

# Physical Education Policy

## Philosophy

The Blake CE School believes that Physical Education (PE), experienced in a safe and supportive environment, plays a unique and vital contribution to a pupil's physical and emotional development and well-being. The PE programme aims to improve the quality of life of all young people by providing excellent opportunities to develop the skills, knowledge and attitudes necessary for a healthy and active lifestyle.

## PE at The Blake School aims to allow all pupils to:

- develop physical competence and confidence to participate in a range of activities and sports;
- be creative;
- be competitive;
- be able to participate in different challenges, both independently and as part of a team communicating with, and responding positively towards others;
- learn how to plan, perform and evaluate actions, ideas and performances to improve their quality and effectiveness and achieve their personal best;
- develop positive attitudes towards active and healthy lifestyles;
- discover their aptitudes, abilities and preferences and make choices about how to get involved in lifelong physical activity.

PE at the school is designed to be accessible for pupils whatever their ability or disability. Where appropriate additional adults are used to support individual children during PE in order to facilitate their full participation. Activities are also adapted as necessary in order that every child is able to achieve the curriculum aims.

## PE Entitlement

The Blake School provides a well-balanced curriculum which covers the statutory requirements for the PE National Curriculum (NC) and aims to deliver at least two hours of high quality PE for every child each week.

The KS1 curriculum covers fundamental movement skills across a range of activities. In KS2 pupils develop a broader range of skills in specific activities of games, gymnastics, dance and athletics. Curriculum details are set out in the PE curriculum map showing progression and continuity from Reception to the end of KS2. Staff have access to a broad range of resources to support the delivery of lessons.

In addition, a range of opportunities in swimming and enrichment activities including outdoor and adventurous activities are offered.

## Assessment

Pupil assessment is normally carried out by teachers in the course of regular class activity and may or may not be recorded, according to the preference of the individual teacher. Informal formative assessment and summative assessment methods will be used.

## Extra-Curricular Opportunities

The extra-curricular programme that is on offer compliments the range of activities covered in the PE curriculum. The programme reflects the breadth and balance of the curriculum and includes dance, games, athletics and martial arts.

Clubs and activities are available to children before school, during lunchtime and after school. The school participates in a full range of competitive inter-school fixtures, tournaments and festivals within the Witney Partnership of Schools and at the Oxfordshire School Games.

The extra-curricular provision includes competitive and non-competitive, team-and individual based sports and clubs appropriate for all pupils. Staff are committed to enabling increased numbers of children to access the extra-curricular activities that are available.

### **Intra-school competitive opportunities**

The school continues to use the PE/Sports Premium funding to increase the percentage of children taking part in competitive sporting opportunities. Each child in the school is allocated to one of six teams; these teams are mixed gender, mixed ability (PE) and family grouped. During the year, competitive events are held in which the children compete against other teams in their age group. Participation and success in these events results in the award of team points; these will accumulate throughout the year and at the end of the year one team will be announced the school team winners.

### **Curriculum Leadership**

The PE subject leader is responsible for completing the curriculum map and ensuring that the PE programme is progressive and balanced. The subject leader will also monitor the PE programme to evaluate its effectiveness.

The PE subject leader will attend partnership co-ordinator meetings during which the SSCO (Secondary Sports Co-Ordinator) disseminates revisions in practice and curriculum requirements, resources and CPD opportunities. The SSCO will support the PE subject leader by offering advice on policy development, curriculum mapping, planning and teaching for learning, assessment, reporting and recording.

### **The class teacher**

Each class teacher usually takes their own class for PE lessons. However, in some year groups the parallel teacher or another member of staff may take the class, taking advantage of different teacher's strengths and areas of expertise. Staff should be comfortable and competent in the area of activity being taught; appropriate support is provided for staff either by the subject leader, specialised staff or the SSCO.

The class teacher will be expected to:

- follow the agreed long and medium terms plans for PE;
- prepare fully for all aspects of each lesson;
- have due regard for safe practice at all times;
- be suitably dressed with appropriate clothing/footwear.

The audit from the SSCO programme identifies the needs of each teacher and staff will be encouraged to attend training that is relevant to them. All staff take part in professional development to ensure ongoing awareness of health and safety procedures and current subject knowledge.

### **Adults supporting learning (Including coaches and volunteers)**

These adults are authorised by the headteacher and have provided the necessary documentation, including qualifications and DBS certification, to support the delivery of the PE curriculum and/or extra-curricular activities.

### **Sports Leaders Role**

A group of Year 6 children will be selected to attend Sports Leaders Training given by the SSCO. They will be supported in providing and co-ordinating a programme of playtime/lunchtime activities for other children in the school. More leaders are then recruited to help provide supervised activities for younger children at break and lunchtimes. The sports leaders will also support intra school competitions and events.

Towards the end of the academic year a group of Year 5 children will be selected to attend the training in readiness for the subsequent academic year.

## **Safety**

Healthy and Safety awareness is an integral part of the children's learning in PE. All staff work to accepted codes of practice.

- Appropriate risk assessments are in place including for visits off the school site.
- Teachers supervise children when changing and travelling.
- All PE equipment is inspected annually, checked before use, used appropriately and stored safely.
- All accidents and 'near misses' are comprehensively logged and reported to the appropriate body where required.
- Pupils are given opportunities to think about safe practice in relation to themselves and peers.
- PE facilities are clean and hazard free with sufficient space for activities.
- There is a regular and systematic maintenance programme.
- First aid provision is available.
- Staff have access to medical information on pupils.
- Teachers are aware of the emergency action plans when using local facilities e.g. swimming pool.
- All staff teaching swimming are trained.

## **PE Kit**

### Indoor PE Kit:-

Black shorts and white T-shirt, children are to wear plimsolls to the hall from their classroom but to undertake PE in bare feet.

### Outdoor PE Kit:-

Black shorts and white T shirt, outdoor trainers/footwear required. In the cold weather dark coloured jogger/tracksuit trousers can be worn with a sweatshirt.

### Swimming Kit:-

In line with Oxfordshire Schools' Swimming Service requirements pupils will be expected to wear close fitting swimming costumes or trunks and swimming hats. Goggles (which must meet BS 5883:1996 standards) may be worn only if a letter is received from parents providing permission for them to be worn.

### For all PE lessons:

- No jewellery may be worn for PE or swimming.
- Long hair must be tied back.

## **Monitoring and Evaluation of PE**

The PE subject leader monitors and evaluates the PE provision by carrying out a data audit, lesson observations, team teaching and conversations with teachers and pupils. This information is used to improve the teaching and learning within PE.