

PE and Physical Activity Policy

September 2023



To be reviewed 2025 or as required

The objectives of PE and physical activity

- To ensure that all children have access to a discrete one hour physical education lesson every week and an additional hour of integrated physical education through the provision of organised sports and playground games at breaktimes.
- To provide a broad and varied curriculum relating to games, gymnastics, dance, swimming, athletics, outdoor & adventurous activities.
- To provide the opportunity for children to develop a range of social experiences by competing and co-operating with tolerance.
- To meet individual needs through relevant progressive experiences.
- To encourage and promote an active and healthy lifestyle.
- To link P.E. with the wider curriculum.

1. Planning and delivery

- We aim that all children will take part in two hours of PE every week, which will be timetabled. All teachers will allocate themselves a time slot in the appropriate hall.
- Children will be taught a broad and varied curriculum. This includes;
 - In KS1, all children must be taught the following units Dance, Gym and Games
 - In KS2, as well as the KS1 units, children must also be taught two from Swimming, Athletics and Outdoor adventure activities.
- Teachers will follow the curriculum half termly planning.
- Lessons will be taught both indoor and outdoor to ensure children have access to a full curriculum.
- Children also access a range of outdoor activity through the provision of organised sports and playground games at breaktimes and in after school clubs.

2. Swimming

- Our curriculum allows for children in Key Stage 2 to receive weekly swimming lessons in line with the aims of the national curriculum. These are led by a qualified swimming coach supported by the classteacher.
- Swimming will be offered in one KS2 year group. Local demand for swimming pool time slots mean there is limited borough availability to increase this. Where this is possible, the school will seek to increase this offer.

3. Health and safety

The learning environment

- It is the teacher's responsibility to ensure that the learning environment is safe and suitable for the teaching of the lesson. It is also their responsibility to ensure that any equipment used is safe for use. Any unsafe environment or equipment should be reported to the relevant co-ordinator and site manager.
- The teacher has a duty of care to ensure that they deliver all lessons safely and do not place their children in any unnecessary danger or risk of injury.
- It is the class teacher's responsibility to ensure that any equipment used is appropriate for the age and ability of the children they are teaching.
- All heavy and large equipment should only be handled by the teacher.

- Children should be actively taught to use equipment sensibly and safely.

PE kits

- All children must change into full PE kit when participating in PE lessons.
- Footwear must be suitable and appropriate for the participation of physical activity. This includes trainers or plimsolls. Inappropriate footwear includes: shoes, boots or high- top trainers.
- Bare feet are suitable for Dance and Gymnastics activities and will be at the discretion of the teacher.
- Children who have not brought suitable kit will be provided with a kit by the school to be worn for that lesson only. If kit is not available, then the child may be involved in the planning and evaluative aspects of tasks.

Jewellery

- Jewellery is removed for all PE lessons - this includes all sleepers and studs. If the removal of studs is not possible they should be securely taped and the teacher be confident this strategy is effective.
- Pupils with newly pierced ears are unable to participate in the practical aspects of the lesson but may be involved in the planning and evaluative aspects of tasks.
- Religious and cultural artefacts should be removed and negotiation with parents takes place if there is a problem relating to this.
- N.B. It is important that staff should consider their own and their pupils' safety with regard to their own personal clothing, footwear and jewellery when involved in the teaching of any activity.

Hair

- Long hair should be tied back and made safe. Negotiations may be necessary with parents where hair is beaded.

Non- participation

- Children can only be excused from participating if a valid reason is provided by the parents. Valid reasons include:
 - Current Illness or injury
 - Recovery from illness or injury
- If a parent has a valid reason for why their child cannot participate, it must be communicated in writing and presented to the class teacher in advance.

Behaviour

- It is the teacher's responsibility to ensure that they fully brief their children on the safe and appropriate use of the equipment.
- If the teacher deems that a child's behaviour and conduct during the lesson is placing the safety of themselves or the other learners in danger, then they may exclude them from participating for an appropriate period of time. If they continue to act in a dangerous or reckless way, then the teacher may exclude them from participating for the remainder of the lesson. This may be recorded on a blue form in line with the school behaviour policy.

Equal opportunities

- All children shall have access to, and be provided with a full curriculum regardless of their age, race, gender or disability, without discrimination.
- The teacher must ensure that all lessons provide provision for every child to learn, progress and succeed within their individual capacities.
- Teachers must show evidence of this in their planning.

Links to other policies

- Safeguarding Policy
- Health & Safety Policy
- Behaviour Policy
- Inclusion Policy
- Teaching & Learning Policy
- Equal Opportunities Policy