



Over St. John's C.E. Primary School
'Let your light shine before others.' Matthew 5:16
Physical Education Policy

Physical Education is a foundation subject within the National Curriculum.

Aims

- To develop physical competence, stamina and strength.
- To develop an appreciation of the value and benefits of participation in sustained physical activity.
- To develop the concepts of fair play and good sportsmanship.
- To gain satisfaction and pleasure from skilful physical activity.
- To develop the skills necessary to be able to plan, perform and evaluate physical performance.

P.E. Curriculum

- All year groups will be taught Games, Gymnastics and Dance.
- Athletics will be covered in the summer term for KS1 and KS2.
- Swimming is provided for children in Year 2 and 6.
- Outdoor and adventurous activity will be incorporated into cross-curricular topics where possible.
- Equal opportunities will be given to all pupils.
- All children are required to take part in every PE activity; they should either have a written or verbal request from their parent/guardian if required to be excused from physical activity.
- All children will be expected to be involved in the PE lesson in some way to ensure coverage of the PE curriculum.
- Children will become increasingly aware of the short term effects of exercise on the body. There will be opportunity for health related tasks to be undertaken as part of cross-curricular work.
- Children will be provided with additional physical activities from outside agencies.

The PE curriculum will be further enhanced with after school clubs e.g., football, cricket, netball, multi-skills and dance, where possible.

Safety

Safety is an important issue in all PE lessons. See Health and Safety Risk Assessment.

Safety Guidelines

- Ensure that tables, chairs, etc. do not protrude into the working area.
- Equipment should be checked before the lesson and any problem or fault should be reported to the Subject Leader.
- Children in Reception will be taught how to safely lift and carry the apparatus with assistance from an adult.
- From Year One, children will be taught how to lift and carry the apparatus safely and independently.

- Children should work quietly when on the PE equipment to ensure staff can hear what is going on.
- Staff member to stand in a position that allows access to see all the activity going on in the hall.
- Ensure that a sufficient number of children carry the equipment.
- Apparatus should be placed with sufficient space and landing areas.
- All lessons should begin with a warm up and end with a cool down.
- Children should wear suitable clothing (school PE kit, pumps or bare feet for Gymnastics and Dance and trainers for Games). No trousers to be worn indoors for PE as they may catch on apparatus.
- All watches, etc. should be removed. All earrings should be removed by the child or parent or covered with Micropore tape (kept in the main First Aid box). All hair should be tied back that is of a length to be able to do so.

All teachers should:

- Wear suitable clothing.
- Be aware of and cater appropriately for children with special needs.
- Give clear and concise instructions.
- Establish rules and ensure they are followed.
- Be in a position to view all children working.
- Ensure that all equipment is checked and returned.
- Record any accidents in the accident book.

In the event of an accident the rest of the class should be instructed to sit quietly. If in doubt, do not move a child but call for assistance. For children with an asthma attack, follow the advice in the Asthma Policy Document.

P.E. Lessons

Detailed planning for all P.E lesson is provided through the Striver programme, which have been adopted as the school's scheme of work. These should be appropriately adapted to meet the needs of the children.

Assessment

The PE Subject Leader is responsible for the overall monitoring of the quality of physical activity provision. At Over St John's we monitor PE in the curriculum through:

- Lesson observations
- Pupil discussions
- PE subject leader review document
- Monitoring of equipment
- Feedback from staff

On a termly basis the PE subject leader analyses the data – attainment and progress – of all pupils. Discussions are then had with staff and pupils with regards to what is working well and what areas need to be focused on in order to continue to improve attainment and progress for all children.

Equality and Diversity

PE is taught to all children at Over St John's from Reception to Year 6 regardless of their ability. Teachers adapt planning to suit the needs of the children in their class – extending the most able and adapting tasks for those who require it.

We comply with the Equality Act 2010 and are proactive in ensuring that all pupils, including those with special needs or disabilities are provided with a comprehensive programme of physical activity. For pupils with disabilities or health conditions staff will adapt activities using the additionality in PE document.

Where appropriate this may mean providing specialised equipment, differentiating activities, offering a parallel or separate activity or setting a challenge appropriate to their skill level.

Evaluation

This document and the scheme of work will be reviewed at a time to be shown on the agreed Curriculum Review Rolling Plan.

Swimming

Children in Year 2 will swim during an intensive 3 week timetable over the Spring Term and Year 6 will swim weekly within the summer term. The National Curriculum aim is for all children to be able to swim 25 metres unaided by the end of Year 6.

The pool provides qualified swimming teachers. A teacher and a teaching assistant will accompany the pupils for all swimming lessons.

Outline of areas to be covered:

1. Knowledge of basic water skills; getting into the water safely, awareness of dangers and pool rules.
2. Developing a range of recognised strokes, use recognised arm and leg actions lying on their front and back.

This policy will be reviewed at least every two years.

Signed: Jamie Pasquill

Subject Leader

Signed:

Head Teacher

Date: August 2023

Review Date: August 2025