



COMPASSION, ACCEPTANCE, RESPONSIBILITY, FORGIVENESS, TRUST

## PE POLICY

**AIM:** To inspire and nurture the children's physical, mental and social development through sport and physical activity.

### Rationale

Physical activity not only improves health, reduces stress and improves concentration, but also promotes correct physical growth and development. Exercise has a positive influence on academic achievement, emotional stability and interaction with others. Therefore both teachers and children should be aware of its importance.

At Burham CE Primary School each class will receive 2 hours of physical education per week, including sessions, both indoors and outdoors as well as opportunities to be physically active throughout the school day and Out of School Hours. The PE sessions will contain elements required by the Curriculum 2014 of:

Key Stage 1: Games, Dance and Gymnastics- invasion, team games and team building

Key Stage 2: Games, Dance, Gymnastics, Athletics, Outdoor Education and Swimming and Water Safety.

At Burham CE we aim to, through a range of sports and activities planned and delivered by class teachers.

- To promote a healthy and fulfilling lifestyle that ensures pupils become active for life by developing a positive attitude and interest in a range of physical activities provided through a varied, lively and engaging PE curriculum.
- To contribute to the physical development of every child developing 'physical literacy' through skill based activities.

- To develop the self-esteem and confidence of all pupils and support the development of collaborative work and leadership skills.
- To promote cognitive development and thinking skills.
- To provide opportunities for pupils to be competitive with themselves and their peers.
- To be aware of the benefits of physical activity within a healthy lifestyle.
- To identify, support and develop talent.
- Teachers plan lessons using a variety of resources to meet the requirements of the Curriculum 2014.
- Teachers use a range of teaching styles to meet the needs of pupils and ensure pupils are active, engaged and making progress.
- Pupils may work independently, in pairs or groups during lessons.
- Lessons are inclusive and planned to ensure all pupils can access the learning.
- Culture of personal best is developed throughout to allow pupils the challenge of competing against themselves as well as opportunities to compete with peers.
- Activities are planned to ensure maximum involvement.
- Progress in PE will be assessed through observation and reference made in the annual report to parents.

### **Inclusion and Equal Opportunities**

All pupils at Burham CE Primary School are entitled to participate in the Physical Education and School Sport regardless of ethnicity, gender, religion and additional needs. At Burham we feel it is essential that all pupils feel valued in a safe and secure environment. Staff will adapt lessons to ensure pupils are able to access the learning. This may involve the use of additional adult support, using a wide range of equipment and planning activities that can be accessed in a variety of ways.

### **Medical Needs**

Pupils with medical needs are entitled to participate in Physical Education and School Sport as safely and as fully as possible. It is the responsibility of the teacher to take note of any medical needs of individual pupils and ensure lessons are planned to be as inclusive as possible. Pupils with Asthma and Diabetes may need medication to allow them to participate fully and should know how to access this at all times.

### **Assessment and Monitoring**

The ability and progress of pupils in PE will be assessed by the teacher and used to inform further planning. Assessment opportunities will come through:

Observation

Questioning

Discussion

Performance

**Assessment of pupils will provide information on:**

Monitoring the Teaching and Learning of PE will be carried out by the PE Leader and SLT. Monitoring will take the form of planning scrutiny, lesson observations and pupil voice. Findings from monitoring activities will be fed back to staff and possibly Governors.

Health and Safety

Health and Safety of pupils and staff is a priority and essential to minimize the risk of injury.

All PE spaces check for any hazards

PE equipment checked regularly

PE Kit

Staff should set the example of wearing appropriate clothing when leading PE lessons.  
Indoor Kit

- White t-shirt
- Black/ White shorts
- Trainers/plimsolls. (Gymnastic and Dance work should be done in bare feet)

Outdoor Kit

- White t-shirt
- Black/ White shorts
- Trainers

Jewellery should not be worn and long hair must be tied back. Stud earrings should be removed or taped.

**Non-participants**

It is expected that all pupils will participate in the PE curriculum. Class letters to parents will detail the days PE kit is needed. If a pupil has forgotten their kit they may be given spare kit to wear and should it happen again the teacher will have an informal chat with parents. If spare kit is not available the pupil should be involved in the lesson in a non-participatory role such as evaluation of performance, photographing evidence of good practice and peer assessment. If a pupil is unwell or injured a letter from the parents detailing the issue should be given to the class teacher.

**Swimming**

Swimming sessions run in termly week blocks at Larkfield Leisure Centre.

Classes swim in this order: Autumn term 1 Year 5, Autumn Year 2 Year 6, Spring term 1 Year 4 and Spring Year 1 Year 3.

Pupils must wear appropriate swim wear which is detailed in letters to parents at the beginning of a swimming course.

As for other activities jewellery should not be worn and long hair must be tied back.

Pupils with verrucae must wear a verruca sock.

### **Equipment and Resources**

It is the responsibility of all staff to check the equipment they are using is safe and they must report any issues to the Headteacher

The company who supplied the field apparatus do a Health and Safety inspection/ compliance visit annually. The Gymnastic equipment is checked annually by an outside agency.

Small equipment in the PE container must be kept tidy to prevent accidents. Pupils should not be entering the PE store unaccompanied.

### **Accidents**

If accidents occur during a PE lesson the following action should be taken. Minor injuries should be dealt with by a first aider and pupils should return to the lesson. If a more serious accident occurs the teacher must remain with the injured child and send for a first aider. An accident form may be required in these circumstances.

### **Additional provision for PE and School Sport**

At Burham CE Primary School physical activity is an important element of every day not just in PE lessons. Pupils are encouraged to have active play times and staff are encouraged to use physical breaks in class. Pupils are also encouraged to attend a wide range clubs run outside school hours to develop their skills and provide opportunities for competition.

December 2016

November 2018

Reviewed September 2020