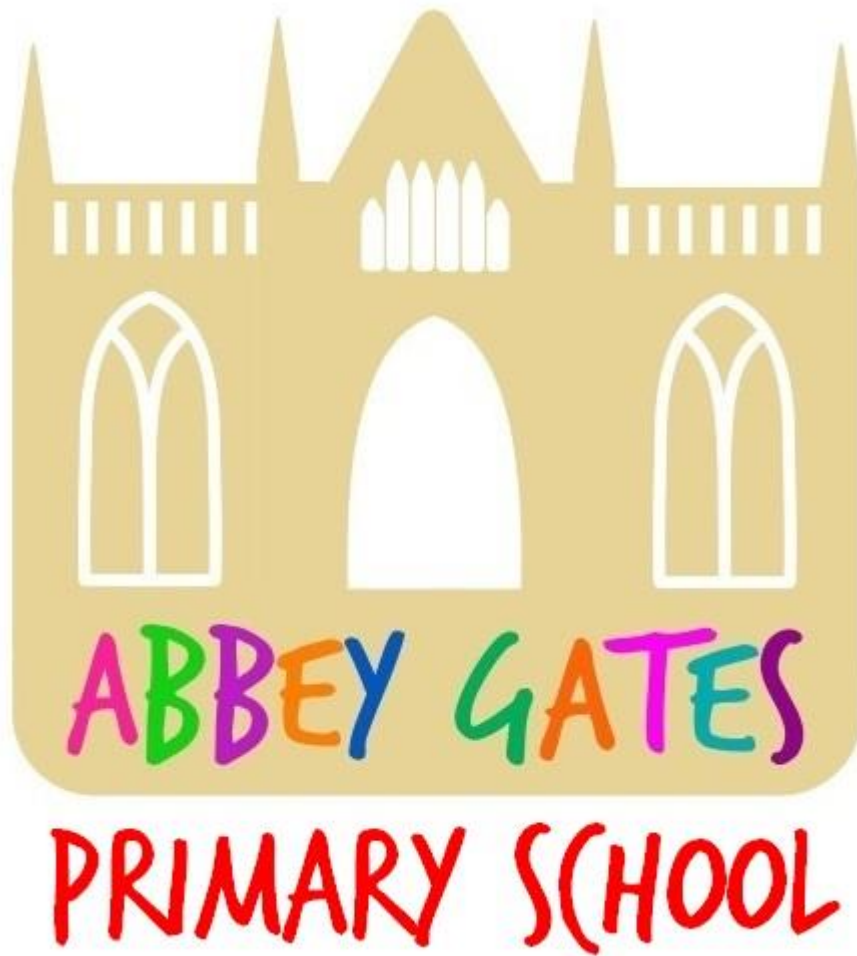


ABBNEY GATES PRIMARY SCHOOL



PHYSICAL EDUCATION POLICY
'Aim High and Be Kind'

Last reviewed: Summer 2024
Next review: Summer 2025

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The Role of this Policy

Each school is required to have a Physical Education Policy identifying the specific arrangements for managing physical education and sports. The policy and procedures supplement the general policies and procedures that are already in place.

The current policy must be read in conjunction with other related school policies and procedures. The purpose of this document is to identify specific arrangements in place for PE and sporting activities to ensure the school is providing a safe learning and working environment.

The school must also refer to "*Safe Practice in Physical Education and School Sport*" issued by the Association for Physical Education (AFPE).

The policy, risk assessments and schemes of work produced for specific sporting activities will be maintained and updated as necessary by the school. These documents will also be available to all members of staff. Staff who undertake PE and sports teaching are expected to familiarise themselves with this policy and should sign to confirm that they have read and understood the document.

Vision

Physical Education is so important for a child's all-round development. As well as developing physical skills, PE teaches children intellectual skills, helps them navigate complex social situations, and nurtures their emotional development and mental wellbeing.

Through the study of Physical Education, children at Abbey Gates Primary School combine practical sports skills; developing physical strength and basic movements with key social concepts such as resilience, courtesy and confidence. This allows them to reflect on their own ability and improve personal bests but also enables them to become kind, considerate individuals within sport. In Early Years, children focus on developing their gross and fine motor skills. In Key Stage 1, children begin to learn basic fundamental skills such as throwing and catching and develop balance and coordination. In Key Stage 2, children begin to use their basic skills, learnt in previous years, in competitive situations; using tactics and teamwork for attacking and defending in a range of different sports.

The children at Abbey Gates also have the opportunity to represent the school at inter-school events and competitions, including football, basketball, cross country and cyclo-cross, which enhance our curriculum drivers of diversity and possibilities.

AIMS

At Abbey Gates Primary School, through the teaching of Physical Education we aim to:

- Encourage physical development, growth, strength, mobility and stamina.
- Foster positive attitudes towards a healthy, active life-style.
- Develop self-esteem, confidence, enjoyment and social skills
- Develop children's ability to learn rules, tactics and strategies in dealing with problems, control of the body, specifically gross motor skills and co-ordination
- Develop an awareness of hygiene and safe practice

- Provide a healthy environment for young people to learn how to deal with competition and how to cope with both winning and losing.
- Ensure equality of access to PE, extra curricular clubs and competition and ensure that the least active pupils are targeted to be part of these, with a focus on personal skill development rather than results - where appropriate.

Roles and Responsibilities:

Headteacher

- Ensuring that overall health and safety arrangements are being appropriately managed.
- Ensure policies and procedures are in place, being maintained and regularly reviewed.

PE Curriculum Lead

- Will ensure that arrangements are in place for managing the risks from off-site visits.
- The PE Policy and supporting guidance e.g. "Safe Practice in Physical Education and School Sport" issued by the Association for Physical Education (AFPE) are available to staff.
- Staff within the department are complying with the arrangements outlined within the PE Health & Safety Policy.
- Activity areas and facilities have been risk assessed and written risk assessments communicated to staff.
- Risk assessments are reviewed regularly (e.g. minimum annually) and updated as required.
- Staff undertaking PE and sporting activities are qualified, competent and experienced.
- Equipment is inspected and maintained and records are available.
- Where required, specific information regarding the medical condition of pupils is effectively communicated and activities planned to ensure pupils are not put at risk of injury or ill-health.
- Emergency arrangements and suitable first aid provision and equipment are available in the department.
- Regularly carry out monitoring cycle e.g. staff voice and lesson observations to ensure good practise and staff confidence.
- The PE Subject Lead and Class teachers are responsible for planning and delivering the PE curriculum for their class.

Staff teaching PE

- Adhere to the requirements outlined within the PE Policy and supporting guidance.

- All PE and sporting activities are risk assessed and be familiar with the content and control measures.
- Visual inspections of the activity area and equipment are conducted prior to use.
- Report any defects with activity area and equipment and take out of service when appropriate.
- Report any health and safety concerns including accidents, incidents and near misses.
- Have expertise (qualification and competence) across the range of activities being taught including technical knowledge. Be familiar with progressive practice, safety awareness and knowledge of safety specific rules relating to the activity being taught.
- Use observational and analytical skills to identify unsafe conditions and be able to rapidly respond to them.
- Have management, organisation and class control so that an activity can immediately be stopped if it becomes hazardous.
- Have knowledge of pupil medical conditions and special educational needs and make appropriate adaptations of sports and physical activities.
- Ensure that ambition is maintained for the pupils' outcomes when planning for specific special educational needs and disabilities.
- Appropriate clothing, footwear and personal protective equipment is correctly worn by staff and pupils for the activity, location and weather conditions.
- Ensure jewellery and other personal effects are removed, adjusted or made safe to allow pupils to actively participate in the activity without risk of injury to themselves or others.
- Follow safeguarding procedures as outlined within school Safeguarding Policy.
- Teachers attend appropriate training and CPD as required.
- The PE Subject Lead and Class teachers are responsible for planning and delivering the PE curriculum for their class.
- Deliver at least two hours of PE per week and ensure that children take part in physical activity for at least 60 minutes per day - this can include break time and lunch time.

Physical Activity

At Abbey Gates, we understand that the importance of not just keeping physically active during PE lessons, but also throughout the day. We provide 2 break times alongside our lunch time. Children are encouraged to use equipment provided e.g. trim trails and tyres to keep active during their breaks. We also emphasise outdoor learning across our curriculum to keep children active during lesson times.

Extra-curricular and competition:

Cross Country

During the autumn term, ALL children in Year 5 and 6 are given the opportunity to compete in cross country competitions at Berry Hill Park.

Football

We currently have an UKS2 team. Football matches are played both at home and away and are played throughout the school year. In order to ensure that the choosing of teams is fair, we hold try-outs for both teams in the first half-term of the year.

For football, when choosing the teams, we consider two main factor: Sporting ability/skill and **sportsmanship**. We also aim to ensure that Year 6 have ample opportunity, as it is their final year to represent Abbey Gates. If a child has been a part of a team in Year 5, it does not automatically mean that they will be in the team in the following year. ALL children will have to try-out for the team again.

Basketball

We currently have a mixed UKS2 team. Basketball Matches are played in the spring term. In order to ensure that the choosing of teams is fair, we hold try-outs for the team at the beginning of the spring term. As Basketball is also taught during PE lessons, children may be 'scouted' and encouraged to try-out for the team if their ability has particularly shone during lessons.

For Basketball, when choosing the teams, we consider two main factor: Sporting ability/skill and **sportsmanship**. We also aim to ensure that Year 6 have ample opportunity, as it is their final year to represent Abbey Gates. If a child has been a part of a team in Year 5, it does not automatically mean that they will be in the team in the following year. ALL children will have to try-out for the team again.

Cricket

During the summer term, cricket tournaments will be held against schools in the local area. In order to ensure that the choosing of teams is fair, we hold try-outs for the team at the beginning of the summer term.

For cricket, when choosing the teams, we consider two main factor: Sporting ability/skill and **sportsmanship**. We also aim to ensure that Year 6 have ample opportunity, as it is their final year to represent Abbey Gates. If a child has been a part of a team in Year 5, it does not automatically mean that they will be in the team in the following year. ALL children will have to try-out for the team again.

Sportsmanship

For all competition events and extra-curricular activities, children should show good sportsmanship and teamwork. Pupils may not be invited to subsequent matches if inappropriate behaviour is displayed.

ORGANISATION

Year	Staff	AUT 1	AUT 2	SPR 1	SPR 2	SUM 1	SUM 2
Year 1	Teacher	Gymnastics - movement and climbing.	Dance	Gymnastics - balance.	Striking and fielding	Tennis	Athletics
	Mr Martin	Agility and Balance	Throwing and catching	Team games	Football	Cricket	Athletics/Sports Day
Year 2	Mr Martin	Gymnastics	Dance	Multi Skills	Striking and fielding	Tennis	Athletics
	Mr Martin	Agility and Balance	Throwing and catching	Team games	Football	Cricket	Athletics/Sports Day
Year 3	Teacher	Gymnastics	Dance	Badminton	Netball	Tennis	Athletics
	Mr Martin	Basketball	Hockey	Dodgeball	Tag Rugby	Cricket	Athletics/Sports Day
Year 4	Teacher	Gymnastics	Dance	Badminton	Netball	Tennis	Athletics
	Mr Martin	Basketball	Hockey	Dodgeball	Tag Rugby	Cricket	Athletics/Sports Day
Year 5	Teacher	Gymnastics	Dance	Badminton	Netball	Tennis	Athletics
	Teacher	Basketball	Hockey	Dodgeball	Tag Rugby	Cricket	Athletics/Sports Day
Year 6	Teacher	Gymnastics	Dance	Badminton	Netball	Tennis	Athletics
	Mr Martin	Basketball	Hockey	Dodgeball	Tag Rugby	Cricket	Athletics/Sports Day

EQUAL OPPORTUNITIES

Our lessons facilitate equal access to the National Curriculum for every child. Teachers identify children with Special Education Needs and prepare their lessons with the whole class in mind. Therefore, open-ended tasks are more desirable to allow children access to the lessons at their own level. Lessons are planned to allow all pupils full access to the curriculum as appropriate. Every child's participation in exercise should be regardless of skill level, aptitude, or performance.

PUPIL VOICE

In PE, pupil voice is an integral part of our quality assurance monitoring calendar. Children of all abilities and ages are listened to by the curriculum lead to help them to understand how PE and sport is perceived within the school.

Their contributions are acted upon swiftly and are used to shape the following actions which are taken in PE to ensure that the subject undergoes continual improvement. We also value pupil's feedback regarding our extra-curricular activities offer and strive to ensure that there is a range of clubs on offer.

ASSESSMENT

Teacher assessment is achieved by discussion and observations of the pupils. Benchmark statements enable teachers to make rounded judgements of the type and range of performance that pupils working at a particular level demonstrate. Termly POP (proof of progress) tasks are also conducted to showcase all skills learnt over the term.

Health and Safety

Monitoring / Inspection of Equipment and Facilities

- There is an orderly working environment in which control and concentration is maintained. SportSafe check equipment regularly to ensure safe use.

Weather conditions

- PE lessons will not take place outside in extreme weather e.g. thunderstorms/extreme heat.

The risks associated with exposure to sun are well documented and staff need to be mindful of precautions to ensure the wellbeing of pupils.

Prior to undertaking outside activities teaching staff should familiarise themselves with the weather forecast, UV index, pollen count and air pollution levels.

The following measures must be considered:

- Long periods of time in direct sunlight (particularly around midday) should be avoided wherever possible,
- Pupils should wear light clothing and apply sunscreen. The approval of parent / carer should be obtained to use sunscreen products, which parents should also provide,
- Sunglasses and hats can provide protection, however, they must pose no risk to the wear or other participants.

- Where possible, individuals not participating in the activity should stay under shade, and;
- PE staff must encourage pupils to regularly drink fluids to prevent them becoming dehydrated.

Clothing, Footwear and Jewellery

In order that pupils are taught effectively about safe practice it remains essential that:

- Pupils should come into school already dressed in their PE kit.
- Pupils must wear appropriate PE kit: plain, black leggings, joggers or shorts and a white or red top. PE kit should be adapted for weather conditions.
- All jewellery is removed including earrings (plasters not allowed).
- Long hair is tied back.
- Footwear: bare feet for gymnastics and dance, trainers or plimsolls for other sports.

Risk Assessment

Under the Management of Health and Safety at Work Regulations, it is a legal requirement to risk assess all significant risks, including, all activities and environments, to identify foreseeable risks and establish proportionate control measures.

It is the day-to-day responsibility of all staff to ensure all activities are robustly managed. The school is required to ensure suitable and effective risk assessments of PE and sporting activities are in place. All PE and sports events, such as festivals, away fixtures and sports days, must be individually risk assessed. All staff undertaking PE and sporting activities must sign to confirm that they have read and are familiar with the content of any risk assessment produced (relevant to their activities and role).

Other risk assessments may need to be considered in connection with activities e.g. manual handling. Where risk assessment findings identify significant hazards and specific control measures they must be recorded and incorporated into schemes of work. Any updates or changes to schemes of work will need to be effectively communicated to staff undertaking such activities.

Risk assessments will be reviewed regularly (minimum annually) to ensure compliance with legal requirements, industry best practice and curriculum guidelines.

Emergency Procedures

Emergency Evacuation and Lockdown Procedures

Within the school building or grounds PE staff and pupils will follow the normal school emergency evacuation or lockdown procedures. Arrangements must be in place to alert staff of an emergency situation if activity is undertaken outside the school building e.g. playing fields.

Where the activity is being undertaken at an off-site venue staff will need to familiarise themselves with the local emergency arrangements and communicate them to the pupils under their control.

First Aid

When activities are undertaken outside the school building or off-site arrangements must be in place to ensure first aid provision is adequate.

A first aids needs assessment must be undertaken for the department. It likely that staff within the department will need to be trained to provide cover and provision off-site. Guidelines indicate that first aiders can cover more than one pitch, however, they must be in close proximity and in the event of an incident they can be immediately contacted.

First aid kits must be accessible for all PE lessons. Where PE lessons are delivered outside, the teacher must ensure that a first aid kit is taken outside with them so that any requirements for treatment can be administered in a timely manner.

Incident Reporting

Accidents, injuries and near misses involving staff or pupils must be recorded. Accident reporting procedures for the school must be followed at all times. Where a serious accident, incident or dangerous occurrence needs to be investigated it should be undertaken as soon as possible following the incident.

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E Orchard