



Physical Education Policy

Review Date July 2021

Every Child, Every Chance, Every Day, Working Together



PHYSICAL EDUCATION POLICY

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1. WHAT IS PHYSICAL EDUCATION?

- 1.1 Physical Education (PE) is the tool through which children develop physical competence and confidence, and their ability to use these to perform in a range of activities.
- 1.2 Physical Education promotes physical skilfulness, physical development and a knowledge of the body in action.
- 1.3 Physical Education provides opportunities for pupils to be creative, competitive and to face up to different challenges as individuals and in groups and teams.
- 1.4 Physical Education promotes positive attitudes towards active and healthy lifestyles.

2. AIMS.

At Crabtree Farm Primary School we believe that pupils should be able to:

- 2.1 Enjoy participating in a wide range of Physical Education activities.
- 2.2 Learn how to think in different ways to suit a wide variety of creative, competitive and challenging activities.
- 2.3 Plan, perform and evaluate actions, ideas and performances to improve their quality and effectiveness.
- 2.4 To learn new skills that can be applied to everyday life (to include team work, communication and organisation)
- 2.5 Encourage one another to discover their aptitudes, abilities and preferences.
- 2.6 Make choices about how to get involved in lifelong physical activity and understand the benefits of participating in physical activity.

3. TEACHER GUIDELINES

- 3.1 Each year group is allocated two sessions of Physical Education each week. The time is split into two blocks of at least 45 minutes



- 3.2 When a class is timetabled to go swimming, only one session of PE is required.
- 3.3 The sports coach and class teachers are expected to plan and deliver REAL PE lessons to their classes.
- 3.4 The planning and resources for REAL PE are available through our online portal (Jasmine) and in the PE cupboard. Teachers and the sport coach are expected to update their planning to show which lesson they have already taught.
- 3.5 Additional activities (should they be required) for Physical Education can be found on the PE shelf outside Class 8.
- 3.6 There is an overview at the beginning of the PE folder, which identifies when in the year each area is to be covered. Every class teacher is also provided with a copy of this at the beginning of the academic year.
- 3.7 As necessary, sports coaches are often employed to teach specialist areas of the curriculum, their aim is to provide CPD for staff. Teachers are expected to observe external sports coaches to develop their own subject knowledge and join in with the lessons to support the coach.
- 3.8 A hall timetable is issued to allocate time slots for Physical Education to classes during the week. Teachers should also choose an additional slot on a week by week basis to suit the needs of their class.

4. **TEACHING METHODS**

- 4.1 Physical Education will be taught in whole class sessions, with the opportunity to work in small groups and individually within these sessions, depending on the aims and objectives of the session.
- 4.2 All sessions will begin with a warm-up consisting of cardiovascular work and stretches.
- 4.3 Teachers and the online resources give clear instructions to the children when introducing a new skill.
- 4.4 Step-by-step guidelines and instructions need to be available for the children to use when assembling apparatus, especially for the first few attempts.
- 4.5 Equipment should be sourced and prepared before lessons. Any missing equipment must be reported to the PE subject leader.

5. **SPECIAL EDUCATIONAL NEEDS**

- 5.1 All children will be encouraged to take an active part in whole class sessions and specialist equipment is provided if required.

6. **HEALTH AND SAFETY**

- 6.1 Mats must always be carried by four people, one at each corner, and must never be carried above anyone's head.
- 6.2 All apparatus and equipment must be checked by the teacher before any children use it.
- 6.3 During apparatus sessions, the teacher must not turn their back on the room. The teacher must be in full sight of all the apparatus at all times.
- 6.4 Children must be dressed appropriately for Physical Education. This means a complete change of clothing e.g. T-shirt and shorts. Every child in school is provided with a school PE kit which they need to wear for every PE lesson. Children are to bring their own trainers.
- 6.5 For indoor activities children may wear plimsolls, trainers or go barefoot (depending on the activity) and need to wear their school PE kit.
- 6.6 For outdoor activities children must wear their school PE kit but in colder weather, may wear a sweatshirt.
- 6.7 All jewellery must be removed before any activity begins. Studs are only allowed if they have been in for less than six weeks. These must be covered by plasters, which the child must apply themselves.
- 6.8 Long hair must always be tied back from the face.
- 6.9 Children must have suitable swimwear: boys must have trunks (not swimming shorts) and girls must have one piece costumes. All jewellery should be removed and hair should be tied back from the face. If goggles are required then parental permission must be given in writing.
- 6.10 Any jewellery that has religious connotations can only remain worn if there is a letter of parental consent outlining ALL possible dangers of the jewellery being worn. This is NOT actively encouraged.
- 6.11 Class teachers will make sure that any children using inhalers has them close by during any physical activity
- 6.12 Children must NOT enter the PE stores unless supervised by an adult.

7. **RISK ASSESSMENT**

- 7.1 Crabtree farm Primary School follows the guidance and Evolve system for all educational off-site trips, matches and visits.
- 7.2 Teachers and sports coaches are responsible for ensuring the area is safe for their class to perform the physical activity.
- 7.3 All Risk Assessment procedures and concerns operate through the school's identified Risk Assessment Officer

8. **EXTRA-CURRICULAR ACTIVITIES**

- 8.1 Throughout the school year Crabtree Farm Primary School runs a large range of physical activity linked extra-curricular clubs. These include:
- Basketball
 - Football
 - Street Dance
 - Netball
 - Hockey
 - Multi-skills
 - Dodgeball
 - Handball
 - Tennis
 - Cross Country Running
 - Yoga
- 8.2 Although some clubs are age-related, all children in school have to opportunity to join a range of clubs throughout their time at Crabtree School Primary School.
- 8.3 The school clubs are organised, coached and run by a mixture of teachers, coaches and qualified coaches from external agencies.
- 8.4 For clubs coached by external agencies, there is an identified member of the school staff to oversee the club. All coaches should be DBS checked.
- 8.5 The identified member of school staff has the overall responsibility for the organisation of the club, including attendance at tournaments or matches and physical presence on site during training/practice sessions.
- 8.6 All children involved in any of the after school's clubs must have parental consent before being allowed to participate.
- 8.7 Children are asked to read and sign a consent form for each after school club they attend.

- 8.8 The signing of the consent form ensures agreement from the school, the child and the parent/guardian as to what constitutes appropriate behaviour associated with the particular club e.g. correct kit worn.
- 8.9 The contract directs that a child must work hard and behave during the school day in order to participate in an extra-curricular activity.
- 8.10 If a child does not follow the guidelines set out in the contract, their membership of the club may be suspended for a period of time.
- 8.11 Registers are taken at clubs to monitor attendance and a copy should be held in the school office.
- 8.12 All attendance at clubs is collated to monitor the numbers and range of children attending sessions.
- 8.13 A qualified first-aider is always present on site and at away fixtures.
- 8.14 Participation and membership of school clubs is recognised at the end of the school year in an awards ceremony, which celebrates participation, effort and success.
- 8.15 Competitions are entered and played against other schools when the opportunity arises.
- 8.16 Leagues have been set up for the football team and the children are encouraged to participate.
- 8.17 Intra school competition is encouraged and they will be held on a half-termly basis.
- 8.18 Any match reports or competition news should be displayed on the school website and on the PE board.

9. **EQUAL OPPORTUNITIES**

- 9.1 Care should be taken to ensure that all children gain the same experiences during the lesson.
- 9.2 All children should have the opportunity to share their ideas and sequences with other.
- 9.3 ALL children are provided with a PE kit in school to ensure all children can still participate in lessons.



10. **RESOURCES**

- 10.1 All Physical Education resources are stored in the Physical Education cupboard in the KS2 hall. There are also two outdoor stores which store a wide range of equipment. They are labelled to show where and how the equipment should be stored.
- 10.2 All equipment that is needed for a lesson should be collected **before** a session by the class teacher or coach and returned **by the teacher or the coach** at the end of the session.
- 10.3 Equipment will need to be returned to the right boxes at the end of a session.
- 10.4 Any losses of equipment or breakages will need to be reported to the PE Subject Leader or Sports Coach as soon as possible.
- 10.5 If there is any equipment that needs ordering, then the PE Subject Leader or Sports Coach should be informed as soon as possible.

11. **ASSESSMENT**

- 11.1 Teachers can continually assess children's competence in Physical Education by:
- (a) observing their competence during class sessions;
 - (b) talking to the children on an individual basis;
- 11.2 The coach should discuss children's achievements observed during PE lessons with the class teacher.

12. **TARGETS**

- 12.1 By the end of each key stage, pupils are expected to know, apply and understand the matters, skills and processes specified in the relevant programme of study in the National Curriculum.

13. **REVIEW**

- 13.1 Acceptance of the Physical Education policy implies a commitment to it.
- 13.2 A review of the policy will be undertaken in July 2021 by Katherine Marshall and Michelle Constantinou.