



St. Lawrence Primary School



PE Policy

Introduction

At St Lawrence Primary School we recognise the importance PE plays in the curriculum and are committed to providing all children with opportunities to engage fully in Physical Education. PE should provide opportunities for all pupils to become physically literate and confident in a way which also supports their health and fitness. Children should acquire not only physical skills, knowledge and understanding, but also the awareness and importance of leading healthy, active lives as well as the values of sportsmanship, fairness and respect through the sports and activities they undertake.

Aims:

The consistent delivery of high-quality PE lessons which are exciting, challenging and enjoyable and provide many varied earning opportunities

- Develop knowledge, skills and understanding across a range of sporting activities.
- Engage in moderate to intense physical activity over sustained periods of time.
- Participate in competitive sports and activities.
- Lead healthy and active lives, picking up positive habits for their future lives.
- To compete in games and activities in a collaborative team.
- To develop Staff competence and confidence in the delivery of high-quality PE lessons
- To promote safe practice in all activities.
- To use sport to build pupils self-confidence and self-esteem.
- To encourage involvement in extra-curricular sporting activities and develop community and club links
- Increase participation in competitive sports both in and out of School.
- To develop Staff competence and confidence in the delivery of high-quality PE lessons

Objectives:

- 1) Understand that it takes perseverance to succeed;
- 2) Develop the appreciation of fair play, team play, honest competition and good sportsmanship;
- 3) Provide opportunities for regular exercise (Weekly Mile) enabling pupils to develop co-ordination, strength, stamina, skilfulness and self-confidence;
- 4) Develop positive attitudes to participation in physical activity and understanding why it is important;
- 5) Acquire and develop skills, performing with increasing physical competence and confidence, in a range of physical activities and contexts;
- 6) Foster self-esteem through the acquisition of physical competence and poise;
- 7) Learn from specialist teachers / coaches where the opportunity arises.

Inclusion:

- All learners will be given equal opportunities to access PE. They will be supported or challenged through differentiation. Planning will reflect the varying needs of all children in the class. Where possible, the diverse society in which we live will be reflected in the teaching and learning of this subject.

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- Our staff members can attend training to provide and promote fair access for all, organised by the Jersey Sport which provide support in teaching children who fall into any target group. They provide suggestions on how to modify activities to include all learners.

Health and Safety

We recognise that participation in PE and 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.

- 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 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
- Pupils are asked to 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
- We undertake an annual Risk Assessment of the school premises and areas where PE is taught and equipment including PE equipment (PE Lead) as necessary
- Risk Assessments are in place for all school sporting trips
- Equipment/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
- School shoes are not permitted to be worn for PE
- In the event of an emergency or accident during lessons or visits, Mrs Ward will be alerted immediately and will summon the appropriate support from SLT, first aiders, emergency services and parents
- All staff are aware of the facility risk assessments for: the football field, the school hall, the upper playground, the lower playground and the trim trail

Staff Physical Activity Engagement

Staff members are encouraged to teach PE wearing the correct attire. This means they are a positive role model and ambassadors for an active and healthy lifestyle. Teachers should join in the activity to the maximum of their capability, as this is a very beneficial experience to promote self confidence in the children and encourage them to push themselves and try new skills.

Curriculum

St Lawrence uses an on-line PE Scheme of Work from The PE Hub which is used to ensure progression. Pupils develop physical skills, knowledge and understanding as well as learn about fitness, cooperation and fair play. Pupils' are assessed by means of a bought-in bespoke PE Assessment tool to ensure progress is made and end of key stage expectations are met by all children. Children's fitness is assessed termly using the bleep test (KS2) and times for each class are recorded for the Weekly Mile.

Activities taught at St Lawrence Primary

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- Games
- Dance
- Gymnastics
- Fundamental Movement Skills
- Swimming
- Games (Netball, Cricket, Basketball, Hockey, Tennis, Badminton, Handball, Rounders, Hockey)
- Outdoor and Adventurous Activities – (Problem Solving, Orienteering)
- Athletics
- Health Related Fitness

Participation in PE

We aim for full participation in every PE lesson and aim to do this by:

- Providing a wide range of imaginative resources and teaching strategies are used to actively engage pupils in participating in lessons.
- Making sure 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.
- Ensuring 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.
- Ensuring 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.

Facilities available for physical activity

On-site facilities include:

- Hall – climbing frames, gymnastics mats, balance benches, box, springboards.
- Playgrounds (markings for football and netball on separate playgrounds) – to be used during the day for play times, lunch times and PE, both in and out of school hours
- Le Mourier, Haute Vallee School or Les Quennevais Sports Centre for all swimming lessons

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

We ask that all pupils come to school wearing their PE kit on PE days:

- *White or Green polo shirt*
- *Green Track Suit for cold weather*
- *Green shorts (leggings underneath are permitted)*
- *Trainers*
- *School shoes are not permitted to be worn*

Extra-curricular activities and clubs

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School offers football, netball and Chess clubs

Private providers offer:

Viks Fit Kids

Brazilian Soccer

Breakdance/Commando Kidz (on rotation)

Active playtimes

We have zoned areas in the playground and playing field to promote different types of physical activity and relevant equipment is provided to engage pupils. School staff also support different activities at lunchtimes, such as Football and skipping.

Sports Day

We organise an annual multi-sport circuit Sports Day type event at the end of the summer term, we run a more traditional type of Sports Day and encourage competition. Parents and carers are actively involved to attend and support their children. We have a wide range of sporting activities on the day to encourage participation and success for all children.

Involving parents and carers

We recognize the important part parents and carers play in encouraging children to participate in physical activity. Information about PE, physical activities and sporting competitions organised by the school and opportunities after school, are shared with parents/Carers by means of specific PE letters from the PE Lead and through the School newsletter. Information about all areas relating to PE can also be found on the School website.

Monitoring and evaluation of physical activity

The PE coordinator (Mr Fancourt) is responsible for the overall monitoring of the quality of PE and physical activity provision.

We monitor PE in the curriculum through subject reviews and self-evaluation in order to provide an accurate perspective on how it is being delivered and how it can be further improved.

Physical Education is monitored and evaluated through:

- Lesson observations
- Monitoring of lesson planning
- Monitoring of equipment
- Pupils Assessment data
- Feedback from staff
- Children questionnaires
- Pupil records of participation, focusing on different groups
- Feedback from pupils/school council about PE and general physical activity

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- Pupil attendance and achievement in sporting competitions
- Attendance at after school sports clubs

When external providers are used to deliver physical activity, the PE Lead will observe to ensure that high quality lessons are delivered and assessed consistently.

The wellbeing of staff members and pupils is the key to a successful school. Frequent and good quality physical activity improves resilience, self-confidence, happiness and healthiness. This is why we have made increasing physical activity in school a priority.

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.

Version	Date Issued	Issued by	Reason for Change	Presented To (initials to agree policy has been read and understood)	Approved by:	Date
0.1	Feb 2021	Chris Fancourt	Draft	CF		Feb 21
0.2						
0.3						

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