



PE Policy

October 2016

Approved by GB: November 2016

Next review due: November 2019

Introduction

Physical Education at Churchfields Junior School develops physical competence and confidence so that pupils are able to manoeuvre effectively and safely. It equips the children with the skills and knowledge to become healthy individuals who then develop to become healthy adults.

Aims and objectives

Through coaching Physical Education at Churchfields Junior School we aim to:

- develop the health, well being, fitness and coordination of children;
- encourage teamwork, unity and collaboration with class members and peers,(school learning dispositions)
- develop a positive attitude to Physical Education and a healthy lifestyle;
- develop the interpersonal qualities of tolerance, patience, discipline, taking turns and perseverance;
- Foster community links within local High schools and Sporting Associations and local primary schools

Roles and responsibilities of the PE Leader

- to support newly qualified teachers and new members of staff with PE subject knowledge;
- to ensure resources are readily available to coach it safely and effectively;
- to prepare, deliver, assess and review lessons from years 3-6;
- to regularly review the PE policy and Schemes of Work;
- to keep up to date on all current initiatives;
- to liaise with external agencies in order to provide the highest standard of extra curricular activities for the children;
- To work closely with school competition and events organisers and sessions from Woodbridge High School.

Timetable and facilities

Each class has two physical education lessons per week – each lasting one hour: one indoor lesson and one outdoor.

The indoor session is held in hall 'A', in which there is a sound system and appropriate gymnastics apparatus around the perimeter, with the addition of supporting wall bars. If hall 'B' is not being used the hall divide can be opened allowing a larger amount of space, giving room for extensive use of activity.

The outdoor lesson is held on the playground or field, dependant on the weather or season.

The resources for the Games lesson are to be found in the PE shed next to the bike facility located in the main playground. When collecting or replacing the equipment, the coach must be present at all times. Keys to the PE shed are kept in the school office and must be returned at the end of the school day. All children are encouraged to attend a sporting 'Active' club each week, run by members of staff. Before, after or at lunchtime.

In Year 5, all children attend swimming lessons at Fulwell Cross Leisure Centre. Each class attends lessons for half an hour, once a week for a whole term.

Health and Safety

At Churchfields Junior School we adhere to the BAALPE Health and Safety Safe Practice in Physical Education book. We have the most recent edition in school, and it is available for all staff to refer to. The book is kept in the Head teacher's office.

- **First Aid:** Any child who gets hurt must go to the office to be seen by a first aider, a buddy may accompany. Any instance where the teacher feels that moving the child may cause further injury, a first aider should be sent for immediately by a child. Asthmatic children must have their named pump with them throughout the lesson, otherwise the pupil is not allowed to participate in vigorous exercise.

- **Jewellery:** No jewellery should be worn during physical activity. Newly pierced ears can be covered with tape or plasters for the duration of the lesson, until they can be removed. Teachers should not remove or fit children's earrings. Any religious arm bangle that can not be removed must be covered with a sports sweat band. No fit bits to be worn.
- **Hair:** For all physical activity long hair must be tied, plaited or clipped back. No metal head bands.
- **Supply Teachers:** The gymnastic apparatus must not be used at all.
- **Activity Area:** On entering the physical education area the coach must check that it is free from obstructions and anything that may impede the activity e.g. rubbish, hall furniture, clothing, displays.
- **Lifting:** For all gymnastics apparatus a minimum of two children should carry each item. They should face the direction in which they are moving.

Safety Check: Before allowing the children on the apparatus the teacher needs to check:

1. Wall bar clips are securely in the holes on the floor.
2. Wall bar wires are taut and correctly attached to the hook.
3. Benches are not partially on a mat.
4. Groups are not too close to each other.
5. Ropes are securely tied at the wall and cannot be moved at ceiling level on the runners.
6. Benches, when raised, are connected using both hooks.
7. Stools have level feet and are securely on the floor.
8. Planks are attached to apparatus securely.

Clothing

For health and hygiene reasons, everyday clothes must be changed for PE. All children change in their classrooms, supervised by a member of staff. If necessary there can be separate areas within the classroom for boys and girls to change. Children should not use the toilets as an unsupervised changing room.

- **Indoor PE:** Churchfields coloured T-shirt and navy shorts. Children work in bare feet or plimsolls; however they must have shoes on when travelling from the classroom to the hall. Tights must be removed.
- **Outdoor PE:** Churchfields coloured T-shirt, jumper (in the winter), shorts, navy jogging bottoms or leggings. Trainers must be tied and are essential for all outdoor games lessons. Tights must be removed.
- **Swimming:** Girls wear a swimming costume, and can accompany it with tight leggings that are cut off above the knee (only acceptable for religious reasons). Boys wear swimming trunks; alternatively swimming shorts are permitted if above the knee. If hair is long then a swimming hat must be worn. No bikinis are to be worn. All children to wear swim hats.

Non participants

If a child has no PE kit, spare boxes containing appropriate kit are available from the school office. No child is to take part in a lesson in their underwear – spare kit is available to ensure that this doesn't happen.

Children who are unable to participate for whatever reason must provide a note from home explaining why they are not taking part. Non participants must still join their class in the hall or playground and be involved by listening to coaching points and evaluating children's learning. This may take the form of assistant coaching, refereeing, score keeping or completion of a non participant sheet.

Non swimming participants must be given the swimming booklet by their class teacher. This is to complete whilst the rest of their class is swimming, and includes safety information and puzzles relating to water safety. **Assessment**

Each term, the teacher informally assesses the ability of each child in their class. This relates closely to the national curriculum and enables the children to be given an accurate level of assessment and grading by the end of the year. This is a useful tool as the coach can then analyse the information to inform their planning and grouping for PE for the next academic year.

Children also regularly peer assess one another in lessons. All PE staff to use a peer assessment form, which children complete at the end of a teaching unit. They then share their opinions with others in the class and use the feedback to improve their own performance.

Equal Opportunities

All children will be given an equal opportunity to maximise their individual potential; this is regardless of ability, gender, race, religion, disability or talent. Activities are planned in a way that encourages full and active participation by all children, matched to their knowledge, understanding and previous experience. Resources are adapted to meet all children's needs.

Equal emphasis will be given to the roles of both men and women. Every effort will be made to ensure that activities are equally interesting to both boys and girls.

Gifted and talented

Children whom the coach deems to be exceptional in PE are recorded on the school's gifted and talented register and will then be recommended to attend clubs both inside and outside school hours to further their skills.

Extra Curricular activities

Children who show the ability to achieve and excel are given the opportunity to represent the school in inter school competitions and leagues, which can also result in borough and regional representation. Athletics, Basketball, Tag Rugby, Netball, Cross Country, Gymnastics Football and Cricket are amongst the list of sports.

Review

This policy is monitored through:

- Regular scrutiny of children's work
- Regular monitoring and evaluation of planning
- Evaluation and analysis of assessment data
- Lesson observations to monitor the quality of teaching and implementation of planning
- Pupil interviews and questionnaires

This policy is reviewed by staff and governors every three years. The next review is due June 2019. Parents are most welcome to view copies of this document on the schools' website and comments are invited from anyone involved in the life of the school.