

Netherleigh and Rossefield School

Physical Education Policy

September 2016

Aims and Objectives

At Netherleigh and Rossefield School, Physical Education forms an important part of the education of each pupil. We aim to promote an active, healthy and enjoyable lifestyle and encourage our pupils to have the motivation, confidence, physical and social competence, knowledge and understanding to maintain physical activity throughout life.

P.E. is about introducing children to the world of sport, which, combined with an enjoyment of exercise, will hopefully provide the foundations for a healthy, active lifestyle.

The aims of Physical Education at Netherleigh and Rossefield School are:

- To promote positive attitudes towards physical activity.
- To develop social co-operation and positive attitudes towards others and to compete with a sense of fair play.
- To promote physical activity, physical skills development and a healthy lifestyle.
- To show an awareness, knowledge and understanding of safety when participating in physical activity.
- To encourage lifelong involvement in physical activity.
- To develop fair play through cooperation, collaboration and competition and manage to varying levels of success in competitive and co-operative situations and retain a proper sense of perspective in competition.
- To always try to achieve personal best.
- To have age appropriate activities.
- To understand the need for rules in games.
- To provide equal opportunities for all children regardless of their race, gender, background or ability, thus providing a programme of study that is inclusive.
- To provide equal opportunities for all children to achieve their full potential, through curricular and extra-curricular sessions.

Curriculum

Our school's commitment to high quality PE teaching is underlined by our employment of two separate, specialist teachers, who teach PE to all classes in school on a weekly basis.

Each child at Netherleigh and Rossefield School receives between 1 and 2 hours of Physical Education curriculum time per week. The teaching of the Physical Education curriculum is broken into the following areas of activity:

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

One hour of P.E. per week is used for swimming sessions in two classes. Each of these classes attends swimming at Shipley Pool on a weekly basis, and children who stay at our school until Year 6 will complete these sessions for three years in total. Participation is compulsory. All pupils are required to learn how to swim.

One class visit Heaton Tennis and Squash Club on a weekly basis to develop their skills in these 'Net and Wall' sports. Children who stay at our school until the end of Year 6 will complete these sessions for two years in total.

Non Participation in P.E. Lessons

Children should only miss P.E. lessons on health grounds if this is requested by their parents or guardian either by direct contact with the school or in a note to the teacher.

Children who persistently forget their P.E. kit should be reminded of the importance of P.E. and if necessary, a letter should be sent to their parents asking for their co-operation. Spare clothing is available at school.

Planning and Progression

Medium-term planning documents will indicate the activities that children will be involved with during the half-term. Individual members of staff will adapt the short-term planning for pupils, based on their knowledge of the children's ability.

Books and other teaching resources are kept by the P.E. Coordinator and Headmaster. These should be utilised when planning a P.E. unit to ensure a balanced and appropriate provision.

Special Needs

Wherever practical, special provision will be made for children with special educational needs where it will enhance their performance in P.E.

Equal Opportunities

The Proprietors will ensure compliance with current legislation regarding Equal Opportunities.

All pupils at Netherleigh and Rossefield School will be given equal opportunities to access the P.E. curriculum regardless of race, sex, religion, ethnic group, culture or ability (including more and less able pupils).

A well-balanced and planned P.E. programme should meet the physical and social needs of all pupils thus allowing all children across the ability spectrum to succeed.

By setting suitable learning challenges, responding to pupils' diverse learning needs and overcoming potential barriers to learning and assessment, teachers will create a positive and achievement orientated learning environment.

Assessment

Assessment in PE is ongoing and formative. Children will receive feedback and support during the lessons. Assessment in P.E should provide opportunities for pupils to assess their own performance through talk and observation of peers. They should be encouraged to recognise ways of improving skills and make positive comments on their own and others work.

Dress Code for Pupils

It is expected that children will wear the school PE kit during lessons.

This includes:

- Black gym shoes
- T-shirt (white with green trim)
- Green shorts
- Tracksuit for all children from Year 1 upwards

Staff

Staff can come to school suitably dressed. They can wear trainers and dress comfortably for the P.E lesson.

Use and Storage of Apparatus

Large apparatus is stored in the hall and the children are taught how to move and lift the apparatus safely. Games equipment is stored in the outdoor sports shed.

New members of staff

Any new members of staff will be shown how to use, move and store all apparatus. When teaching PE lessons in the hall, supply teachers should not be using any large apparatus for Health and Safety reasons. Teacher training students need to be with a teaching member of staff during a P.E lesson. They should not be left alone with children during apparatus, dance and games lessons.

Extra-Curricular Activities

We are committed to recognising the importance of physical activity of children outside the curriculum. We believe that links with local sporting clubs and organisations and the provision of extra-curricular activities organised by the school is a positive experience.

Pupils are given opportunities to represent Netherleigh and Rossefield School in sporting events within the local community and are provided with opportunities for skill development sessions run by local sporting clubs.

We also have a range of sporting after-school clubs that operate after school hours. Students are encouraged to participate in these clubs (Multi-Sports, Dance, Taekwondo and Football), where possible, to further promote an awareness of the value of physical activity.

Health & Safety

Physical Education is by its very nature a challenge to growing children. Pupils will be placed in situations where risk of an accident or injury is ever present. Therefore it is important for teachers to be aware of the importance of safety and to plan it in their work so as to minimise the risk of accidents to both pupils and teachers. The following list is a general outline of safe practice in P.E:

- All forms of physical activity should be preceded by an appropriate warm-up.
- The pupils must be given tasks which are challenging, but within the scope of their ability.

- Teachers must carry out a risk assessment of all equipment before use and give pupils disciplined strategies for safe handling of the equipment whilst the work is in progress and safe storage when the work is complete.
- Appropriate levels of lighting must exist to facilitate a safe working environment.
- The surface that the pupils are expected to work on should be clean and free of litter or other hazards that could cause an accident. The teacher should pay special attention to the suitability of the surface after the floor has been polished in the hall, after rain on the playground, or on the grass as this may make the area too slippery to be safe.
- All jewellery, watches and religious symbols should be removed.
- Long hair should be secured as appropriate to the activity at all times.
- Appropriate clothing must be worn by pupils and staff.
- The teacher must ensure the preservation of body heat after hard physical exercise and use appropriate methods to cool down pupils after such exercise.
- The teacher must be aware of any medical condition which may affect physical ability (e.g. diabetes or asthma) and make the appropriate adjustments in planning and implementation of the lesson to allow pupils who suffer from any conditions to take part actively but safely.
- For Health and safety reasons, teachers may physically guide children during lessons in order to develop their skills. E.g. correcting a child's position during a gymnastics lesson.
- Staff should be fully aware of the School First Aid Policy and First Aid Procedures, as these are essential in maximising pupil safety.

Risk Assessment

The Health and Safety Officer is responsible for carrying out a thorough risk assessment of sporting equipment and facilities. Regular checks and risk assessments are made by all staff involved in delivering the P.E. curriculum, these checks are ongoing. Risk assessments should also be carried out on any facilities that are used for sporting activities outside of the school grounds.

Safety checks and repairs are carried out on gymnastic equipment and staff should check apparatus when it is being taken out for use in lessons. If a potential hazard is identified it is immediately taken out of use and reported to the P.E. coordinator.

Monitoring and Evaluation

The monitoring and evaluation of the P.E. curriculum will be carried out in the following ways:-

- The P.E. co-ordinator meeting with teachers and external coaches to oversee lesson planning.

- Supporting colleagues in the teaching of P.E. by being informed about current developments in the subject.
- By evaluating the strengths and weaknesses of the subject and identifying areas that need further development.
- By carrying out lesson observations.