

St Laurence's Primary school

PHYSICAL EDUCATION POLICY

October 2015

INTRODUCTON

At St Laurences we are committed to offering a full program of Physical Education, delivered to a high standard for all children.

Physical Education is a unique process of learning. It educates pupils in the knowledge of the body and physical activities, the skills to use their body effectively and the importance of a fit and healthy lifestyle.

We recognise the contribution of P.E to the health and wellbeing of the children. It is considered that an innovative and varied P.E curriculum and extra-curricular opportunities have a positive influence on the concentration and academic achievement of all children.

TEACHING AND LEARNING STYLES

The P.E curriculum is delivered by knowledgeable, well trained staff or high quality external coaches.

We aim to deliver a wide range of skills and knowledge that is essential to the enjoyment and participation of all groups of children in this important and highly valued curriculum subject.

AIMS AND OBJECTIVES

These objectives will be used as a guide in planning a scheme of work and offer opportunities for children to:

- develop physical competence and confidence in the area of physical education
- respond to a variety of challenges in a range of contexts and environments
- become skilful and reflective performers and or competitors
- set personal targets for development
- have the confidence to compete against others, individually and as a team
- appreciate the importance of safe practice and take responsibility for personal safety.

TIME ALLOCATION

In Key Stage 1 and 2 the **minimum** time allocation for P.E is 2 hours, divided into 2 hour sessions across the week.

ASSESSMENT

Teachers are not required to make statutory assessments in P.E. However each pupil is continually assessed with regard to their progression and understanding of the skills in each area.

Children are encouraged to evaluate their own performance regularly and peer assessment is a useful teaching tool used across all key stages.

KIT

All pupils are encouraged to keep a P.E kit in school throughout the week.

Green/white T shirt

Black shorts/skort

Plimsolls or trainers

During the winter term a tracksuit is advisable.

Football boots are only allowed to be worn during after school sessions.

STAFF KIT

Adults delivering or supervising the P.E sessions should wear appropriate PE Kit and footwear.

GIFTED AND TALENTED

Differentiation whilst delivering a P.E session can help develop the skills and knowledge of individual children.

Using the 'Buddy System' works effectively in helping the less abled children. Leadership skills are developed using this participation method.

A wide range of extra-curricular clubs are available throughout the school year and enable children to extend their knowledge, skill and understanding of a variety of sports.

Links to local sports clubs in our locality, provide further avenues to develop interest and participation outside school.

SEN

All children are encouraged to participate and enjoy the full range of P.E on offer at St Laurences.

Where possible the SEN teaching assistant is present during the sessions to help monitor and assist if needed.

Extra time or support maybe required and learning styles are adapted to accommodate every child.

PE EQUIPMENT

Staff are responsible for checking equipment is safe to use during a session.

An inventory and regular inspection of the P.E equipment in the store is necessary to ensure safety.

Where possible children should be supervised when entering the P.E store.

An external inspection of equipment is undertaken annually.

OFFSITE EVENTS

Parent consent forms are given when taking pupils to offsite PE events.

Risk assessments are signed and verified by the Head teacher to ensure that all safety aspects of travel are met.

New events may require a visit prior to the event to provide information for a full and accurate risk assessment.

HEALTH AND SAFETY

When working with equipment in practical activities in different environments pupils and staff are encouraged to evaluate hazards, risks and their control.

FIRST AID

- Any minor injuries will be attended by a First Aider on site.
- Any serious injuries should be reported to the Head and any necessary paperwork completed.
- Children with asthma should be encouraged to take a full and active role in P.E lessons. The need for and the availability of inhalers should be discussed with the child, class teacher and parent. Inhalers should be kept in easy reach if necessary.

SUPERVISION

- Ensure that the number of children does not exceed a safe limit for appropriate activity.
- Teacher's position should be outside the group where possible, so that the whole class can be seen.
- Ensure that you know the procedure for accidents.
- Report all accidents
- Report any faulty equipment to the Co-ordinator
- Define the working boundaries of each group/the whole class

ORGANISATION

- Cool down after vigorous activity
- Always warm up before activity
- Allow sufficient space
- Allow specific time for all aspects of the lesson plan
- Continually observe, assess and re-evaluate the lesson plan
- Ensure all children are listening before giving instructions
- Enter and leave the working area (e.g.hall) in an orderly manner

MOVING APARATUS

Most apparatus should be assembled by the teacher and appropriate number of children following a risk assessment. The teacher should demonstrate how to pick up, move, place down assemble and check apparatus. The teacher **must** check the safety of all apparatus before the children begin. If in any doubt as to these safety aspects teachers should seek advice from the PE co-ordinator before attempting to use them.

PROVISION FOR EXTREME HOT/COLD

In very hot weather, those with water bottles should have access to them during PE sessions, others are encouraged to stay hydrated. Muscle warm ups and instructions should be given in shaded areas. In cold weather tracksuit bottoms and tops should be encouraged.

PUPILS CHANGING

In KS1, pupils change in the classroom

In KS2, the pupils are sent to separate gender group changing rooms. At the swimming pool, pupils use the cubicles to change. Pupils with special requirements may change in the larger communal changing areas or toilets, with adults outside.

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EXTRA CURRICULAR SPORTS CLUBS

Throughout the school year we deliver a wide range of after school clubs. These are delivered by Class Teachers, HLTAs or external sports coaches.

These are open to all children. Participants are required to show commitment in attending these clubs as some have limited spaces with waiting lists.

The appropriate school PE kit is required for these sessions.

LINKS TO COMMUNITY GROUPS

These links are vital to enable children to further develop their interests in sports outside the school environment.

These include:

- Ludlow Town Football Club
- Ludlow Hockey Club
- Ludlow Cycle Club
- Hotshots Netball
- Luctonians Rugby Club
- Ludlow Swimming Club
- Ludlow CC Club
- Ludlow Tennis Club