



St John the Divine Primary School

Physical Education Policy

## **St John the Divine Church of England Primary School Physical Education Policy**

### **Mission Statement**

The aim of St. John the Divine Primary School is to enable all pupils to progress to their highest level of achievement, so that they are equipped with appropriate skills, and maturity, knowledge and spirituality for a successful career throughout their educational lives, and so may be able to contribute to a diverse and challenging community.

We the staff, parents and governors do this through:

- A well planned and well delivered curriculum, where children are expected to discover and achieve their personal goals
- Setting boundaries and developing patterns of good behaviour, respect and care for others
- Creating a secure and caring environment encouraging the Christian traditions of worship and community service, in the context of a multi-cultural community, and celebrating that we are all uniquely made in God's image

*'Jesus said: I have come that they may have life, and have it to the full.'* (John 10:10)

**Our school motto is: TEAM - Together Everyone Achieves More**

*'You are the body of Christ, and each one of you is part of it.'* (Corinthians 12:27)

### **Aims**

Physical activity not only improves health, reduces stress and improves concentration, but also promotes correct physical growth and development. Exercise has a positive influence on academic achievement, emotional stability and interaction with others.

The school employs coaches from the 'fit for sport' company who deliver a high quality physical education, which inspires all pupils to succeed and excel in competitive sport and other physically demanding activities. 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 and swimming with activities designed to be enjoyable, vigorous, purposeful and regular. At St John the Divine, each class will receive 2 hours of physical activity per week.

In line with the National Curriculum for physical education our programme of study is designed to enable pupils to:

- Develop competence to excel in a broad range of physical activities
- Be physically active for sustained periods
- Engage and participate in competitive sports and activities
- Lead healthy lifestyles, active lives

### **Hygiene**

In order for children to take part in the lessons they must wear suitable clothing including appropriate footwear. A change of clothes and footwear is essential. For some children, changing clothing can be a difficult experience and adults need to be sensitive to this. As children mature there needs to be a separate changing area for boys and girls which is supervised by an adult.

The school PE kit consists of blue shorts, blue or black jogging bottoms and yellow polo shirt with the school logo on. Pumps or trainers are worn outside but it is usual for gym lessons and dance to be carried out in bare feet.

All items of jewellery are to be removed before PE /Swimming lessons begin and preferably not worn to school on a PE day. If any item of jewellery cannot be removed then it may be covered by a plaster. The plaster should be provided and applied by the child. It is not the schools responsibility to supply plasters and the adult or another child must not remove jewellery or apply plasters. It must be noted that staff are not responsible for looking after children's valuables during PE or swimming lessons.

## **Curriculum**

Physical education develops pupils' competence and confidence, and their ability to use these to perform in a range of activities. It promotes physical skilfulness, physical development and knowledge of the body in action. Physical education provides opportunities for pupils to be creative, competitive and to face up to different challenges as individuals and in groups and teams.

## **Subject content**

### **Key Stage 1**

Pupils should develop core movement, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of challenging situations.

Pupils will have the opportunity to:

- Master basic movements such as running, jumping, throwing, catching
- Develop balance, agility and co-ordination, and begin to apply these in a range of activities
- Participate in team games, developing simple tactics for attacking and defending
- Perform dance using simple movement patterns

### **Key Stage 2**

Pupils should continue to implement and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communication, collaborating and competing with each other. They should develop an understanding of how to succeed in different activities and sports and learn how to evaluate and recognise their own success.

Pupils will have the opportunity to:

- Use running, jumping, catching and throwing in isolation and in combination
- Play competitive games, modified where appropriate, such as football, netball, rounder's, cricket, hockey, basketball, badminton and tennis and apply basic principles suitable for attacking and defending.
- Develop flexibility, strength, technique, control and balance, for example through gymnastics and athletics
- Perform dances using a range of movement patterns
- Take part in outdoor and adventurous activity challenges both individually and within a team
- Compare their performance with previous ones to achieve their personal best

## **Swimming**

All KS2 classes have swimming lessons once a week at Camberwell Leisure Centre. Classes are encouraged to walk to and from the swimming baths, although Year 3 may use the bus in the autumn term as they are still quite young to walk

the distance. Children must wear a swimming hat; failure to do so means they cannot participate in the lesson. One piece swimming costumes must be worn and should be regulation style in blue or black.

### **The extended curriculum**

Pupils in Year 1 and Year 3 have the opportunity to take part in multi-skills after school clubs each week. Pupils from Y3 – Y6 are invited to attend a dance club once a week. These clubs are run by expert instructors.

### **Assessment**

All assessment is carried out in the last lesson within each sporting module or school term. All evidence of attainment is recorded in the assessment marking criteria folder. The four aspects of knowledge, skills and understanding, do not have to be assessed separately.

### **Registers**

Staff are required to keep a register to show attendance and a record of anyone who does not have the PE kit and therefore cannot take part. Whilst there are some PE kits available for children to borrow, these are for emergency only. Letters should be sent to parents if a child continually misses lessons due to a lack of kit.

### **Non- participants**

It is expected that all children take an active part within the lesson. Where there are medical issues or a genuine parental concern, there must be a written note which states the reason for non-participation. This note may be from a medical practitioner or the parent/carer, but not from the child. When a child is not able to take part, then alternative arrangements must be made. This can include doing set work in another class or where appropriate the child may observe the lesson and give feedback. (See appendix)

### **Safety**

Gym equipment is tested annually.

### **First Aid/Injury**

From time to time injuries may occur during a PE lesson simply because the children are active. Fit for Sport coaches have first aid training and TAs have all received basic first aid training. The first aid policy should be adhered to at all times; serious injuries should be reported to and dealt with by the first aider at work, parents should be informed and an accurate record kept.

### **Equal Opportunities**

Professionals need to take account of pupils' religious and cultural beliefs and practices through providing appropriate physical activity and opportunities for learning at times of fasting.

### **SEN/D and inclusion**

All pupils have access to a broad and balanced curriculum. Children with SEN/D are supported in the PE curriculum as in any other subject according to need and ability. Teaching Assistants take part in the lesson with the pupil as required and coaching staff receive regular training which includes how to deliver PE to a wide variety of need. PE lessons are delivered in a number of ways. Open activities, where all children can get involved in the same activity, modified activities, where the task as a whole is adapted to pitch easier or harder to suit the needs of individuals, parallel activities, where children are presented with different activities from the same activity area, and use rules, structures and equipment to suit their needs or separate activities, where children need activities specific to their needs, and these are not the same as the rest of the class. When a pupil is observed as having a particular talent, parents are informed; advice is given as to where to obtain additional support, clubs etc available within the wider community.

## **Facilities and Resources**

Coaches, teachers and any other members of the school community involved in the school physical activity program need to ensure all equipment used is appropriate for the age group and be in good condition, as well as educate students on how to correctly and effectively use the equipment available. Pupils who fail to use the equipment for its correct purposes run the risk of losing their privilege to use it at all.

**Indoor hall** - large gym equipment including climbing frame, benches, gym boxes, floor mats and crash mats

**Outdoor playground** - there is a marked ball court, basket ball area and space for games of tennis, hockey, cricket, tag rugby and multi-skills

**Playtime equipment** - is available which gives children the opportunity to practise the skills learned in the PE lesson in addition to skipping ropes and hoola-hoops

## **Community Links**

Competition occurs at the intra-school and inter-school level as well as on a less formal, social basis and is conducted at a level that is appropriate for the age and experience of the students. The school community celebrates the sporting opportunities at regular awards assemblies and any trophies won are put on display.

## **Sports Day**

The sports day takes place for KS1 and KS2 at Kennington Park and the EYFS team organize a fun sporting event in the school playground. Every child in the school has an opportunity to take part in each age appropriate event as a member of a team. Points are awarded and medals and certificates are given to the successful individuals. An overall team award is also given.

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**Agreed: July 2013**

**Reviewed: July 2015**

**Date of next review:: July 2017**