipment condemned following an inspection is completely removed and disposed of.

### **b) Gymnastic mats**

Mats are stored in a specifically designed trolley in a cupboard in the school. Children should be discouraged from lifting up the edges of the mats as this may cause a trip hazard.

### **c) Storage of PE Equipment**

PE equipment is stored in the steel container near the school field. The key is held in the school office.

It is the responsibility of all staff to ensure that the equipment is replaced tidily in order to minimise the potential for tripping, and to allow safe accessibility for pupils to pick up, transport and site the equipment they are using. This also allows equipment to be found easily, the next time it is used.

## **7. Inclusion**

All pupils are entitled to access a full programme of PE as possible. (Equality Act 2010)

To enable all pupils to enjoy suitable and safe participation and to demonstrate optimum inclusion as appropriate we try to gain as much knowledge of the specific learning difficulty, disability, medical condition or emotional or behavioral disorder and understand how the individual's condition affects them.

**Medical needs-** pupils who have suffered an injury, had a medical operation or have been advised by their doctor to not participate in PE or physical activity, may be excused from practically taking part in PE lessons until recovered. The child will be given a different role to undertake e.g. umpire, coach or commentator.

Parents will need to speak to Mrs Howitt in the school office or the class teacher; bring any medical documents and either send a written letter or speak to Mrs Howitt or the class teacher, explaining their child's condition. The appropriate action will be taken to ensure their own safety and to aid recovery. Once the child has recovered this needs to be passed on via a letter to the school office and class teacher, resulting in participation in PE and all physical activity (including break times/lunchtimes).

## **8. First Aid**

All staff have first aid training so they can take control of first aid arrangements when taking part in physical activities and school sport in school and off-site. A first aid kit must be taken outside during PE lessons.

## **9. Digital Technology**

At St. Peter's C of E Primary & Nursery School, staff are clear about when and who can photograph students and how images might be used to promote PE using various online media and display boards in school. We include relevant details on school admission forms, websites and the school prospectus to inform parents that digital imagery is used in education to support learning, and to reassure them that it will only be used in specific circumstances about which they will be advised. We ask parents to provide written consent on one occasion to cover the time the pupil is at school and we keep parents and pupils informed of events where photographs may be taken or videos made. A list of pupils who are not permitted to have their photo taken or to be filmed is made available to staff for reference.

## **10. Enrichment Opportunities**

We provide a diverse and quality assured extra-curricular programme with links, where possible, to local opportunities.

Our school is part of the Bassetlaw School Games sports service which enables us to access a wide variety of leagues, fixtures, events and festivals. A record of who represents the school is maintained by the PE lead.

The school has a girls' and a boys' football team made up of pupils from Years 5 & 6. Training takes place after school on Monday for the girls, led by Steve Lee (Misterton FC) and Tuesday for the boys, led by Holly Garfoot (parent and qualified coach / referee).

Healthy competition is central to both curricular and extra-curricular programmes. Fair play, tolerance, leadership and other values are taught through both.

Pupil voice drives decision making around the enrichment offer and participation data is used effectively to plan for further widening of opportunities.

Sports leaders from Year 5 are given high quality training as part of the Bassetlaw School Sports partnership and are supported to be deployed across a range of whole school sport opportunities during lunchtimes.

## **11. Staff Training and Support**

Opportunities are taken by the PE subject leader and colleagues to attend CPD\*, as and where appropriate, to increase confidence and competence to deliver high quality PE. Following the training, all staff should provide a brief summary of learning points and disseminate to the rest of the staff. The subject leader collates the information and evidence on the effective use of the PE and school sport premium.

All staff are briefed on safe practice and know where to find the PE policy. The teachers at St. Peter's do not always lead PE lessons as KIXX and Premier Education are employed by the school to deliver lessons.

\*The Bassetlaw School Games team organise a calendar of CPD opportunities for all schools buying back into their service.

This policy will be reviewed in three years' time.

St. Peter's C of E Primary School  
Physical Education Policy