



# St Elizabeths RC Primary PE Policy

## **St Elizabeths PE Vision Statement**

To provide the knowledge, skills and understanding of sport, fitness and health as an essential part of a child's educational, social and psychological development. By developing a broad, balanced and engaging programme of physical education alongside competitive opportunities, we strive to build the intrinsic motivation of all to pursue a healthy, active lifestyle in an increasingly changing society. Within all PE provision we aim to promote the School Games Values of: determination, honesty, passion, self-belief and teamwork.

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## **Aims**

St Elizabeths has high expectations in PE and encourages enjoyment. We believe that physical education is a unique and vital contribution to every child's physical, social and mental well-being. During PE we aim to enhance children's motor skills, healthy lifestyles, build self-confidence and Co-operation.

The objectives of teaching PE in our school are:

- ⌘ Every child to reach their full potential
- ⌘ To enable children to develop and explore physical skills with increasing control and co-ordination
- ⌘ To encourage children to work and play with others in a range of group situations
- ⌘ To develop an understanding of how different skills are performed in different activities.
- ⌘ To increase the awareness of being safe and staying safe during PE lessons, including the need for rules and regulations.
- ⌘ To show children how to improve the quality and control of their performance with observation and evaluating.
- ⌘ To teach children to recognise and describe how their bodies feel during exercise
- ⌘ Develop an appreciation for health and fitness and the benefits of an active life style.
- ⌘ To develop the children's enjoyment of physical activity through creativity and imagination
- ⌘ To develop an understanding of how to succeed in a range of physical activities, and how to evaluate their own success
- ⌘ To encourage enjoyment through physical education.

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## **Curriculum entitlement and Organisation**

St Elizabeths offers a broad and balanced physical education curriculum that is designed to continually increase every child's confidence in managing themselves mentally and physically within a variety of activities.

St Elizabeths children will gain experience of the following areas of PE:

- ⌘ Games
  - ⌘ Gymnastics
  - ⌘ Dance
  - ⌘ Swimming
  - ⌘ Athletics
  - ⌘ Fitness
  - ⌘ Outdoor and adventurous activities (KS2)
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- ⌘ All children are entitled to receive 2 hours of physical education per week.
  - ⌘ Teachers are to follow curriculum map and to follow LA schemes of work and lesson plans written by PE Coordinator

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## PE Routine and Procedure

### Start of lesson

- ⌘ All children are to wear a PE kit (see appendix 1).
- ⌘ Discuss the learning objectives with the children at the start of the lesson to increase understanding of what is required.

### Concluding the lesson

- ⌘ Allow time for a plenary at the end of the lesson (cool down/change time). Review the aim of the lessons.
- ⌘ At the end of the lesson all children should be able to answer the question

***“What have I learnt in PE today?”***

This will give you a greater understanding of what the children know and understand.

### Health and safety

- ⌘ Our aim in PE is to keep all children safe during the lesson.
- ⌘ ‘BAALPE: Safe Practice in Physical education’ is located in the classroom of the PE Co-ordinator. For swimming teachers to refer to ‘Safe Practise in Swimming’ (Sefton LEA). For Outdoor and Adventurous Activities refer to ‘Safety in Outdoor Education’ (Sefton LEA).
- ⌘ Staff should be aware of the Fire and Emergency procedures and should leave the building safely and calmly onto the playground at the sound of the school alarm.
- ⌘ **Accidents:** In the event of an accident the member of staff should remain with injured pupil. Another pupil should be sent to the office for help. All incidents should be reported.

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- ⌘ Faulty equipment should be reported as soon as possible
- ⌘ Pupils must be under direct supervision at all times.

### **Gymnastics**

- ⌘ All equipment is to be checked yearly and replaced where necessary or clearly marked unsafe.
- ⌘ Equipment should always be returned and stored in correct place
- ⌘ Benches are to be no more than two high (top stacked upside down).
- ⌘ The first gymnastic lesson of each module should include a focus on how the gymnastic equipment should be put out and away.
- ⌘ Each group should have a safety monitor to ensure the equipment is being set out correctly and that the entire group is safe.
- ⌘ Equipment is to be checked by staff before children use it each lesson.

### **Swimming**

- ⌘ All key stage 2 children will have the opportunity to learn how to swim while at St Elizabeths
- ⌘ Children are not allowed to wear earrings while swimming.

*(This is a Sefton swimming regulation)*

- ⌘ Children must wear a swimming cap while in the water
- ⌘ Children must be accompanied at all times and escorted to and from the swimming pool
- ⌘ Teacher must sign school in at the front desk indicating how many children and staff have attended the session.

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- ⌘ Swimming teacher must be aware of any absences.
- ⌘ Teachers follow TOPS swimming cards and are overseen by the specialist swimming teacher present on the day.
- ⌘ Children will be encouraged to achieve their National Curriculum by the end of Year 6.

### **Assessment**

By the end of Key stage 1, children should be aiming to achieve levels between 1-3. By the end of year 4, the majority of levels should be between the levels of 2-3. By the end of key stage 2 we are aiming for every child to have achieved between the levels 3-4, with Level 5 for exceptional performance across the board (AGT).

- ⌘ The basic model of recording pupil progress at St Elizabeths is recording attainment targets at the end of each area activity using on-going teacher assessment and judgements.
- ⌘ Assessment sheets will be provided for each module and children will be given a level at the end of the module.
- ⌘ Assessment sheets will be filled in online in order for the PE Co-ordinator to access them when needed. At the end of the Year a final PE level will be given based on a best fit judgement over all areas.
- ⌘ Results from competitions throughout the year will also be recorded to show improvement in a child's performance.
- ⌘ Assessment in Physical Education should be done through observation and question and answer sessions.
- ⌘ All children should be taught to evaluate and improve their own work and that of others. Photographic evidence could be valuable and should be placed in the PE folder in the P;Drive.

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## **Reporting**

Reports are done during the summer term, previous and on-going assessment helps to make an all-round judgement of the child's progress with special mentions to good performances in a specific activity.

- ⌘ Assessment is ongoing and undertaken by both teachers and children and it provides information for reporting to parents within a manageable system of ongoing observation and judgements in final performances/games in a unit.
- ⌘ Recording and reporting is in accordance with the school's policy which meets statutory requirements.
- ⌘ All children should be taught to evaluate and improve their own work and that of others. Photographic evidence could be valuable.

## **Monitoring and Evaluating**

Lessons may be observed although are not currently in the assessment cycle. CPD will be given where requested to ensure lessons are up to a 'good' or 'outstanding' level. The PE policies, practices and documentation related to physical education will be reviewed annually and inform the Subject's Development Plan which will be written up in the October of each academic year.

## **Teaching and Learning Strategies**

Children at St Elizabeths will experience a variety of learning and teaching strategies throughout key stages 1 and 2. All children will have a balance of individual, paired and group activities.

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Children will have the opportunity to be co-operative, collaborative and competitive. These situations will aim to cater for the preferences, strengths and needs of every child. Children will have the opportunity to adapt and develop in a range of situations.

### **Inclusion**

Every child matters throughout the PE curriculum and every child should have the opportunity to experience success, enjoyment and satisfaction at their own level.

Through PE teaching we provide learning opportunities that enable all pupils to make good progress. We strive hard to meet the needs of those pupils with special educational needs.

We aim to offer excellence and choice to all our children, whatever their ability or needs. We have high expectations of all our children. We aim to achieve this through the removal of barriers to learning and participation. We want all our children to feel that they are a valued part of our school community. Through appropriate curricular provision, we respect the fact that children:

- ⌘ have different educational and behavioural needs and aspirations
- ⌘ require different strategies for learning
- ⌘ acquire, assimilate and communicate information at different rates

Need a range of different teaching approaches and experiences

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## **Resources**

All staff who teach PE have their own individual PE file which includes PE documentation, planning, assessment sheets and guidelines. All resources are available for staff use including text resources and additional resources on the Staff Drive of the school system. Equipment is stored in the cupboard in the school halls (KS1/KS2)

All staff are responsible for keeping the cupboard tidy and responsible for returning equipment to the correct place. The PE co-ordinator is responsible for maintaining and purchasing equipment. Gymnastics equipment will be inspected on an annual basis.

## **Facilities**

We have a variety of areas in which children have PE. Two indoor halls, two playgrounds and an off-site school field. All children have access to the facilities required to develop a quality, balanced curriculum.

The Junior Playground has football and netball markings. There are also goals, basketball hoops and grid markings. The indoor halls are cleaned daily and are suitable for work in bare feet. The playground area is swept regularly and is kept safe and free from hazards.

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### **PE and ICT**

- ⌘ Information and communication technology is used to enhance the delivery of PE lessons.
- ⌘ Videos are also used of elite performers to show quality performances to inspire children to aim higher.
- ⌘ CDs and DVD programmes can be used in Fitness to enhance motivation.
- ⌘ CDs of lessons plans are also available.

In dance and gymnastics children can make video recordings of their performance and use them to develop their movements and actions. Older children can compare each other's performances from recordings, and use these to improve the quality of their own work. A digital camera can record experiences during outdoor activities.

### **Professional Development**

Co-ordinator for physical education will be responsible, in conjunction with the head teacher, for identifying priorities for staff development through staff meetings and informal discussions,. NQT's should be encouraged to attend the PE courses run by Sefton LEA to increase confidence and high quality teaching in PE. The PE co-ordinator then seeks out appropriate support or training courses to assist the teacher. Where possible St Elizabeths will try to use the existing resources and expertise to develop effective teaching practise.

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### **Primary Liaison and School Sports Co-ordinator**

⌘ St Elizabeths have links with Savio High School and The Hawthornes High School. The Co-ordinator will seek to encourage Sports Leaders from Savio to run and support in the delivery of sports activities and sports challenges during the year.

### **Extra Curricular Activities**

⌘ St Elizabeths offers an extensive range of enrichment activities at lunchtime and at the end of the school day.

⌘ St Elizabeths offers a variety of extra-curricular throughout the year to increase participation and enjoyment

⌘ St Elizabeths children compete in football, netball, basketball, rugby, cricket and hockey competitions and will seek to increase competitive opportunities each year.

⌘ After school clubs offer the opportunity to build on curriculum learning.

⌘ PE Coordinator links with South Sefton Parntership and Community Coaches to deliver extra-curricular activities.

⌘ We encourage a competitive element to team games at St Elizabeths and will seek to play fixtures throughout the year against other local schools. This is to enhance the achievement of children throughout the school and to offer greater opportunities to the gifted and talented children.

⌘ We have high expectations of fair play and team spirit in all activities.

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- ⌘ All out of hour clubs require permission from a parent guardian. Details of the current club activities are sent to parents at the beginning of each term.
- ⌘ Children leaving school to compete in a competition must be signed out at the school office.

### **Sports Coaches**

- ⌘ Parents and adults other than teachers are encouraged to assist teachers in some curricular activities and Out of School Hours. Coaches may be used to support and supplement the curriculum within the ethos and standards promoted by the school. Teachers should follow the Sefton Guidance on use of Sports Coaches.
- ⌘ Permission slips are to be received before a child attends a club. Permission slips should be kept in the consent folder by the Club leader and a completed register is to be handed in to PE Co-ordinator to keep a record of PE Extra-curricular activity at the end of each term.
- ⌘ Sports Coaches are to report to office and sign in at the beginning of their session and wear a visitor's badge.
- ⌘ Sports Coaches are to present their certificates and CRB clearance at the office on their first session to be photocopied.
- ⌘ All visiting coaches must adhere to the school's safeguarding health and safety and fire regulations. These are made clear during the induction of a new coach (induction is carried out by PE co-ordinator).

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⌘ Children must be supervised while getting changed to go home and all children must be supervised off site.

**This Policy will be reviewed every year.**

Signed: \_\_\_\_\_ Date:

*(PE Co-ordinator)*

Signed: \_\_\_\_\_ Date:

*(Headteacher)*

## **APPENDIX 1: KIT**

### **General Kit**

- White t-shirt
- Navy blue/black shorts
- Pumps (bare feet for dance/gymnastics)

### **Outdoor Kit**

- Comfortable tracksuit (preferably navy/black/grey)
- Training shoes

### **Swimming**

- Swimming trunks (no shorts- Sefton Policy)
- Swimming costume (no bikinis)
- Swimming cap

Safety: No jewellery. Children to remove their own jewellery at the start of the lesson.

### **APPENDIX 2: NON-PARTICIPANTS**

All children should take part in Physical Education lessons unless injured (letter **must** be produced from home/accident book checked if incident has occurred in school time) however if they are unable they can still make a contribution to the lesson. Children can be included in a variety of ways:

- Help getting out/putting back equipment
- Lead a warm up verbally
- Devise a practise to teach
- Write rules for a game/activity
- Observe and evaluate children's activity and give feedback to the whole class/group/individual
- Umpire, referee or score
- Complete a lesson evaluation through written work or diagrams

Pupil observation sheets are available on the school system in the Staff Drive PE folder for class teachers to print.