St Leonard's CE Primary School
Physical Education Policy

Approved by:	**QofE Committee**
Date:	**November 2024**
Next review due by:	**October 2029**

PE Vision

Our school believes that physical education experienced in a safe supportive environment is a vital contributor to every child's physical, intellectual and emotional health, personal development and well-being, particularly their self-esteem.

The PE programme aims to contribute to pupils' increasing self-confidence through an ability to manage themselves in a variety of situations. The programme incorporates aspects that are cross curricular and, where possible, links to the main overall topic of study in each year group. Alongside the Science and PSHE curriculums, opportunities will be taken to teach pupils the importance of looking after their own bodies and to establish habits of participation in enjoyable physical activity.

Purpose and Aims

The aim of this policy is to clarify and inform staff, parents, governors, visitors and pupils, how PE is taught at our school.

We aim that all children will:

- Be physically active and find enjoyment in physical activity.
- Find a lasting sense of purpose, achievement and fulfilment in physical activity which may continue into out of school clubs and later life.
- Develop physical skills, habits and interests that will promote a healthy lifestyle.
- Develop positive attitudes to physical endeavour including perseverance, fair play, sporting behaviour and the ability to cope with success and failure.
- Learn how physical exercise affects the body.
- Develop creative thinking and challenge themselves.
- Understand the need for safe practice in physical activities and know how to achieve this.

Individual subject aims and objectives can be found in the Department Medium Term Plans and in the PE Leader's file on One Drive.

Staffing and Staff Development

All PE sessions are taught by class teachers. Staff are encouraged to access relevant Continuing Professional Development (CPD) opportunities. Recent PE-specific professional development has included PE Lead networking days through the North Oxfordshire School Sports Partnership (NOSSP) and swimming refresher training. The PE Leaders attend relevant networking events and training opportunities and shar key information and resources with staff where appropriate.

In recent years, the school has had access to a cricket coach, football coach, PE mentor and Youth Activators. The PE Leader will share relevant PE training opportunities and information with staff as appropriate.

Staff are encouraged to discuss any problems regarding the PE Curriculum with the Subject Leader.

Entitlement

All children in Key Stage 1 and 2 have two hours of PE a week. This comprises of an hour of indoor PE, where dance and gymnastics are taught and an hour of outdoor PE, where games, athletics and Outdoor and Adventurous Activities (OAA) are taught.

Children in KS2 attend swimming lessons as part of their PE curriculum. This is a national curriculum requirement. Lessons are held at Spiceball Leisure Centre and replace the school based sessions for the relevant terms. All children in Years 3-6 receive a 10-week block of 60 minute swimming lessons, with the opportunity for catch up swimming lessons where needed.

When the weather permits, all children have access to active break and lunch times and are encouraged to take part in physical activity and games.

Planning

The school has a broad and balanced curriculum which satisfies the National Curriculum. Activities are:

Reception:

- Learning through play
- Ball and hand skills

- Gymnastics
- Co-ordination

Key Stage 1

- Dance
- Gymnastics
- Games / Multi-skills
- Athletics

Key Stage 2

- Dance
- Gymnastics
- Net and Wall Games
- Striking and Fielding Games
- Invasion Games
- Athletics
- OAA
- Swimming

The school follows objectives from the National Curriculum and uses schemes of work from Complete PE, supplemented by Swim England for swimming, to teach the relevant objectives. A curriculum map ensures progression and continuity within the Key Stages and each topic is usually taught in half-termly blocks. Medium Term Plans are saved on Google Drive and monitored by the PE Leader.

School Games Values

As part of our work to maintain the School Games Mark Platinum Award, the school also promotes activity at break times and lunch times, through clubs, playground leaders and sports leaders. Multi-skills clubs are run by these leaders and supervised by trained staff at lunchtimes to increase participation in school sport and promote enjoyment of physical activity. A wide range of playground equipment has been purchased, to encourage at least 30 minutes of activity for each child, every day

Sports Days encompass our School Games Celebration Event – with all children in years 1-6 taking part, completing a range of PE based activities to gain points for their house teams during Sports Day 1. The traditional Sports Day races are held on Sports Day 2, with parents welcomed to spectate to celebrate their children's achievements with us. For EYFS, Sports Days are held to introduce pupils to competitive sport and encourage engagement in physical activity.

School Games values are promoted during competitions and certificates awarded, to raise the profile of sport participation.

Out of School Hours Learning (OSHL)

The aim of OSHL activities is to promote physical activity with a lasting sense of purpose and achievement. It should develop physical skills, habits and interests that will promote a healthy lifestyle. It will also develop positive attitudes to physical endeavour including perseverance, fair play, sporting behaviour, competitiveness and the ability to cope with success and failure.

The school offers a variety of OSHL activities which includes Boys/Girls Football, Cross-Country, Netball, Multi-skills and Street Dance/Dance club. Sports clubs are run termly and voluntarily by staff members, where possible, we also employ community coaches for more specialised activities. Multi skills clubs are run at lunchtimes and afterschool to enable a wider number of children to participate.

Through the NOSSP, the school participates in many competitions and festivals throughout the year including Football, Dance, Athletics, Netball, Dynamos Cricket, Rounders, Quadkids athletics, Cross Country, Multi-skills and Sports Hall Athletics. Inclusion festivals are also run for the less active/SEND children, to promote inclusivity. The school has links to various sporting organisations through the NOSSP and will signpost children to these clubs to help them seek their true potential.

Health and Safety

The school uses adults other than teachers (AOTT) in both curriculum PE lessons and OSHL. All AOTTs will be inducted into the school and have a good understanding of the Health and Safety Policy. All coaches must have a DBS check, and a copy should be shown and photocopied by the school office staff for reference. They should also have a recognised coaching qualification to be left unsupervised with children. If an AOTT does not have a coaching qualification he/she must have a member of staff to supervise the club. If the school pay an AOTT for a club, they must be covered by Public Liability insurance. The ensuring of the above is the responsibility of the Head Teacher. The AOTT should be monitored by either the Head or PE Leader and their practice evaluated.

The school follows Safe Practice: in Physical Education, School Sport and Physical Activity. Risk Assessments for use of the hall, Astroturf, playground and field are updated as necessary and copies are available from the School Business Manager or PE Leader.

All teachers are responsible for safety in their own lessons and will maintain good discipline to ensure the safety of all pupils. Children will be taught the rules of safety and given clear expectations at the beginning of each session. They will be taught the importance of warming up and cooling down activities at the start and end of all sessions.

When moving to or from teaching areas, all children will be escorted by a teacher, walking quietly and sensibly. No child should walk to the hall or outside without appropriate footwear.

In the matter of foot health, according to county guidelines, any child with a verruca may still participate in any PE activity. Open wounds need to be covered during all activities.

Supervision of Changing

Children come to school wearing their PE kit on designated PE days and remain in their PE kit throughout the school day, so changing is not normally required for curriculum PE. At the swimming pool, Spiceball Leisure Centre has single sex cubicles available for changing; any child can use these to ensure appropriate privacy at the teacher's discretion. Single sex group changing rooms are also allocated to the school for use of the children.

Clothing and Footwear

On designated PE days, children come to school wearing their PE kit and remain in their PE kit throughout the school day. This maximises curriculum time and supports the school's commitment to ensuring pupils receive two hours of PE each week. The school PE kit consists of a plain white t-shirt and plain black shorts, with plain black tracksuit bottoms or leggings and a plain black hoodie or jumper recommended for outdoor PE where appropriate. As part of the school uniform, children wear black trainers to school every day. This supports pupils in being physically active throughout the school day and encourages participation in active breaktimes and lunchtimes. Children should wear either a one-piece swimsuit or Lycra trunks for swimming sessions and their heads must be covered by a swimming cap. Spiceball pool rules dictate that swimming shorts (surfer style) are not to be worn for swimming sessions. Should a child need to cover more of their body for religious reasons, lycra bodysuits/rash vests can be worn for swimming. No clothing can be worn in the swimming pools unless used for specific water safety activities.

Teachers should wear suitable sports clothing for PE, as a model for pupils. A school PE hoodie is provided to every teacher free of charge, for their use whilst working at St Leonard's School.

During dance and gymnastic activities in the hall, children should have bare feet. For outdoor PE sessions children should wear trainers. Slip-on shoes or boots should **never** be worn for these sessions, for health and safety reasons.

Hair and Jewellery

For all physical education activities children who have long hair should have it tied up.

All jewellery should be removed prior to a session. If for any reason it cannot be removed, it must be taped over.

Equipment

Children will be taught how to carry and handle equipment safely. They will be supervised when moving large equipment. All equipment is checked annually by an outside contract and details of this are kept in the school office. Any equipment problems should be reported to the PE Leader and Site Manager. Benches should be carried by a minimum of 2 children and mats a minimum of 4 children at all times.

Sick Notes

Parents requesting a child to be excused from a lesson must either speak to the teacher or provide a letter of explanation prior to the session. When a child cannot attend swimming, they will be supervised by another teacher.

Accessibility to and availability of medical records

Each teacher is aware of their pupils' medical conditions. It is the teacher's responsibility to inform any other teacher/AOTT who is taking the child about specific medical conditions where relevant. All children need to have their inhalers in school on PE days and should not be allowed to participate should they forget. Teachers are responsible for the inhalers during PE sessions. During swimming inhalers need to be left at the side of the pool.

Provision for SEN pupils

We aim to maximise the potential of all pupils. See Equal Opportunities section of this document.

First Aid Procedures

In the event of injury, children will be seen by a qualified first aider. All accidents will be recorded in the department's central accident book. Serious accidents will be recorded on a county form kept in the school office and forwarded to the county via the intranet.

Cross Curricular Issues

We aim to provide cross curricular links through PE lessons in line with our creative curriculum. We encourage children to reflect on their own and other children's performances in PE, heightening their speaking and listening skills. Where possible, we embed ICT into our PE lessons by using iPads to record sessions and evaluate performances.

Equal Opportunities

We believe that all children, irrespective of physical ability, race, gender, creed or stage of achievement have the right to reach their full potential in PE and achieve enjoyment, satisfaction and success at their own level.

All children will be encouraged to develop:

- Control, co-ordination and mobility
- Skill and confidence in a range of physical activities
- An awareness of physical capabilities of the body
- Co-operation skills

As a school we take into consideration the STEP guidance on differentiating lessons to suit the abilities and needs of all children. The four steps used within the guidance are Space, Task, Equipment and People, these four steps are altered in lessons to suit the different needs. For example, space can be decreased/ increased to make it harder/easier; the actual task can be simplified/ made more complex; larger/smaller balls can be used to make it easier/harder; and group sizes can be altered to suit. Specialist provision is also provided through the Nests, where targeted support for pupils' physical development is provided in line with EHCP needs. Specialist equipment has been purchased through OSF funding to support this provision.

Equipment and Resources

PE equipment is stored in two cupboards: One in the hall and one located outside the Lower Junior Block. It is the teacher's responsibility to supervise the organisation of getting out and putting back the equipment needed in each session. All PE Equipment is stored in labelled shelves and bags. No children should enter any of the PE cupboards unsupervised for health and safety reasons.

The gymnastic equipment is checked annually, and records are held in the office.

The PE Leader must be informed of any new equipment needed and any equipment which is faulty.

School Team Kit is located in the PE cupboard. If the kit is borrowed it is the responsibility of the teacher in charge to wash the kit and return it to the cupboard, or to ensure that this is delegated and done.

Leadership and Management Role

The role of the PE Leader is to:

- Take the lead in policy and curriculum map development.

- Apply for Quality Mark and School Games awards.
- Take responsibility for the purchase and organisation of central resources for PE
- Give support to colleagues and where appropriate disseminate information gained from SSP and any courses attended.
- Keep up to date with development in PE through attending relevant INSET.
- Disseminate dates of courses to colleagues and book them on to courses using the NOSSP website.
- Organise an annual Sports Day and Cross Country for Foundation stage, Key Stage 1 and 2, with the support of colleagues.
- Provide student teachers with support where necessary.
- Ensure there are a variety of OSHL sporting clubs and organise participation in SSP competitions and festivals.
- Monitor and evaluate AOTT's involvement in OSHL clubs.
- Keep a register of participation in OSHL clubs each term, highlighting areas or year groups who are non-participants.
- Monitor medium term planning and assessment.
- Write a yearly action plan for PE and review termly.

Monitoring and evaluating the subject

The PE Leader will check all medium term plans each term. They will discuss any problems with the teachers involved and amend the plans as necessary. The PE Leader will monitor PE teaching in school if and when necessary.

Assessment and Recording

At school we believe it is crucial to monitor progress in each subject and as such, formative assessment is used to determine what each child has learned and what therefore should be the next stage in their learning.

Suitable practical tasks for assessment include:

- Practical tasks directly observed by the teacher
- Small group discussions related to a practical task
- Specific assignments of individual pupils

Assessment grids showing children's achievement in PE are completed after each unit of work, located on the OneDrive. Records of swimming assessment must be inputted by the class teacher to the spreadsheet on OneDrive to ensure a centralised storage of this data. In addition, a comment will be recorded on the child's annual report given at the end of each academic year.

Assessment against the year group's targets is guided by our PE scheme of work, Complete PE. Teachers should use the colour coded assessment statements and accompanying example videos to ensure accurate assessment of their pupils. The example videos should be used to moderate their own judgements.

Reporting in PE will focus on those children not meeting, or who are exceeding, age related expectations in each PE area.

Continuity and Progression

The school has a PE curriculum map, which ensures the continuity and progression of skills.