



PARK GROVE SCHOOL



P.E. Policy

INTRODUCTION

Park Grove School is committed to promoting the health and well-being of its pupils and staff through physical activity. This policy outlines the organisation, teaching and management of physical activity at this school.

AIM

To provide quality physical activity opportunities both within and outside of the curriculum time which:

- Considers the needs and interests of all pupils.
- Promotes positive attitudes towards participation in physical activity.
- Enables pupils to develop a full range of basic movement and skills.
- Increases pupils' knowledge and understanding of the importance of physical activity.
- Differentiates tasks appropriately according to children's abilities.

OBJECTIVES

The main objectives of our Physical Exercise Policy are:

- To ensure a minimum of two hours of high quality physical education in which a broad and balanced programme is provided.
- A curricular physical education programme that follows the National Curriculum requirements.
- To provide and promote opportunities for pupils and staff to be physically active throughout and beyond the school day.
- To increase competitive game levels in line with national targets emphasised in the National Curriculum.

STATUTORY CONTEXT

- The new national curriculum from September 2014 has emphasised the importance of competitive games throughout the different year groups. The role of swimming has strengthened and it now must be taught in schools. Other key outcomes are non-statutory but should be used as a guide by schools to emphasise key learning.

GENERAL CONTEXT

Teaching

- Each class is timetabled to receive two hours of high quality curriculum P.E. every week. This includes one session delivered by Total Sports who are rated as "Outstanding" and one session taught by the class teacher.

Our teaching and learning reflect the following principles:

- Learning objectives are clearly set and effective teaching and learning styles are adopted in order to promote positive attitudes and increased participation.
- Differentiation – differentiated tasks that are matched to the abilities, needs and interest of all pupils with extra special provision identified for SEND pupils.

- Positive Reinforcement – effort rewarded, improvement acknowledged, pupils praised and positive feedback provided in line with our behaviour policy.
- Appropriate grouping to aid the learning e.g. in contact sport, pupils should be matched physically for partner work.

Curriculum

- The curriculum has been designed to ensure a broad, balanced and progressive provision across each year group. Each term's P.E. programme has been split between Total Sports and the class teacher to ensure at least two strands of teaching and learning are covered. For example, one lesson of dance and one lesson of games.
- Total Sports are following their own tailored schemes of work produced by Oliver Holliday, a P.E. teacher with 11 years' experience. Teaching staff are using the Primary Steps in PE scheme for Key Stage 1 and 2 and adapt to fit with our creative curriculum, long-term and medium-term planning and progression of skills and knowledge.
- Each half term, a different class from Key Stage 2 will receive one lesson of Swimming a week at Yearsley Swimming pool. This session is in place of the normal session provided by the class teacher.
- Year 6 children have the opportunity to experience outdoor adventure activities through a three-day long residential visit to an outdoor activity centre.
- The importance of physical activity on the body and as part of a healthy lifestyle is also addressed through science and PHSCE curricular links.
- Year 5 and 6 children will be given the opportunity to become a PE leader for Park Grove. The PE leaders will run competitions for other years groups, support playground games for younger children at play times and lunchtimes and be leaders for sport in school.

Out-of-hours

- We aim to provide a range of 'Out-of hours' opportunities for all children in school. These usually take place during the lunch break or after school and are either run by Teaching staff, Total Sports coaches or through our links with School Sports Partnerships (SSP). All adults will have had the appropriate DBS and qualification checks made either by our school, the SSP or their accredited governing body.
- Alongside free clubs offered by Total Sports, they also provide a range of clubs which require a small parent contribution.
- Through links with our SSP our children are also able to access an additional range of out-of-hours activities after school at our link Secondary school (Joseph Rowntree School). Activities led by accredited coaches may require a parental contribution.
- We also encourage children to be physically active during all breaks through the provision of 'playground games' and through PE leaders and adult lead games.

Facilities and Equipment

- We are particularly fortunate to have excellent facilities for P.E. and School Sport. Our dedicated staff team believe in the value of physical activity as part of a healthy lifestyle and as a medium for teaching and learning.
- Our facilities include a purpose built gym with a large selection of sports and gym equipment including: mats, balance/climbing apparatus, basketball hoops, table tennis tables, badminton nets, dance boards, parachutes, a range of balls and other small games/target equipment. Additionally, we have specialised equipment for Athletics, Tag Rugby, Kwik Cricket and Hockey.
- We also have two playgrounds, including a marked out netball court; a large playing field with a football pitch (Autumn/Spring) a rounders pitch and running track (Summer). Additionally the grounds are mapped out for Orienteering.

HEALTH & SAFETY

- The children will come to school in their PE kits on their PE days. This is to maximise the time the children are active in PE. The PE kit is as follows: black shorts (or jogging bottoms), white t-shirt (and jumper or hoodie when it is cold) and appropriate footwear (plimsolls for indoor and trainers for outdoor).
 - Where the floor is suitable (hall and gym), dance and gymnastics will be done in bare feet. Children are not allowed to work in socks.
 - All children need to have their socks and shoes with them in case a fire or evacuation situation is required.
 - If the need arises for the children to get changed, all pupils in KS2 will change for PE in a room of pupils of the same sex. For Year 3 and 4, this will either be the gym changing rooms or two separate classrooms. For Year 5 and 6, this will be the gym changing rooms. KS1 pupils will all change in the same classroom
- At the start of each PE session, all long hair must be tied up with an appropriate bobble and all earrings must be removed or covered with earring tape. All jewellery must be removed.
- Annual inspections of gymnastic, climbing and storage equipment is carried out by Sports Safe Limited and compliance certificate is produced. Any equipment defects will be rectified.
- General PE equipment (includes but is not limited to: tennis rackets, balls, hurdles, nets) is spot checked by teachers when the equipment is used and an annual check is completed by the PE coordinator. Any equipment deemed faulty or unsafe must be immediately removed and discussed with the PE coordinator.
- If the fire alarm sounds, the adult in charge should locate immediately to the fire assembly point on the school field.
- The school has designated trained first aiders. If an accident or injury occurs, a first aider is informed and decides on the appropriate action. If necessary, the rest of the group will be removed from the area accompanied by a member of staff.
- If a member of staff is alone with the children during a PE session where a health and safety incident occurs, they send two children to the office who will then inform an appropriate adult.
- A first aid box is located in the gym storage area and in the medical room.

- Shin guards are recommended for football and hockey and are often compulsory at local events.
- Parents should send a note if they require their child to be excluded from PE sessions. If this is the case the child will be encouraged to play a non active part in the session for example photographer (for use on twitter) or point scorer.
- Please refer to the Emergency Lockdown Procedure Policy for any incidents arising when lessons are taking place outside.

MONITORING & EVALUATION

- Continued impact of Total Sports to be monitored and evaluated throughout the year through observations from Mr Rogers.
- Scrutiny of Teachers' planning and teaching of P.E. throughout the school.
- Updated Assessment sheets to be monitored and used effectively to aid further planning and outcomes.

LINKED POLICIES

Behaviour Policy

EYFS Policy

REVISED BY: Ben Rogers

DATE: March 2022

NEXT REVIEW: March 2023