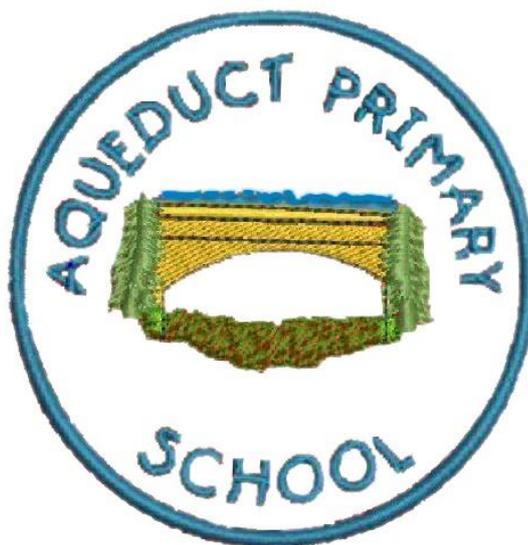


# Aqueduct Primary School Physical Education Policy



2018-19

PE Coordinator	Jen Cadwallader
Discussed and Agreed by Governing Body	
Discussed and Agreed by All Staff	
Next Review Date	

Signed \_\_\_\_\_ Date \_\_\_\_\_

Signed \_\_\_\_\_ Date \_\_\_\_\_

## Aqueduct Primary School PE Policy

Physical education, when experienced in a safe and supportive environment, is a vital and unique contributor to a pupil's physical and emotional health development and well-being.

Physical education develops pupils physical competence and confidence and their ability to use these to perform in a range of activities. It promotes physical skillfulness, physical development and knowledge of the body in action. It provides opportunities for pupils to be creative, competitive and to face up to different challenges as individuals and in teams. Through PE, children develop positive attitudes towards active and healthy lifestyles. Therefore, both teachers and children should be aware of its importance.

We provide a broad and balanced programme of physical education and believe every child should have; activities designed to be enjoyable, vigorous, purposeful and regular. Through providing positive experiences, a lifelong interest in physical activity is encouraged. The range of physical activities is wide and includes athletics, dance, games, gymnastics, swimming and outdoor education. A high quality programme is designed to satisfy the needs, abilities and interests of all individual children.

At Aqueduct, each class are timetabled to have two sessions of PE every week and additional hours are offered through after school and lunchtime clubs. All children should aim to get at least 60 minutes of physical activity per day (30minutes at school, 30 minutes at home).

Excellence in PE is celebrated through children being selected to represent the school at School Sports Partnership events, and to take part in intra-school competitions. Children are also encouraged to celebrate the physical achievements they have made outside school during our achievement assemblies.

### Aims

At Aqueduct Primary School we aim to

- Develop a positive attitude to healthy lifestyle through physical activity
- To develop an understanding of the effects of exercise on the body, and an appreciation of the value of safe exercising.
- Enable children to develop and explore physical skills with increasing control and co-ordination.
- Offer opportunities to develop an enjoyment of physical activity through creativity and imagination.
- Improve observation skills and the ability to describe and make simple judgements on their own and other's work, and to use their observations and judgements to improve performance.
- Encourage social awareness through partner work and group work
- Encourage competition and co-operation through teamwork, by developing the ability to work independently, and communicate with and respond positively towards others
- Develop key skills and opportunities to apply these skills, rules and conventions to different activities
- Encourage self assessment in order to improve the quality and control of their performance and evaluate their own success.
- Review and appraise their own performance at appropriate levels for their skill and understanding.

- Foster an understanding of the need for a safe and healthy working environment by developing, in the pupils, a sense of responsibility towards their own and others' safety and well being.

**Pupils are encouraged to:**

- observe the conventions of fair play, honest competition and good sporting behaviour
- be aware of the effects and consequences of their actions on others and the environment
- appreciate the strengths and weaknesses of both themselves and others in relation to different activities
- be concerned with their own and others' safety in all activities undertaken
- share space and resources, work co-operatively and in groups, help others and be helped by others
- develop qualities and skills relating to co-operation, sensitivity, fair play, tolerance, the acceptance of decisions and rules and handling success or failure with dignity
- respect cultural norms and religious observations
- all pupils are expected to maintain a high standard of behaviour during P.E. activities and competitive situations within school and against other schools

**Extended Schools provision**

We aim to offer a range of after school clubs throughout the year. These activities are organised to ensure that all year groups have equal access to after school clubs. These are co-ordinated by the P.E. subject leader and led by teachers.

Anyone leading or supporting a group will have a full DBS check which will be held by the school office.

**SEND**

In the case of SEND pupils, activities and equipment may be modified where necessary to enable maximum participation. Individual teachers will consult with the parent/carer with regard to the specific needs of their pupils, which will be supported where possible with due regard to health and safety.

**Partnership with other schools**

Aqueduct Primary School is part of the Telford and Wrekin Primary School Sports Partnership. The P.E subject leader acts as Primary Link Teacher (PLT) between the partnership and the school, working collaboratively with the School Sport Co-ordinator (SSCO) to provide additional provision for our pupils, enabling children to take part in sports leadership courses e.g Jumping Jaxx. The P.E subject leader is supported by the in school trained sports leader whom they will delegate tasks to. The subject leader will organise and plan any additional or extra-curricular sports activities or games, this will include carrying our risk assessments, arranging transport and communicating with parents.

**Health and Safety**

Pupils are shown safe practices and the need for such practices. The school carries out a risk assessment for some activities in school and for every activity off the school site. Where an activity is organised by another agency their risk assessment is collected on the first visit.

Regular checks should be made on all equipment, especially gymnastic apparatus. The subject leader should make frequent visual checks for wear and tear and security of major items, and all staff should be responsible for reporting to the subject leader when any items need replacing or repairing. Any items constituting a danger should be taken out of use immediately.

First aid equipment should be available, and all the staff should know what to do and who to call for assistance in the event of an accident. Inhalers for children suffering from asthma are carried by children in inhaler pouches and must be kept readily accessible, particularly for all off site activities. The sports leader hold a current Paediatric First Aid Certificate.

### **PE kit**

Staff and pupils are expected to wear the appropriate clothing for PE.

Our PE kit is as follows

#### **Indoor Kit**

- Navy blue shorts
- Plain red T-shirt
- Suitable pumps or trainers where necessary which must be different from pupil's school shoes

#### **Outdoor Kit**

- Tracksuit (depending on weather)
- Navy blue shorts
- Plain red T-shirt
- Suitable pumps or trainers where necessary which must be different from pupil's school shoes
- Sun hat and water bottle recommended during spring and summer months, but not compulsory.

Children are encouraged to bring their PE kit to school on a Monday morning, leave it in school all week and take their PE kit home and wash it at the end of a school week.

### **Spare Kit**

If pupils forget their own PE kit they should not borrow another pupil's kit.

They may borrow a kit from the school's stock of spare kit. These are maintained by the staff who launder and replenish after every use. Once a child borrows a school spare P.E. kit they will be sent home with a letter explaining that they have used a spare P.E. kit and reminding both parents and the pupil of the importance of being responsible for their own P.E. kit. Class teachers are required to keep a record of children who have forgotten their kit. The subject leader will review these every half term and may arrange a meeting with parents to discuss any support they may require or to make alternative arrangements.

### **Teacher's Kit**

Teachers are expected to wear suitable PE kit when teaching PE as this models expectations to children.

### **Changing**

The majority of children will change in their classrooms in a quiet and efficient manner. Year 5 and 6 pupils may feel more comfortable changing separately. Teachers are sensitive to this and will act appropriately.

### **Jewellery, hair and nails**

- No jewellery or watches should be worn during PE and games activities.
- Pupils are required to remove their own stud earrings or to provide their own plasters to cover up their studs should they be unable to remove them.
- Pupils may be asked to refrain from taking part if they are able to remove any jewellery, which may cause a risk to them or others.
- Long hair must be tied back; head bands and clips must be removed.
- Nails should be kept to a sensible and safe length,

### **Illness and Injuries**

Notification by letter or phone is required from a parent or guardian if a pupil is too unwell or has sustained an injury that is deemed unsafe for them to partake in PE activities. Reoccurring or persistent illness will be discussed with the subject leader.

Adults working at the school may decide that a child is too unwell to participate in a lesson due to illness or an incident during a school day. Once this decision has been made, the adult will inform the child's class teacher who will pass this information on to the parent.

Non-participants may be asked to observe the lesson. They may also take the role of a referee, umpire or evaluator.

### **Sports Day**

During the summer term the school holds a sport's day. This involves children working together in their teams to complete a selection of physical activities. There are also competitive activities for those who wish to take part.

### **Swimming and water safety**

All schools must provide swimming instruction either in key stage 1 or key stage 2.

In particular, pupils should be taught to:

- swim competently, confidently and proficiently over a distance of at least 25 metres
- use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]
- perform safe self-rescue in different water-based situations.

### **Safeguarding**

Aqueduct School is committed to safeguarding and promoting the welfare of children and expects all staff and volunteers to share this commitment. This means that we have a Child Protection Policy and procedures in place which we refer to in our prospectus. All staff (including supply staff, volunteers and governors) must ensure that they are aware of these procedures. Families are welcome to read the Policy on the school website.

Our Designated Safeguard Leads (DSLs) are: Tammy Lockley, Jo Clarke and Emma Plowman.