

St James C.E Primary School



P.E Policy



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P.E. Policy

Aims and Objectives

At St James Primary School, Physical Education forms an important part of the education of each pupil. We aim to promote an active, healthy and enjoyable lifestyle and encourage our pupils to have the motivation, confidence, physical and social competence, knowledge and understanding to maintain physical activity throughout life.

The aims of Physical Education at St James Primary School are:

- To promote positive attitudes towards physical activity.
- To always do your best
- To promote physical activity, physical skills development and a healthy lifestyle.
- To understand the needs for rules in activities
- To respect our Christian Values and think of them during P.E.
- To have an inclusive approach
- To encourage lifelong involvement in physical activity.
- To be safe during games
- To have age appropriate activities.
- To provide equal opportunities for all children to achieve their full potential, through curricular and extra-curricular sessions.
- All pupils across the school to have a chance to compete and take part in a variety of clubs

Curriculum

Each child at St James Primary receives 2 hours of Physical Education curriculum time per week. The teaching of the Physical Education curriculum is broken into the following areas of activity:

- Dance (Autumn 1)
- Gymnastics (Autumn 2)
- Invasion Games & FUNS (Spring 1)
- Ball Skills & Net and Wall (Spring 2)
- Striking and Fielding & competition (Summer 1 & 2)
- Athletics/Sports Day (Summer 2)
- Swimming

The planning and delivery of each unit of work ensures all pupils have the opportunity to:

- Acquire and develop new skills
- Select and apply skills, tactics and compositional ideas
- Evaluate their own and others performance in order to improve
- Gain knowledge and understanding of how P.E. and sports contributes to staying physically, mentally and emotionally healthy.
- Experience a range of roles such as becoming leaders, umpires and sports assistants.

In addition to the 2 hours we have an active breakfast club which includes taking part in Dance, Cyber Coach Dance Mats, Ball games and Change 4 Life Activities. We also have TDS Dance supporting lunchtimes providing additional support to classes on our outdoor sports pitch.

In accordance with the National Curriculum, children will participate in swimming lessons while in KS2, to ensure they can swim the minimum of 25m. All pupils are required to learn how to swim.

Non Participation in P.E. Lessons

Children should only miss P.E. lessons on health grounds if this is requested by their parents or guardian either by direct contact with the school or in a note to the teacher.

Our P.E. co-ordinator and Teaching staff ensure that all children regardless take part in a P.E. lesson. To do this children can actively assist the teacher as a leader, take notes or evidence work on our school IPADS.

Planning and Progression

Our school planning is kept on our teacher network. Planning is broken down into Medium term planning from our long term overview. We currently use Target Tracker to assess our pupils in P.E. Teachers regularly take part in peer group work across the school to help ensure the delivery of P.E. is effective and pupils are progressing as they should. In addition to using target tracker we also have developed a template of assessment for Outdoor Games, Striking and Fielding Activities and also Fundamental skills such as Agility, Balance and Co-ordination.

Special Needs

We have our very own resource Provision at St James which is called the Blue Lagoon. Staff from the Blue Lagoon are always involved with P.E. across the school. Wherever practical, provision will always be made for children with special educational needs where it affects their performance in P.E.

Gifted and Talented

A Gifted and Talented pupil at St James refers to a pupil whose performance or potential performance substantially exceeds the expectations within the primary P.E. expectations/curriculum. Talented pupils in Physical Education are likely to excel in one or a combination of these abilities.

Physical (All Rounder and in One Sport)

- Have a high degree of control and co-ordination of their bodies
- Show strong awareness of their body in space
- Combine movements fluently, precisely and accurately in a range of contexts and activities

Social (Leadership)

- Good decision makers and able to use their own thinking skills to improve their performance
- Motivating and encouraging others to improve their performance.

Creative

- Children are able to use their own creative skills to help improve their and others performance. They are able to adapt and try out new ideas to help succeed/win in a competitive environment.

Gifted students will be supported in the following ways:

- Encouraged to attend school extra-curricular activities
- Provided with links to outside clubs and agencies
- Encouraged to complete a sports leadership awards and become actively involved in leadership and volunteering
- Work closely with PE coach to be extended within curriculum lessons by leading small groups or whole class warm ups etc

Equal Opportunities

All pupils at St James Primary School will be given equal opportunities to access the P.E. curriculum regardless of race, sex, religion, ethnic group, culture or ability (including more and less able pupils).

A well-balanced and planned P.E. programme should meet the physical and social needs of all pupils thus allowing all children across the ability spectrum to succeed.

Parental Involvement

Parents are always kept updated on our successes within P.E. We do this by inviting them to our school Assemblies, Supporting Competitions, Sainsbury's schools games newsletters and on our general newsletters. Parents actively support our school sports day. Lots of information about P.E is available on our schools website.

More Assessment

Children always receive feedback during and after their P.E. Lessons. We have fantastic I.T. facilities and our very own Cyber Coach Sports System. Children can

actively compete with each other and they can always take pictures on our school I Pads which in turn will help them improve their techniques and performance.

We use smileys to promote excellent work during P.E. We also hold assemblies for competitions across the school.

Conduct

It is expected that children will wear the school PE kit during lessons.

This includes:

- White T Shirt
- Black shorts
- Pumps/Trainers
- No jewellery or fancy hair accessories

The pupils can work with bare feet indoors during gymnastics. Tights must not be worn.

In outdoor P.E lessons, when it is cold, jogging bottoms and warm tops may be worn. These are available to purchase from school but are not statutory. No hats, gloves or scarves.

Staff

Staff can come to school suitably dressed. Staff should wear trainers and sportswear during P.E. lessons.

Use and Storage of Apparatus

Large apparatus is stored in the P.E. Cupboard in the hall and the children are taught how to move and lift the apparatus safely. Games equipment is stored Outside in our schools container.

Extra-Curricular Activities

We are committed to recognising the importance of physical activity of children outside the curriculum. We believe that links with local sporting clubs and organisations and the provision of extracurricular activities organised by the school is a positive experience.

Below are extracurricular activities led by our Sports Coach Mr Smith.

Day	Club	Time	Year Group
Monday	Manchester City Coaching	3.15-4.15pm	KS2

Tuesday	Change 4 Life Club	3.15-4.15pm	EYFS
Wednesday	Multisports	3.15-4.15pm	KS1
Thursday	Multisports	3.15-4.15pm	KS2
Friday	Gifted and Talented Sports	3.15-4.15pm	KS1/KS2

We currently hold the 'Gold Kitemark award'. We actively take part in over 9 competitions outside of school time which include Cricket, Basketball, Football, Athletics, Gymnastics, Rounder's, Mini Tennis, Cross Country and Swimming. In the previous year we was successful in 5 finals. We aim to continue our success. We actively have links to local sports clubs such as Delamere Rangers, TDS Dance, Murray sports, swimming at Wright Robinson, East Manchester Football, Karate, Ella's [Dance and Gymnastics](#).

Health & Safety

We believe that safety is of huge importance for our pupils at St James. Therefore our teachers at all times must be aware of any safety implications when delivering P.E. All planning must include the following:

- Pupils to warm up
- The pupils must be given tasks which are challenging, but within the scope of their ability.
- Teachers must carry out a risk assessment of all equipment before use and give pupils disciplined strategies for safe handling of the equipment whilst the work is in progress and safe storage when the work is complete.
- The sports hall or outdoor pitch must be safe to use
- All jewellery to be removed
- Long hair should be secured as appropriate to the activity at all times.
- Appropriate clothing must be worn by pupils and staff.
- The teacher must ensure the preservation of body heat after hard physical exercise and use good methods to cool down pupils after such exercise.
- The teacher must be aware of any medical condition which may affect physical ability (e.g. diabetes or asthma) and make the appropriate adjustments in planning and implementation of the lesson to allow pupils who suffer from any conditions to take part actively but safely.
- Staff at all times must carry a yellow medical bag to lessons which may include inhalers, treatment for diabetes or any other medicines.
- For Health and safety reasons, teachers may physically guide children during lessons in order to develop their skills. E.g. correcting a child's position during a gymnastics lesson.
- Staff who are teaching P.E. will either be first aid qualified themselves or a first aider will be present.

Monitoring and Evaluation

The monitoring and evaluation of the P.E. curriculum will be carried out in the following ways:-

- By the P.E. co-ordinator meeting with year group leaders/teachers and external coaches to discuss their plans and match them to target tracker and our outdoor games targets
- Discussions around sports premium funds and any gaps we can improve on
- By evaluating the strengths and weaknesses of the subject and identifying areas that need further development.
- By carrying out lessons observations