



Elm Grove Primary School

Physical Education Policy

Updated July 2023

Policy for Physical Education

At Elm Grove we believe that all pupils should leave primary school physically literate and with the knowledge, skills and motivation necessary to equip them for a healthy, active lifestyle and lifelong participation in physical activity and sport. Physical education plays a crucial role in raising self-esteem and improving well-being through success and enjoyment, and we aim to promote the enjoyment and importance of PE in order to encourage the development of the whole child. It is vital that ALL pupils are given opportunities to access a broad and balanced curriculum which encompasses a wide variety of physical activities; this enables them to achieve their full potential through the development of their physical competence and confidence.

Aims and Objectives:

- To improve fitness, strength, mobility and endurance through stimulating and rigorous physical activity.
- To develop competence in manipulative skills through a range of games.
- To develop balance and co-ordination through body-centred activities and games.
- To develop an aesthetic awareness and appreciation of the quality of movement, through both participation and observation.
- To develop positive attitudes and social competence in a variety of situations.
- To develop an ability to make decisions, solve problems and take initiatives through varied educational challenges.

As physical education is central to whole-child development, it contributes indirectly to all other areas of the curriculum. At Elm Grove we aim to develop every child's physical, spiritual, moral, social, cultural and intellectual skills.

We will:

- 1) promote physical activity and healthy lifestyles by teaching pupils:
 - to be active through regular cardio-vascular work, with an emphasis placed on personal progress and individual challenges.
 - correct posture and appropriate use of their body.
 - to participate in activities which develop balance, co-ordination, flexibility, strength, stamina and self-expression, with an emphasis on improvement and refinement, thus creating a movement memory.
 - the importance of personal hygiene.

2) develop positive attitudes by teaching pupils:

- to observe the conventions of fair play and good sporting behaviour, as individual performers, team members and spectators, co-operating with and considering others.
- to cope both with success and limitations in performance, and to increase self-confidence and self-motivation.
- to work consistently to the best of their ability and always look for improvements in performance.
- to be mindful of others and of their environment.
- to improve social, creative and physical skills.

3) Ensure safe practice by teaching pupils:

- the importance of appropriate rules and safety procedures for all activities and in all situations.
- the importance of wearing appropriate clothing, footwear and protection for different physical activities.
- how to lift, carry, place and use equipment safely.
- the importance of warming up and cooling down before and after physical exertion.

To enable all pupils to fulfil their physical potential we will:

- ensure that, under normal circumstances, all pupils participate in two high-quality PE lessons per school week.
- ensure that the curricular provision is appropriate and challenging, and that support mechanisms are in place for both staff and pupils.
- ensure that provision is fully inclusive, engaging, innovative and inspiring.
- ensure that pupils experience a wide range of physical activities within their PE curriculum.
- aim to maintain and build on the wide range of extra-curricular sporting opportunities that are available to the children at Elm Grove (whilst noting that when such activities are led by members of staff, this is done so on a voluntary basis).

Appropriate kit:

Pupils will be expected to take a full part in PE lessons, including cardio-vascular activity, unless medical reasons (which have been explained by a parent or carer, either verbally or in a written note) prevent them from doing so. When illness or injury prevents full participation, teachers will endeavour to include children in the

lesson in other ways, such as officiating, evaluating or completing suitable work that is related to the PE activity.

In order to take a full and active part in lessons, children should be appropriately dressed in suitable PE kit:

- ***plain, white, crew-necked t-shirt (with or without school logo)***
- ***shorts or leggings in school colours (white, grey or green)***
- ***bare feet indoors and plimsolls / trainers outdoors***
- ***tracksuit, hoodie (or similar) in colder weather when outdoors.***

Elm Grove PE kit is available for purchase from the school office. Children who do not have their kit will borrow from the spare kit in their classroom, or, if footwear is needed, from the school office. Class teachers will keep a record of children who do not have kit when needed and will contact parents / carers if deemed necessary.

Staff need to set a good example and may need to demonstrate skills. Therefore, they too should be dressed appropriately for PE, particularly in terms of footwear.

SEN pupils:

All pupils will be given equal access to the curriculum by:

- use of additional teaching assistants where appropriate.
- use of differentiated tasks to accurately address individual children's needs.
- regularly reviewed risk assessments where appropriate for key pupils.
- use of Makaton signs and symbols.
- use of adapted and suitable equipment.

Religious and Ethnic awareness:

Staff are aware that pupils from some backgrounds may need to adapt their participation or clothing (whilst ensuring that health and safety is not compromised) due to their religious or ethnic background. Staff are also aware that during Ramadan some pupils may not be consuming even water during daylight hours; suitable arrangements will be made for these children.

Gifted and Talented:

At Elm Grove we know that some pupils may demonstrate that they are talented in some or all areas of PE. We strive to ensure that these pupils are recognised and then given maximum opportunities to develop these skills. We do this by:

- differentiating the lesson and tasks.
- our extra-curricular provision.
- forging strong links with clubs across the city and encouraging key pupils to join them.
- participating in a wide range of local sports competitions.
- regularly celebrating success.

Time Allocation:

Under normal circumstances, classes in all year groups have two, one-hour PE lessons per week. Hall, playground and swimming lessons are all timetabled. In the event of bad weather, outdoor lessons may need to be adapted, moved or occasionally cancelled.

Aspects of Physical Education:

Physical progress has cross-curricular links throughout the whole curriculum and wherever possible these links are used within lessons. The PE aspect of the curriculum has been designed to give each child the opportunity to improve:

- Physical capability and co-operation through TEAM GAMES.
- Movement finesse and co-ordination, as well as building a movement memory through GYMNASTICS. Apparatus is used in a variety of age-appropriate ways, and children are taught how to move equipment safely.
- Personal movement and interpretation skills through DANCE.
- Performances in running, jumping and throwing activities, increasing both stamina and skills through ATHLETICS.
- The ability to send and receive in a variety of ways and with increasing accuracy, and to create rules and participate as a team member through GAMES.
- The accuracy of sending and returning, using more tactical systems and developing an understanding of differing rules through GAMES.
- Water confidence, water safety, stroke technique and stamina through SWIMMING.

Health and Safety:

The school has a responsibility for the safety of the children in its care, and all staff adhere to the safety guidelines set down in our risk assessments, as well as to general Local Authority guidelines. The following points are also adhered to:

- Staff will ensure that they are able to see ALL children in their class at all times during a PE lesson.
- If a child has to be sent in to the school office for first aid treatment, another child (of suitable age) or member of staff will accompany them.
- Children also have a responsibility to follow the safety guidelines and are informed of safety procedures and rules which staff repeat and demonstrate regularly.
- A safety sheet is included in this policy (see appendix 2). During the lesson, children are taught the correct way to move gymnastics apparatus.
- PE lessons take place outside, weather permitting, at all times of the year. Staff encourage the use of sun hats when necessary. Weather conditions are taken into account.
- Pupils have access to water in PE lessons and are able to bring their own water bottles if they wish to.
- Key pupils may require an individual risk assessment and would usually be accompanied by an additional teaching assistant or learning mentor.

Links to PSHE:

We recognise how strongly PE is linked to PSHE and citizenship, and we strive to ensure that we make the most of these links. We do so in the following ways:

- Making links with the SEAL curriculum.
- Referral to 'Peaceful Problem-solving' skills and 'Bubble Time' when necessary.
- Appointing Sports Leaders in Years 5 and 6 – children participate in a number of sports leadership lessons and may then choose to apply for the role in writing. If successful, they are expected to be role models, assist with sports days and lead multi-skills activities for KS1 children.
- Teaching children to observe the conventions of fair play and good sporting behaviour, co-operating with and considering others.
- Teaching children to cope both with success and limitations in performance, and to increase self-confidence and self-motivation.

Extra-curricular Provision:

Whilst recognising that when led by a teacher it is done so on a voluntary basis, we always aim to provide a wide range of clubs throughout the year to pupils in KS1 and 2. These have included: gymnastics, multi-skills, table-tennis, basketball, football,

rounders, ultimate Frisbee, capoeira, dodgeball, playground games, netball, rugby, tennis, cross-country, athletics, karate, cricket and dance.

Many of our extra-curricular clubs are offered free of charge. However, when there is cost involved, the school will only organise clubs for which the charge is relatively low (up to approx. £3 per child, per session), and pupils who attract pupil premium funding are only charged 50% of the agreed rate.

Community Links:

We link with the community in the following ways:

- Working with the local School Games Organiser.
- Taking part in the annual Let's Dance festival.
- Participating in competitions against other local primary schools.
- Work experience students working alongside PE staff.
- Ex-pupils working alongside staff during extra-curricular activities, as part of the Duke of Edinburgh award scheme.
- Linking with a number of local sports clubs and directing children to them for further training.
- Working with 'Albion In The Community'.
- Inviting parents and family members to Sports Days and other sports competitions.

Appendix 1

PE Framework KS1

(6 x half-terms with 2 x lessons per week: **3xDance**, **3xGymnastics**, **3xMulti-skills**, **3XGames**)

	<u>Y1</u>		<u>Y2</u>	
<u>Autumn 1</u>	Dance or Gymnastics	Dance or Gymnastics	Dance or Gymnastics	Dance or Gymnastics
<u>Autumn 2</u>	Gymnastics or Dance	Gymnastics or Dance	Gymnastics or Dance	Gymnastics or Dance
<u>Spring 1</u>	Games	Multi-skills	Games	Multi-skills
<u>Spring 2</u>	Dance or Gymnastics	Gymnastics or Dance	Dance or Gymnastics	Gymnastics or Dance
<u>Summer 1</u>	Games	Multi-skills	Games	Multi-skills
<u>Summer 2</u>	Games	Multi-skills	Games	Multi-skills

PE Framework KS2

(6 x half-terms with 2 x lessons per week: **2xDance**, **2xGymnastics**, **2xAthletics**, **3xSwimming**, **3XGames**)

	<u>Y3</u>		<u>Y4</u>		<u>Y5</u>		<u>Y6</u>	
<u>Autumn 1</u>	Dance or Gym	Swim	Dance or Gym	Swim	Dance or Gym	Swim	Dance or Gym	Swim
<u>Autumn 2</u>	Invasion Games / multi-skills	Gym or Dance	Invasion Games	Gym or Dance	Invasion Games	Gym or Dance	Invasion Games	Gym or Dance
<u>Spring 1</u>	Gym	Swim	Gym	Swim	Gym	Swim	Gym	Swim
<u>Spring 2</u>	Net Games / multi-skills	Dance	Net Games	Dance	Net Games	Dance	Net Games	Dance
<u>Summer 1</u>	Athletics	Swim	Athletics	Swim	Athletics	Swim	Athletics	Swim
<u>Summer 2</u>	Athletics	Strike + field Games / multi-skills	Athletics	Strike + field Games	Athletics	Strike + field Games	Athletics	Strike + field Games

Appendix 2

PE – Safety Aspects

General:

- 1) Children should be dressed appropriately at all times.
Long hair should be tied back and jewellery removed – stud earrings may be taped up whilst it is not possible to remove them.
- 2) There should be a consistent audio signal (such as a whistle) which means 'STOP' in all aspects of PE. This signal must be audio and not visual, so that all children can respond immediately. It should be practised and used consistently. If on apparatus, the signal indicates to stop, climb (not jump) off and sit down on the floor.
- 3) Children should work quietly at all times; quiet working makes it much easier for children to hear the 'STOP' signal.

On the apparatus:

- 1) The teacher should always check large apparatus before the children start their session.
- 2) Children should be taught to walk around mats and apparatus rather than moving across or over to get to somewhere else.
- 3) Children should not get onto any piece of apparatus until told to do so.
- 4) Children should only jump off a piece of apparatus onto a mat, and should be taught to land on both feet. Mats should be placed for working on and jumping onto – they should not be placed to 'protect' from accidental falls.
- 5) Children should jump from a height no greater than themselves.
- 6) Children should be aware of others and work accordingly and safely.
- 7) When putting apparatus out or away, children should follow the teacher's instructions for safe carrying, and only those actively involved in moving or setting up equipment should be moving around the hall.