

Heathcoat Primary School

Physical Education Policy

Reviewed: August 2017

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To Be Reviewed: August 2018



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Introduction

Sedentary living patterns, unhealthy dietary habits and concerns about mental health and well-being are more prevalent in our society today, prompting the strong evidence that participating in regular, moderate-intensity physical activity provides a range of physical, intellectual and emotional benefits for everyone.

Engaging our pupils to participate in physical activity before, during and after school will enable them to gain a range of physical, social, emotional and intellectual benefits. Our physical education and extra-curricular programme offers a range of activities, sport, recreation and games.

Therefore, physical activity is an important dimension in pupils' broad scope of development during their years of schooling.

It is important that our pupils are given opportunities to participate in a range of enjoyable physical activities from an early age so they are more likely to grow into physically active and healthy individuals throughout the rest of their lives.

Objectives

Heathcoat Primary School has developed this policy to provide school staff, parents and members of the community with guidelines on what is required to achieve maximum levels of pupils participation in physical activity.

Our Aim

- To provide pupils the best possible physical activity experiences regardless of race, age, ability or location, so as to encourage a lifelong healthy lifestyle pattern.
- To provide a supportive environment for enjoyable participation in a wide variety of physical activities, through the development of skills and good codes of behaviour.
- To provide the safest possible environment for all participants.
- To provide for the allocation of appropriate resources and facilities.
- To provide equitable opportunities for all students to participate.
- To develop and apply skills in a cooperative manner using appropriate levels of experiences and/or competition as required.
- To provide talented and gifted pupils the opportunity to reach their potential and provide an age-appropriate participation pathway.
- To encourage participation in community sport and physically active recreation.
- To encourage participation of the whole school community in supporting physically active experiences.

PRINCIPLES

Participation in physical activities at Heathcoats is characterised by:

Maximising the educational opportunities of all pupils through an emphasis on access, diversity, equity and a supportive environment.

- * An emphasis on enjoyment and fun.
- * Use of appropriate modified sport, facilities and equipment.
- * A suitable level of physically active experiences and/or competition according to the age, maturity and ability levels.
- * A safe, healthy, challenging and physically active environment that encourages a sense of personal achievement, identity and satisfaction.
- *The recognition of participation, development and improvement.
- * The valuable contribution that can be made by members of the school community (teachers, parents, pupils) as role models and supporters of the benefits of physical activity.

SCOPE

This policy applies to all pupils attending Heathcoat Primary School, regardless of race, age, ability or location and to all members of the HPS (teachers, coaches, administrators, parents or guardians as well as volunteers).

ROLES AND RESPONSIBILITIES

Heathcoat Primary School has a responsibility to ensure that every pupil is presented with the opportunity to participate in good quality physical activity experiences to enhance their learning and development.

Teachers and coaches play a major role along with other members of the school community to ensure our pupils are actively taking part, engaging and becoming involved in the school physical activity program and their duty of care to refer to SLT any child who is not participating in regular exercise or accessing P.E lessons or shows low levels of mental well-being.

The following roles and responsibilities encompass areas such as participation, competition, safety, community links, communication with parents/guardians, expenditure, resources and expectations in behaviour .

PARTICIPATION

Teachers, coaches and any other members of the school community involved in the school physical activity program need to:

- * encourage participation and enjoyment;
- * cater for varying levels of ability by providing every pupil with a 'fair go';
- * provide equal encouragement to all pupils to allow them to acquire skills and develop confidence;
- * ensure the program is available to all students by catering for groups with special needs such as: pupils with disabilities/impairments; non-English speaking backgrounds; and; athletes with exceptional talent.
- * prepare and conduct sessions based on sound coaching and teaching principles;
- * set realistic standards and objectives for pupils;
- * ensure a safe and productive environment;
- * ensure consequences of inappropriate clothing and behaviour are clearly understood and promoted;
- * encourage pupils to participate in games before, during and after school, and; act as a good role model of sporting behaviour.

Teachers, coaches and any other members of the school community who take on a coaching responsibility are also encouraged to:

- * become accredited with the National Coaching Accreditation Scheme (NCAS) through state sporting organisations; and keep up-to-date with coaching developments and health/safety procedures.

COMPETITION

At HPS provision is made for a healthy level of competition for all participants. Ranging from inter-house competitions between classes, year groups and whole school to inter-school level. They are conducted at a level that is appropriate for the age and experience of the pupils.

Teachers, coaches and any other members of the school community involved in the school physical activity program need to ensure all pupils participating in the sport program are aware that, although everyone likes to win, participating is equally as important. Our programme aims to promote 'fair play' working collaboratively as a team as well as acknowledging great performance and celebrating others successes gracefully.

LINKS WITH COMMUNITY ORGANISATIONS

Coaches, teachers and any other members of the school community involved in the school physical activity program are encouraged to establish closer cooperative links with sport, recreation and community organisations by: liaising with community groups and encouraging the use of school facilities, both during and outside of school hours; and integrating their physical education and sport program with those of local sport and recreation organisations.

SAFETY

The provision of a healthy and safe environment for pupils and teachers in the school is essential. Teachers, coaches and any other members of the school community involved in the school physical activity program need to ensure the following safety issues are addressed and follow school policies where applicable. Teachers, coaches and any other members of the school community involved in the school physical activity program also need to:

- *Recognise the difference between pupil and adult physical and emotional characteristics;
- * understand the short and long-term medical conditions of pupils (this includes previous and existing illnesses and injuries);
- * Ensure that the equipment and facilities are safe and in good working order and report any equipment damage occurred in lesson to management.
- * enforce the use of recommended protective equipment required for a particular game or sport;
- * aware and provide access to appropriate first aid facilities and equipment.

COMMUNICATION WITH PARENTS/GUARDIANS

Teachers, coaches and any other members of the school community involved in the school physical activity program need to:

Inform parents or guardians of their child's involvement with the physical activity program and give them information about the activity. This information should include:

- * Details of the venue, dates and adult supervision
- *Information about pupils progress and attainment will be shared in parents evenings and the pupils annual report.
- *Notify parents or guardians and ask for their consent for any travel arrangements organised by the school for pupils participating in any physical activity including sporting events.

BEHAVIOUR

Pupils, teachers, coaches and any other members of the school community involved in the school physical activity program need to:

- * Ensure pupils are aware that the same standards of behaviour in and around the school are expected outside the class room or before, during and after any sporting event or recreational activity.
- *Manage pupils who fail to comply with the above codes of behaviour as set out in the school's 'Behaviour Management' policy with parents and senior management.

SPECTATORS

It is just as important for spectators to behave in an appropriate manner at any physical education or sporting event. Teachers, coaches need to provide guidelines/expectations of behaviour to spectators, parents and any other members of the school community before, during and after the event.

EQUIPMENT

Teachers, coaches and any other members of the school community involved in the school physical activity program need to ensure all equipment used is appropriate for the age group and be in good condition. Pupils who fail to use

the equipment for its correct purposes run the risk of losing their privilege to use it at all.

PE KIT

To help ensure we promote a healthy mind and body, looking after ourselves and personal hygiene is promoted alongside our PE lessons. Currently children wear a white T Shirt with black or navy shorts. Our vision for September 2018 is that all our pupils across the school will wear their house team colour t-shirt with black shorts for their PE lessons. The house team names and colours are as follows: Exe=Red, Culm=Orange, Dart=Yellow, Otter=Purple, Barle= Green and Lowman =Blue.

Children in Reception need to have a pair of daps or trainers they can do P.E based activities. Please ensure your child is able to fasten their daps or trainers themselves e.g. Velcro.

In Year 1 the expectation is for children in Autumn and Spring Term to be able to change their footwear independently In Autumn by 10 minutes, aiming to reduce this to 8 minutes in the Spring term. In the Summer Term the expectation is for all children to change into their PE kit in 10 minutes.

In Years 2 children are expected to get change into their full PE kit in 10 minutes.

In years 3, 4, 5 and 6 pupils are expected to change and wear the required school House Team PE Kit, black shorts and trainers, again if provided with laces then they are required to learn independently to tie and untie their laces. The expectation to change and be ready for PE lessons decreases as they go up the school. Starting in Year 3 having 8 minutes, reducing to 7 minutes in Year 4, 6 minutes by Year 5 and 5 minutes for Year 6. Additional time for swimming lessons is taken into consideration.

Children enjoy the feeling of being part of a team, and, where possible PE Kit should be provided. Each garment and shoe needs to be clearly labelled with the pupil's name. If children forget their PE kit, then the school will attempt to supply appropriate clothing for the activity. In the event of the child refusing to wear the kind donation then their parents will be contacted and the teacher will follow the behaviour policy as they are refusing to engage and learn. If a child continues on a regular basis fail to provide PE kit for lesson's, then parents will be contacted and the issue discussed further by management with a yellow card being awarded.

During the winter months' children are allowed to wear tracksuit bottoms for outside sports only. We appreciate there are times when your child may have an injury or recovering from an illness therefore in this circumstance we request a letter from parents. Although your child may be excused from the physical element of the PE lesson they are still expected to make an active contribution in the role of coach assisting with warming their peers up, leading activities and analysing performance. So far as it is appropriate depending upon the individual.

For gymnastic and dance activities children will be required to change into shorts and t-shirts with bare feet. Only those with letter from parents stating their child has a verruca for example will be allowed to keep their plim soles on until medication has cleared the symptoms.

Coaches and teachers need to:

This policy acknowledges that physical activity can occur in a variety of ways at school. Activity may be formal or informal, part of the school curriculum or extra-curricular. Physical activity may be categorised under the following ways:

HEALTH AND PHYSICAL EDUCATION

Health and Physical Education is a key learning area. It is an important dimension in a pupil's broad scope of development during their years of schooling.

The Health and Physical Education Years 1 to 6 Syllabus (p1) states that this key learning area "offers pupils opportunities to develop knowledge, processes, skills and attitudes necessary for making informed decisions about: promoting the health of individuals and communities; developing concepts and skills for physical activity; and enhancing personal development."

At HPS we are excited about the introduction of a new PE syllabus by Creative Development called 'REAL PE', we are piloting the new PE programme during the 2017-2018 academic year throughout Reception, Year 1 and 2. Nursey will continue to use the Early Learning Goals Physical Handling and movement guidelines to record progress up until Reception.

In Key Stage Two, Years 3 through to 6 pupils will participate in formal lessons twice a week for one-hour duration. Pupils in Years 3,4,5 and 6 pupils will also complete our successful water confidence and stroke development swimming programme. Over the past three years we have seen amazing results and track the children's progress, aiming for all to achieve the 'Devon 100' be able to swim 100 by Year 6. The programme is provided by qualified swimming staff and linked to the 'Devon 100'scheme. Each child is assessed on the first lesson then over the duration of their course taught the skills and practices to enhance and develop their ability and confidence. Alongside the physical development we ensure pupils learn about being safe around water hazards including beach, lakes, canals and rivers.

The Key Stage Two PE Curriculum involves learning about invasive, striking and fielding activities, net and wall sports to aesthetic movements of gymnastics and dance to outdoor and adventurous activities.

INTRA SCHOOL SPORT

Intra-school sport encompasses annual all-day or evening events such as athletics, cross-country, tag rugby, cricket, gymnastics and swimming gala.

Other intra-school activities may be house-based lunchtime or sport afternoon competitions. It is encouraged that staff and community members be involved in these events.

At Heathcoat Primary School we offer:

Football, Tag Rugby, Basketball, Swimming, Dance, Athletics, Cricket, Rounders, Tennis, Ultimate Frisbee and Outdoor Adventurous Activities including Orienteering.

REPRESENTATIVE SPORT

Pupils have the opportunity to gain representative selection in a number of sporting disciplines throughout the year.

SCHOOL SPORTS DAY

School "sport days" consist of pupils participating in various sports and representing their house.

The students are encouraged to have fun and develop their skills.

ACROSS THE CURRICULUM

At Heathcoat teachers are encouraged to incorporate physical activity across their teaching and learning program.

Examples include:

- * using throwing and catching to investigate measurement and evaluation;
- * reflectiveness and evaluating skills measuring the distance of each throw and finding ways to improve performance;
- * using the mathematical process to mark out running tracks or school gardens.

PHYSICAL ACTIVITY AND LEADERSHIP

In Upper Key Stage Two we encourage pupils to become role models to others offering the Young Leaders Award and gaining accreditation by organising and managing participation of physical activity to other children across the school during play, lunchtimes or general play in the playground,. Our students learn many leadership qualities (e.g. team work, planning, organisation and problem solving).

These opportunities are linked to the overall school program for pupils and are offered during: lunchtimes, school sport days, clubs, and tournaments.