



# St Paul's Church of England Primary School

## Physical Education Policy

**Adopted by:** Curriculum and Achievement Committee

**On:** Wednesday 8<sup>th</sup> June 2022

**Review:** June 2025

### INTRODUCTION

St Paul's Primary School is committed to promoting the health and well being of its pupils and staff through physical activity. This policy outlines the organisation, teaching and management of physical activity.

### ETHOS & ENVIRONMENT

St Paul's Primary School strives to maximize opportunities for children, young people and all associated with the school to be physically active by promoting all avenues for activity. This includes the curriculum, environment and wider community.

### PHYSICAL EDUCATION & ACTIVITY POLICY CO-ORDINATOR

The school physical activity policy and strategy co-ordinator is Selina James.

### PHYSICAL EDUCATION AIMS & OBJECTIVES

Physical Education is a statutory subject as part of the English National Curriculum. Through our curriculum we aim to inspire all pupils to succeed and excel in competitive sport and other physically-demanding activities. We provide opportunities for pupils to become physically confident in a way which supports their health and fitness. We recognise that opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.

Our curriculum is designed to:

- develop competence to excel in a broad range of physical activities
- ensure that pupils are physically active for sustained periods of time
- engage pupils in competitive sports and activities
- enable pupils to lead healthy, active lives.

### RESOURCE PROVISION

St Paul's has two school halls, one of which is equipped with portable and fixed apparatus for gymnastics and a music centre to support the teaching of dance. For the teaching of games, there are two playgrounds and access to a park. An annual audit of all physical education equipment is conducted by the PE co-ordinator in order to prioritise any necessary expenditure for the year. Resources for games, dance and outdoor activities can be found in the shed, and planning resources can be found in the PE Co-ordinator's area.

### STAFF RESPONSIBILITY & DEVELOPMENT

Class teachers are responsible for the teaching of Physical Education. Staff are encouraged to attend courses offered by Sport Impact and local sports organisations. Our partnership with Sport Impact and Brentford FC has widened the school's relationships with external agencies. As a result, local coaches and teachers often come into school and work alongside teachers. We support teacher's pedagogical understanding of PE through these CPD activities, as well as through the use of carefully selected, high quality commercial teaching schemes.

### CURRICULUM PROVISION

### *Organisation*

The PE programme is taught by class teachers, with the exception of swimming. This is taught by specialised coaches in Key Stage 2.

PE lessons are taught as follows

Foundation Stage: 1x 1 hour active PE lesson a week. Physical activity is also part of the EYFS curriculum and is delivered every day as part of the free flow lessons.

Years 1- 6 : 1.5 hours of PE teaching a week. This is made up of 1x1hour lesson and 1x 0.5 hour lesson timetabled into the week.

In addition, all classes from Year 1-6 participate in two 'led' active playtime sessions on Wednesdays (AM and PM playtime). These playtimes focus on skipping across the school.

### *Planning:*

The school scheme of work is based on the following resources: Get Set 4 PE and Real PE. In both key stages we teach gymnastics, dance, games and athletics with the addition of outdoor adventure activities in key stage 2. In the Foundation Stage, activities to support learning from the areas of 'Physical Development' and 'Creative Development' in the Early Learning Goals are planned daily.

### *Cross curricular links*

Whilst retaining its unique contribution to a pupil's movement education, physical education also has considerable potential to contribute to much wider areas of learning. It is considered important that physical education is integrated into the school's planning for the development of pupils' communication, numeracy, PSHE and ICT skills.

### *Assessment*

Teachers use the end of topic expectations using KPI's, and determine if pupils are Working Well Below, Emerging, Expected or Exceeding against age-expectations.

### *Inclusion*

The PE curriculum is differentiated by class teachers to provide ambitious challenge and to enable all children to develop skills and knowledge appropriate to their needs.

## **EXTRA CURRICULAR PROVISION**

### *Break times / lunch times*

Children are encouraged to throw and catch at play and play active games. Each playground has playground equipment to play with at playtimes and lunchtimes. The sports leaders and others help to put equipment out and away at start and end of each day stored in the playground shed.

1X WEEKLY all children take part in an 'active' break time, where all children play a variety of skipping games.

### *After school clubs*

We aim to encourage all pupils to take part in a range of clubs, and involve them in deciding the clubs we put on offer. Registers of clubs are kept to identify those who do not take part in (extra) regular exercise. A range of clubs are also offered;

- Street dance
- Dodgeball
- Multi-sports



### *Competition*

Pupils take place in a range of intra-school and inter-school competitions organised in school and through the School Sport Partnership. These include Football, Tennis, rugby, Football, Cricket, Golf, Netball.

### **ACTIVE TRAVEL**

Please refer to the School Travel Plan for details of how we promote travel to school. We also take part in Walk to School Week annually and Bikeability. Year 5 and 6. Children take part in cycle awareness course.

### **COMMUNITY PARTNERS / LINKS**

The school is part of the Hounslow Schools competition network. We have also established links with a number of local clubs including. Street dance (Ghost Dance Troupe, Dukes Meadow Tennis, Middlesex Cricket Club and Brentford football club (dodgeball, & multi-skills).

### **STAFF ACTIVITY**

Our staff aspire to be positive role models for our children. We take part in physical activity whenever possible. Staff often play games with children at playtime and demonstrate physical activity during PE lessons.

### **HEALTH & SAFETY**

The school has annually updates generic risk assessments for all aspects of the school site, including playgrounds and halls used during PE. Please refer to the school's health and safety policy and risk assessment file.

Gymnastic and other specialist PE equipment is inspected annually by a specialist safety assessment contractor and remedial works are undertaken in response to these assessments. The school purchases PE equipment from appropriate school suppliers.

The school includes a basic PE kit in the uniform requirements. The kit is designed to be cheap and easy to purchase, as well as providing safe clothing for physical activity.

The school's basic PE kit is:

- White t-shirt
- Black shorts
- Plimsolls for indoor PE (Trainers are for outdoor PE)

*For PE lessons in winter, children may wear black tracksuit bottoms and a plain, dark coloured sweatshirt*

Teachers notify parents of specific variations to the PE kit, where required by the curriculum, in the year group newsletters or with a bespoke letter at the start of a term/half term. For example when children start swimming lessons.

The PE kit is used during the school day in all PE sessions, training sessions and competition events. For short (1/2 hour) skills development sessions children may only change their footwear and keep their normal school uniform. If the skills focus is highly active, teachers may choose to change children into their PE kits.

For after school sports clubs children may need to wear a different kit or have additional items, for example tracksuits/casual clothing for streetdance and shin pads/football socks for football. Where specific/additional kit is needed this will be communicated to families as part of the enrolment process. Pupils are expected to change back into their school uniforms at the end of after-school clubs.

Jewellery including earrings is not permitted to be worn during PE lessons. We do not follow a practice of taping over earrings or other jewellery as this does not remove the risk. Instead all jewellery and earrings must be removed for PE.

Use of any external personnel including sports coaches and volunteers will be in line with the school's policy on DBS / staffing checks.

### **MONITORING & EVALUATION**

The physical Education policy co-ordinator will have lead responsibility for the monitoring of physical activity in the school. An action plan and review process is used to evaluate impact of the policy in line with the above mentioned objectives. A copy of this is available on the school's website.