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## DALLIMORE PRIMARY SCHOOL PHYSICAL EDUCATION POLICY

### Vision

Our vision for Physical Education is that we allow all pupils the chance to develop and refine movement skills, whilst supporting their own health and fitness. It gives all pupils the chance whatever their abilities to experiment, practise, make decisions and perform. It provides pupils the opportunities to also be creative and competitive and be involved in different challenges as individuals or in groups and teams.

We believe that physical activity is vital to the development of the pupil as a whole. It contributes to the pupil's physical, emotional, mental, intellectual and social development.

The school also recognises that PE has a vital role to play in raising the awareness, and developing good practise and promotes positive attitudes towards healthy and active lifestyles. All pupils have two hours of PE timetabled each week to cover the six main areas of the National Curriculum which are dance, gymnastics, games, swimming, athletics, and outdoor and adventurous activities. Swimming is offered for children in KS2.

Alongside the PE Curriculum the children have the opportunity to participate in numerous lunchtime and after school sports clubs including running club, tag rugby, games club, football, hockey, rounders, netball, dance and fitness, cricket, basketball, and tennis. A selection of these is offered at different times throughout the school year.

Children in Nursery, Reception and KS1 develop the fundamental skills such as aiming and throwing, balance, co-ordination, control, and movement. In KS2 children are able to use these fundamental skills to develop their knowledge and understanding of invasion games such as football, basketball, netball, tag rugby and hockey. These skills are also transferable to striking and fielding games such as cricket and rounders, together with net games such as tennis and volleyball.

## Aims and purposes

P.E. offers opportunities for pupils to:

- Provide a well balanced programme of physical education which will include: games, gymnastics and dance (also outdoor activities and swimming)
- Promote a positive attitude to health and hygiene.
- Develop personal qualities such as self esteem, decision making and self - control
- Develop communication skills through PE vocabulary
- Engage in competitive sports and activities both in and out of school, to help develop values and positive attitudes such as team spirit, co-operation and respect for rules and others
- It is important at Dallimore Primary School that we ensure that every child receives an equal opportunity within all the PE activities, regardless of race, ability or Special Education Needs. Any child who is identified as having 'special needs' are given the relevant help required.
- Pupils who are gifted and talented must have adequate opportunities and these should be noted in the planning where appropriate. These pupils will also be given the opportunity to attend an external club arranged through the School Sport Partnership and take part in events run by the partnership.

## The Curriculum

Dallimore Primary School is working towards providing pupils with at least 2 hours of quality PE in school sport, through the curriculum, extra - curricular opportunities and lunchtime activities.

Teachers are to plan their own lessons using the National Curriculum as a guideline. Teachers may use a variety of schemes of work to assist with their planning including Val Sabin dance and gymnastics and Derby City gymnastics and dance scheme.

The Foundation stage follow Early Years Foundation Stage profile.

All lessons should follow the same guidelines and should consist of a warm up, core activity and then a cooling down session.

Classes will undertake one term of dance, one of games, one of gymnastics. Games are normally planned for the summer term when the weather is better. Sometimes visitors e.g. sports coach may come into school on a block basis and changes may need to be made to the teacher's planning.

All teachers may carry out informal observations when necessary and use towards their future plans.

Planning is monitored and lesson observations are carried out by the Headteacher and the PE co-ordinator.

Certain year groups are also given the opportunity to attend and follow the LEA syllabus for swimming.

The PE co-ordinator must plan for inter - competitions, this could take form in a run, dance competition or games tournament and sports day. On sports day we promote team spirit which enables children to participate whatever their ability. The PE co-ordinator will also arrange to attend competitions out of school (School Sport Partnership which enables children to compete and take part against other schools at athletics, rounders, football, netball, kwik cricket, tag rugby, swimming and long distance running then this may often result in the school having links to other clubs that pupils maybe interested in attending.)

Teachers should be aware of their pupil's hydration and if necessary provide a water break especially during hot summer sessions.

In Year 2 pupils are given the opportunity to take part in the Mini Leaders scheme of work and in Year 6 the Young Leaders scheme of work, which can then be used on the playground at lunchtimes and playtimes.

Physical activity is also promoted through 'Change for Life', Sainsbury's School Games, Sports Relief, Walk to School Week, Great School Run.

We do also support the secondary school by providing teams of children to enable year 11 pupils to practise their junior leadership skills.

## **Resources**

All schemes of work are kept by the co-ordinator and all staff are aware of this.

It is the PE co-ordinators role to make an annual audit of all the equipment and resources, providing an updated list to all the staff. Any lost or damaged equipment must be reported to the PE co-ordinator. It is then up to the PE co-ordinator to replace through consultation with the head teacher.

Most of the equipment is kept in the PE store in the hall. Larger pieces of equipment are kept in the container outside.

The large gymnastic apparatus are stored in the hall and the gymnastic mats are stored in the hall storeroom

The resources are monitored regularly by the PE co-ordinator. It is the responsibility of all members of staff to return PE equipment after use and to keep the PE areas tidy.

The school hall is used for a range of PE activities and the playground, Muga and field are also used for PE weather permitting.

Swimming takes place on a weekly basis at Victoria Park Leisure Centre.

## Safety

Class teachers and Teaching assistants are responsible for the safety of their own pupils.

All staff should also ensure that:

- PE kit is worn. PE kit should include pumps or trainers, shorts, tracksuit bottoms, t- shirt and sweatshirt. All jewellery must be removed and earrings must be removed or taped over during PE. Hair should also be tied back.
- All equipment used during PE is safe.
- Pupils should be made aware of safety during PE and whilst using the equipment.
- No child should be left unattended when using PE equipment.
- All accidents should be logged.
- Staff will be made aware of fire procedures.
- When pupils attend an event out of school a risk assessment must be undertaken (Derbyshire Evolve)

In addition to all of the above, the gymnastics equipment is annually checked by an outside body on behalf of Derbyshire County Council.

## Celebrating Achievements

The children are informed of their progress by verbal praise and certificates. We also celebrate the children's achievements during assemblies and by displaying photographs and reports on the PE display board.

The PE policy will be reviewed as per the rolling school improvement plan.

Reviewed March 14

Review date March 17