

## Physical Education Policy

Spring 2017

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### Summary

This policy outlines the aims and expectations for the provision of Physical Education at Fieldhead Carr Primary School.

### Recommendation

Governors to read and agree the policy.

Author's Role	Physical Education Lead
Date	Spring 2017
Internal Review Date	Spring 2018
Official Review date	As changes

## FIELDHEAD CARR PRIMARY SCHOOL PHYSICAL EDUCATION POLICY

### Why is a policy needed?

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. We provide the broad and balanced programme of physical education we believe every child should have; with activities designed to be enjoyable, vigorous, purposeful and regular. Through providing positive experiences, a lifelong interest in physical activity is encouraged. The range of physical activities is wide and includes athletics, dance, gymnastics, swimming and outdoor education. A high quality programme is designed to meet the needs, abilities and interest of all individuals.

### National Guidance

Fieldhead Carr Primary school will:

- Follow a broad and balanced P.E Curriculum as directed by the New National Curriculum.
- Follow the health and safety guidelines outlined in *Safe Practice: in physical education, school sport and physical activity*. (Association for physical education, 2016)
- Promote a healthy and fulfilling lifestyle, incorporating physical activity in curriculum learning wherever possible.
- Ensure the needs and abilities of all individuals are met.
- Develop levels of enjoyment in physical activity for all pupils.

### Application

This policy covers the areas of:

- Curriculum
- Time allocation
- P.E Kit
- Equipment
- Health and safety
- Inclusion
- Swimming
- Extra-curricular activities
- Events and competitions
- P.E and sports premium funding

The policy applies to all staff, pupils, parents, governors and partner agencies working within school.

## Curriculum

All lessons are planned and delivered in line with those stated in the New National Curriculum. Long and medium term planning is completed outlining the aims and expectations of each unit of work.

## Time allocation

In accordance with government guidelines, pupils receive two hours of timetabled physical education within school each week. There are also currently three extra-curricular activities each week, which are available to children across the age ranges.

## P.E Kit

In the interest of safety and hygiene, pupils must change into appropriate P.E kit for lessons. Appropriate P.E kit for individual lessons is:

- **Indoor** - White t-shirt and black shorts.
- **Outdoor** – White t-shirt, black shorts or tracksuit bottoms and jumper/sweatshirt. Suitable trainers.
- **Swimming** – Swimming costume, trunks or shorts. (Shorts should have a short inseam, cut well above the knee)

Pupils without appropriate kit will be at first reminded by the teacher. If there is an ongoing issue an informal conversation with parents or reminder slips would be appropriate.

## Equipment

Appropriate and safe equipment will be provided by the school for use in lessons. All equipment is stored in the P.E store located in the hall. Teachers should make children aware of safe handling techniques for equipment and ensure that this is consistent throughout school. The fixed, large gymnastic equipment located in the hall is subject to an annual safety check.

## Health and safety

Within school; all teachers, staff and pupils follow the health and safety guidelines outlined in *Safe Practice: in physical education, school sport and physical activity*. (Association for physical education, 2016) This document was provided to all schools from the Local Education Authority and outlines the fundamental principles of safe practice for the teaching and learning of physical education in schools.

## Inclusion

Inclusion in Physical Education means that all children are able to access all areas of the curriculum, regardless of race, gender or ability. We encourage an environment in which children respect and value each other, and each other's backgrounds or interests. Consideration of this must be taken when sessions are planned. It may be necessary to adapt lessons or activities to suit the needs of the

individual. It is the responsibility of the teacher to ensure this takes place. Extra support for this may be required when planning or delivering the curriculum, if necessary, please refer to the subject leader or a member of the inclusion team within school.

### **Swimming**

Children in Year 4 attend one swimming lesson per week. This is organised and provided in partnership with the Local Authority. The units of work are outlined and delivered by qualified swimming coaches employed by the Local Authority. Staff from school supervise these sessions and associated travel arrangements.

### **Extra-curricular activities**

A varied range of extra-curricular activities are available to students at Fieldhead Carr and pupils across the age ranges are given the opportunity to attend these. There are currently three activities per week with each activity group taking place for one term. Activities are changed where appropriate on a termly basis and pupils have the opportunity to commit to these at that time. Due to the range of activities, some clubs are fee based, while others can be offered free of charge.

### **Events and competitions**

Through links with local schools and as a member of the John Smeaton School Sports Partnership, pupils are given the opportunity to attend a range of events and competitions. Parent or guardian permission is obtained for these events and risk assessments will be carried out and logged using the EVOLVE system by the appropriate staff member.

### **P.E and sports premium funding**

Through the P.E and sports premium funding, Fieldhead Carr primary school has received investment designed to further improve the breadth and quality of P.E, school sports and physical activity currently offered in school. This money is used to provide extra resources and opportunities to all children within school. A full breakdown of the funding received and how it was used is available on the school website.

### **Monitoring**

Physical education is monitored by the subject leader. Planning scrutiny will take place and lessons will be observed. The subject leader will speak to staff members on a regular basis regarding any required CPD or assistance they can provide. Pupil voice questionnaires will also be used to obtain pupil response to P.E lessons and extra-curricular activities.