



Approved by Governors (date).....

Head teacher.....

Steven Mowat (Chair).....

Policy for Physical Education

Intent

PE at Castle View intends to develop a child's knowledge, skill and understanding, so that they can perform a range of physical activities which, in time, increases competence and confidence. PE lessons involve thinking, selecting and applying skills, and promote positive attitudes towards a healthy lifestyle. Pupils of all ages and abilities will benefit from a broad, creative and balanced physical education programme that will be stimulating, challenging and progressive in a safe and supportive environment. All children, including EYFS, will partake in whole school events and competitions providing children with a range of experiences that attract the children's interest and curiosity.

The different aspects of physical education and the opportunities offered to the child through this curriculum area contribute to the pupils' overall education, thus enabling them to develop positive attitudes towards long-term health, behaviour and the development of physical competence. Specifically, the objectives at Castle View are:

- To recognise and develop individual potential.
- To provide an awareness of the importance of a healthy lifestyle.
- To nurture and promote physical development and competence.
- To recognise the value of participation in physical activity.
- To develop an appreciation of skilful and creative performance.
- To develop inter-personal skills.
- To implement and encourage the establishment of self-esteem in PE and sport.
- To develop a clear understanding of safety procedures in PE and sport.
- To develop a creative PE curriculum which challenges and stimulates all pupils.
- To listen to pupils' ideas, through pupil voice, to help develop an inclusive and joyful curriculum.
- To utilise PE and Sport Premium funding to further develop quality of teaching at all key stages and to provide equipment and activities that target the needs of all pupils.

Implementation

1. PE is taught once a week alongside a weekly Keep Fit session.
2. Differentiated teaching of many varied activities including gymnastics, dance and games are planned for by teachers to suit the needs of the participants.
3. Staff liaise with each other and the subject leader to develop planning, activities and approaches to teaching PE.



4. All elements of PE are planned using the Complete PE scheme of work to support teacher planning.
5. The PE and Sport Premium Funding is used for staff and subject leaders to communicate and observe specialist, external coordinators to support the delivery and future planning of PE, through the LFC foundation and a specialist PE teacher.
6. Activities are planned so children develop control in a range of physical activities as well as an experience of satisfaction, enjoyment and self-confidence.
7. Teachers plan opportunities to maintain and develop mobility, strength and stamina and to manage success and failure in co-operative and competitive activities.
8. Varied approaches to PE are used to develop problem solving and inter-personal skills and allow children, regardless of ability, gender or race to work independently, in pairs and small groups.
9. Staff are involved in the continuous process of planning, performing and evaluating childrens' progress and development.
10. Clear messages are given to all children and parents that the school adopts good sporting behaviour and recognises and rejects anti-social responses including unfair play.
11. Pupils are encouraged to understand their team roles and take into account the ideas of others. They evaluate their own and each other's work.
12. In dance, children are encouraged to be confident and creative in their movements, to dance by themselves, with a partner, a group and the teacher.
13. Differentiated swimming lessons for children in key stage 2 are timetabled.
14. Swimming abilities are monitored and encourage progression.
15. Staff plan activities for children to take part in outdoor and, if possible, adventure activities, especially in the form of day and residential trips.
16. School host and engage in competitive sports and activities against other schools, to enable pupils to mature socially and emotionally and develop understanding of rules and tactics.
17. Staff insist on the wearing of appropriate clothing when participating in sessions and to consistently reward those who adhere to the school's policy on correct PE kit and footwear. For those without appropriate clothing, spare PE kit is provided therefore encouraging inclusion of all children in each circumstance. The preferred PE kit can be found in the 'additional information' section of this document.
18. Inclusion of all children is important and absence in PE should be avoided unless in cases of illness or injury.
19. 'Throw shapes Thursday' takes place weekly where the school speaker is taken out onto the playground to promote the love of dance and active play.

Impact

Children have awareness of a balanced diet and health related fitness, as well as developing their basic skills and abilities of movement. All children have the opportunities to, and are greatly encouraged to participate in PE and sport both in and out of school. Regular recognition and rewards are provided for those showing enthusiasm and determination as well as those showing high levels of ability. Teachers, with the support of professional coaching, and Complete PE, identify areas of learning that require improvement and plan lessons in order to address those skills. Children thoroughly enjoy their experiences of PE and sport and develop their skills as much as possible in their time at Castle View.

Additional Information



PE Kit

- Indoor: Navy / Black / Green shorts and white t-shirt
Bare feet / Sensible lightweight shoes (pumps)
- Outdoor: Navy / Black / Green shorts (tracksuit bottoms/leggings in winter) and white t-shirt
Sensible lightweight shoes (pumps) / Outdoor trainers
- Swimming: Boys: Trunks or swimming shorts (no longer than the knees)
Girls: Swimming costume

Children should be prepared to take part in both indoor and outdoor PE lessons and should bring the correct kit to school for each session.

Principles of Safety:

PE Kit and footwear:

The children must change into appropriate kit (white t-shirt and black/navy/green shorts) and footwear (trainers, pumps, or bare feet) for any activity undertaken. They should be barefoot for gymnastics activities, unless on medical grounds, when light footwear should be worn.

Jewellery:

Children are not allowed to wear any jewellery or watches during any PE lessons, including swimming lessons.

Children must be able to remove and replace any jewellery by themselves.

Children who are unable to remove jewellery for any reason, e.g. new piercings, must have the jewellery covered by adequate plasters which are to be fitted by the child themselves or a parent. Rear fittings of earrings must be covered.

Long hair must always be tied back.

Swimming:

Swimming lessons are 45 minutes long, therefore goggles are allowed for those children taking part. Goggles are not compulsory, but may help by protecting their eyes when swimming underwater.

Appropriate swimwear must be worn –swimming trunks or swim shorts not below the knee or full swimsuits (no bikinis), hair to be fully tied back with elasticised bands (no ribbons or decorative bobbles). The children must change back into school uniform at the end of every session.



Lessons:

Warm up activities should precede any sporting activity to avoid injury and cool down activities should end the session.

Teachers must consider child to adult ratio when using/handling PE equipment or where additional support for individual pupils or groups of pupils is required.

Teachers should ensure that any child with a medical need such as a child with an allergy or an asthmatic child is adhered to by taking inhalers, Epi-pens or other medicines to wherever PE is taking place.

For gymnastics, teachers must supervise children at all times when handling apparatus.

The apparatus is always checked by an adult before the children are allowed to use it.

When using apparatus and the children must be trained in the correct movement and storage of it. KS1 require four children per apparatus and KS2 require two children per apparatus. The teacher should assign a 'leader role' to tell the other children when to 'lift' and when to 'lower'. Children must be aware that they need to plan a route before they move apparatus.

Lunch time/After School Provision:

A number of lunch time and after school clubs are held throughout the year including netball, football, rounders, fitness, badminton, dance. The school will also seek to take part in the School Games competitions and tournaments. These are led by both members of school staff and external providers.

Equipment:

Staff will ensure that equipment and activity space is safe and that any issues are reported and dealt with before the next lesson.

Safe storage of equipment is ensured at the end of each lesson, i.e. Equipment is replaced in the assigned area of the PE cupboard or PE trolley.

PE equipment will be audited yearly to ensure up-to-date equipment is available.

Staff must ensure no children enter the PE cupboard.

Updated and reviewed: September 2022

Next review: September 2023