

**Physical Education Policy**

*Please also refer to SEND Policy, Equalities Act 2010, Uniform Policy, Curriculum Policy*

*West Heath Primary will continuously strive to ensure that everyone in our school is treated with respect and dignity. Each person in our school will be given fair and equal opportunity to develop their full potential with positive regard to gender, ethnicity, cultural and religious background, sexuality or disability. West Heath Primary School is committed to safeguarding and promoting the welfare of children and young people and expects all staff to share this commitment. Please also refer to the No Platform, Visiting Speaker Policy*

|  |  |
| --- | --- |
| Owner | PE Coordinator |
| Date of review | March 2024 |

**West Heath Primary School Physical Education Policy**

**Overview**

Physical Education (PE) contributes to the overall education of all children by helping them to lead full and valuable lives through engaging in purposeful and high-quality activity. It promotes active and healthy lifestyles, physical skills, physical development and knowledge of the body in action. PE enables children to learn confidence, perseverance, team spirit, positive competitiveness and organisation. Children must engage in a programme of PE that encourages fitness, improves their strength and teaches them the rules of games. PE is an integral part of school practices allowing all children in the school to gain a sense of achievement and develop positive attitudes towards themselves and others.

**Funding**

Schools receive PE and sport premium funding based on the number of pupils in years 1 to 6. This funding must be used to make additional and sustainable improvements to the quality of PE and sport we offer.

We use the premium to:

* Develop or add to the PE and sport activities that we already offer.
* Build capacity and capability within the school to ensure that improvements made now will benefit pupils joining the school in future years.

There are 5 key indicators that we should expect to see improvement across: the engagement of all pupils in regular physical activity - the Chief Medical Officer guidelines recommend that all children and young people aged 5 to 18 engage in at least 60 minutes of physical activity a day, of which 30 minutes should be in school.

* The profile of PE and sport is raised across the school as a tool for whole school improvement;
* Increased confidence, knowledge and skills of all staff in teaching PE and sport.
* Broader experience of a range of sports and activities offered to all pupils.
* Increased participation in competitive sport.

As part of the funding criteria, we are required to publish details (on our website) of how we plan to spend the monies and a review of the impact on pupil outcomes.

**Aims/Objectives**

In order to promote active and healthy lifestyles all children should:

* be physically active
* adopt the best possible posture and appropriate use of the body
* engage in activities that develop cardiovascular health, flexibility, muscular strength and endurance
* understand the need for personal hygiene in relation to vigorous physical activity

In order to develop positive attitudes all children should:

* follow the conventions of fair play and honest competition
* cope with success and limitations in their performance
* persevere with and consolidate their performances
* be mindful of others in their environment

**Strategies**

At West Heath Primary School, PE will be taught through.

* Exposition (demonstration, explanation and instruction) by the teacher to the class, groups or individuals
* Practical activity and related discussion
* Co-operative group work
* Consolidation and practice of fundamental skills
* Opportunity to discuss and reflect on their work
* Use of professional/qualified coaching to enhance current provision within school
* Extended high-quality provision through after school activities making use of professional / qualified coaches
* Use of community facilities – local swimming baths

**Curriculum**

The areas of physical activity (games, gymnastics, dance, athletics, swimming and out- door activities) are set out in the National Curriculum 2014. The PE curriculum at West Heath Primary is inclusive for all pupils. The curriculum looks at the whole child using the head, heart and hands approach. This ensures that all pupils are given the chance to succeed by not only looking at their physical attributed (hands) but also their knowledge (head) and values (heart). This is evident from our curriculum map and pupils know how to improve each of those areas in a variety of sports.

West Heath have adopted the Head, Heart, Hands scheme written by the PE department. This can be found in the sports section of the school website. Each year group will learn PE in accordance with the long-term planning. This will ensure continuity and progression through school in order to continue to improve standards in PE.

**Role of Curriculum Subject Leader**

* To encourage other members of staff in their teaching of PE and to give support where appropriate.
* To encourage staff to work within the guidelines laid down in the PE policy.
* To keep up to date with current good practice and with national changes within the PE curriculum.
* To evaluate and update the Policy and Scheme and resources on a regular basis.
* To assist the Head teacher and Governors in the development of the School Improvement Plan.
* To manage a budget to purchase in line with the school’s needs.
* To support members of staff in the use of effective planning, assessment and recording systems.
* To oversee an annual inspection of all PE equipment.
* To ensure that PE keeps a high profile within the school, through sports activities, external support, etc.

**Outcomes**

Planning for PE is initially shown in long term plans, which incorporates PE Resources Bank themes. Lesson plans (annotated from the schemes of work) show more detailed learning objectives and differentiated activities.

High-quality lessons should include:

* A statement of the learning objective
* A whole class risk assessment
* Teaching the children to warm up safely
* The teaching of skills and techniques
* The application and adaptation of learnt skills in games activities
* Modelling of correct technique
* Use of correct and specific technical vocabulary
* Performance and evaluation of each other’s work
* Work which reflects the learning objective Teaching the children to cool down safely
* Teaching the children, the impact PE has on their bodies

**Monitoring and Evaluation**

Summative and formative assessment in PE:

* Informally during the course of teaching through observation
* Children to complete a self-assessment at the start and end of each unit of work. This self-assessment tool to be used to support children in being reflective in their lessons and with their achievements
* At the end of each unit of work teachers to complete pupil assessments in order to update the children’s attainment and progress in that area of PE.
* These are used to assist in reporting to the parents
* To inform future planning

**Inclusion**

In accordance with the school’s SEND Policy, PE activities are differentiated to meet the needs of each pupil.

*More Able and Talented* pupils and children with *Special Educational Needs and Disability* will be identified through a range of activities. Their needs will be met through the development of individual or group programmes that encompass a range of learning styles and are designed to enrich the curriculum.

**Equality**

Teachers will ensure that all pupils have fair access to the PE curriculum, regardless of gender, race, or ability, in accordance with the school’s Equality Policy.

**Resources**

All teachers have access to centrally stored PE resources. All PE resources are checked regularly to ensure that they meet health and safety requirements, and in addition to this, all resources are audited annually.

**Health and Safety**

Everyone has a duty under health & safety guidelines to ensure PE activities are carried out with due regard to the safety of staff and pupils in line with school, Local Authority and Health & Safety Policies. Advice can be sought from the Local Authority’s adviser, or the staff members responsible for Health & Safety.

Reference should be made to the school’s Risk Assessments. All staff have a copy of the Health and Safety Policy in school documentation file.

* + Staff should carry out risk assessments with the children at the start of all PE lessons.
	+ All equipment, apparatus and environment should be checked before the start of every lesson by teacher and is the responsibility of the teacher
	+ Children should be given health and safety guidance through the lesson
	+ The PE section of the Uniform Policy must be enforced
	+ Children who do not have a PE kit will take part in the lesson as an observer rather than a participator. Parents will be informed after two consecutive occasions of no PE kit.
	+ Every child must have a school PE kit and come to school in it on PE days.

When travelling to sporting activity, the appropriate risk assessments are completed, and the followed issues addressed:

* All children wear seat belts
* All supervising adults to be aware of risk implications
* All transporting adults to be fully insured
* Parent permission for taking children out of school obtained
* Parent permission for children to be transported by other parents
* After school competitions children to be transported by their parents or a responsible adult who the child’s parents have given permission. School to be informed.

AfPE Safe-practice Standards are consistently applied by staff, students and other visitors, across all aspects of the school.

**Out of School Hours Provision**

Depending on the time of the year, West Heath Primary School provides opportunities for children in wide variety of areas. These after school clubs are updated and changing according to the interests of the children.

* After school clubs are available for children to attend from Reception to Year 6. A £1 fee will be applied per club each week.
* All sports clubs are open to both girls and boys and are delivered by qualified coaches or teachers who deliver high quality lessons.
* All sports clubs are open to pupils who have SEND and are delivered by qualified coaches who know the children and have an understanding of their specific SEN.
* The provision of Out of School Hours sports clubs is reviewed annually, and registers are kept to ensure opportunities are provided for all children

**Monitoring**

This policy will be monitored by the head teacher and the Curriculum, Standards, Teaching and Learning Committee of the Governing body.