



## Physical Education Policy April 2016

### *Rationale*

Physical Education develops pupils' physical competence and confidence and their ability to use these to perform in a range of activities. It promotes skilfulness, physical development and knowledge of the body in action. Physical Education provides opportunities for pupils to be creative, competitive, co-operative and face up to different challenges as individuals and in groups and teams. It promotes positive attitudes toward healthy and active lifestyles.

Pupils learn how to think in different ways to suit a wide variety of creative, competitive, cooperative and challenging activities. They learn how to plan, perform and evaluate actions, ideas and performances to improve their aptitudes, abilities, and preferences and make choices about how to get involved in lifelong physical activity.

National Curriculum for England and Wales; Physical Education; p15

The Village Primary School seeks to provide a full, varied and interesting Physical Education curriculum, which challenges, engages and excites staff and pupils alike. We see Physical Education as a vital part of the education experience as a whole.

### *Aims*

The aims and objectives of the PE curriculum relate directly to those of The Village Primary School as a whole: namely that we endeavour to provide an educational experience that engages and is memorable in it's delivery and content.

In order to do this we aim to:

1. Stimulate and maintain pupil interest and enjoyment in PE and to promote health and fitness for current and future lifestyles.
2. Enable pupils to be familiar with a body of knowledge, principles and vocabulary to relate to PE.
  - a. To enable pupils to see PE as:
    - i. A major feature in our lives, related to future employment, leisure and culture.
    - ii. Part of a wider body of knowledge and skills, EG interpersonal and problem-solving skills.
  - b. To enable pupils to:
    - i. Understand and use safe practice and to appreciate its importance in PE.
    - ii. Understand the short and long term effects of exercise on the body.

- iii. Understand the role of exercise in a fit and healthy lifestyle.
- 3. Enable pupils to develop a range of desirable personal qualities such as safety, awareness, politeness, perseverance, concern for others, initiative and independence. The establishment of self-esteem through the development of physical confidence is a major aim for the Physical Education department.
- 4. Enable pupils to work independently and as part of a group or team in varied activities so as PE contributes to the development of core skills such as communication by speech.
- 5. Employ teaching methods and resources that will allow all pupils to have equal access to PE and to experience success and enjoyment in their PE work.
- 6. Develop awareness in pupils of the implications of sport and physical activity (past and present) for the individual and local, national and international communities.
- 7. Allow pupils to develop informed opinions and be able to support them in reasonable argument.

### ***Objectives***

These objectives relate directly to the aims for PE at HSS and are intended to show how the aims are put into practice.

1. Staff should provide a variety of experiences and activities during the course of study and during a PE lesson if possible and appropriate, for example:
  - a. Games
  - b. Gymnastics
  - c. Swimming
  - d. Indoor and Outdoor activities
  - e. Individual and group activities
  - f. Problem Solving
  - g. Communicating PE ideas to others by means such as speaking
  - h. Listening and appraising.
  - i. Practising and refining skills
  - j. Using repetition in order to improve
2. The National Curriculum Key Stages 1 and 2 Orders should be used as the basic core skills for the Schemes of Work. Rules, vocabulary and invasion games skills such as throwing, and catching will be taught. Staff should encourage pupils to recall and apply their knowledge and skills in familiar and unfamiliar situations.
3. Staff should refer to work in other curriculum areas when appropriate:
  - a. Pupils should follow written and verbal instructions accurately.
  - b. Safety is further enhanced by emphasis on the following:
    - i. The need to wear correct clothes/equipment.
    - ii. The need to follow rules.
    - iii. How to lift, carry, move and place heavy equipment.
    - iv. The need for warm-up and recovery period when exercising.
    - v. How to swim and be safe when around water.
    - vi. General safety rules when engaged in Outdoor Education.

4. Lessons should be conducted in a secure, supportive and disciplined manner that demonstrates mutual respect. Pupils should learn the rules, etiquette, laws and codes for various activities. The department's schemes of work identify planned opportunities for pupils to develop a range of desirable personal qualities.
5. There should be opportunities for individual and/or group activities so as pupils can express their feelings verbally and learn how to work cooperatively as well as on their own.
6. Staff should encourage pupils to improve in a particular sport or skill over a period of time.
7. Staff should adhere to the School and Departmental reward systems in order to encourage pupils to achieve their full potential and experience a feeling of achievement.
8. Pupils should be encouraged to share their experiences/culture with others in order to enhance the quality of learning and to develop socially and inclusively.
9. Staff should not attempt to spend inequitable amounts of time with any one pupil or groups of pupils/gender group etc. However staff often spend considerable amounts of their own time helping individual pupils.
10. Staff should attempt to show the enjoyment and benefits that PE and Sport have given us. This can be done by carefully phrased comments and well-chosen resources.
11. As a school working toward inclusion we will allow opportunities at various times for group discussion. At these times we can listen to each other's views and hopefully reflect upon them, particularly on health and fitness issues.

## **Health and Safety Policy**

### *Introduction*

The effective management of safety for HSS has four main components:

1. Risk Assessment and planning before a lesson.
2. Organisation of routines during and between lessons to include:
  - a. The use of appropriate kit.
  - b. Checking PE areas are free from sharp objects and broken glass.
  - c. Location of safety equipment.
  - d. Reporting accidents.
3. Control to include:
  - a. Where to find safety information.
  - b. Regular safety checks.
4. Monitoring and Review – including procedures for reporting hazards/suspected hazards and those for reviewing risk assessments and safety in general.

### *Risk Assessment and Planning Before A Lesson*

All department staff are required to familiarise themselves with the Health and Safety policies of the school and department. Every activity should be assessed for risk, including the carrying of equipment. We attempt to balance the desire to minimise risk with the need practical activity. Risk assessments

are carried out in accordance with the school's Health and Safety policy and with reference to BAALPE's Safe Practice in Physical Education guidelines.

Before a lesson starts staff should:

1. Have procured any necessary safety equipment and undertaken any specific safety measures.
2. Know how and when to use any particular facilities and equipment.
3. Have identified the quantity and condition of the equipment to be used by pupils.

In identifying risk staff should:

1. Identify hazards.
2. Identify cause and effect.
3. Examine working methods.
4. Investigate safety literature for advice.
5. Remove hazards where possible.

In case of emergency staff should:

1. Be familiar with evacuation procedures in case of fire or other emergency.
2. Know the location of, and when and how to use, firefighting equipment.
3. Know the location and identity of members of staff trained in First Aid.

### *Control*

Teachers should be aware of:

1. Where to find information.
2. The LEA Safety File containing safety circulars from the LEA.
3. LEA Health and Safety Policy.
4. School Health and Safety policy and where to find it.
5. The procedures for reporting accidents, particularly those that constitute an emergency.
6. The school's behaviour and discipline policies.

### *Other*

1. PE Equipment is annually checked by appropriate agencies.
2. Periodic safety checks of PE equipment are carried out by members of staff EG gymnastics equipment is checked before a unit of work commences.
3. Several members of staff are First Aid qualified including all Teaching Assistants:
  - a. Erica Asamoah
  - b. Dawn Leach
  - c. Tracey Poulton
  - d. Karen Saunders
  - e. Liz Williams
  - f. Mandy Bellerby
  - g. Paul Pegden
  - h. Sharon Lacy
  - i. Chris Peacock
  - j. Lesley Cowling