



DALLIMORE PRIMARY & NURSERY 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 up to two hours of PE timetabled each week to cover the 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 activity club, football club, dance club and Mr Law's afterschool club. A selection of these are offered at different times throughout the school year.

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)
- To provide a supportive environment for enjoyable participation in a wide variety of physical activities, through the development of skills and good codes of behaviour.
- To provide the safest possible environment for all participants.
- To provide for all allocation of appropriate resources and facilities
- Promote a positive attitude to health and wellbeing.
- 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.
- 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 and appropriate 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.
- To encourage participation of the whole school community in supporting physically active experiences.
- To uphold and promote the Olympic and Paralympic values.
- To always encourage and empower those less active children to take part and enjoy physical activities within school and out of school events.

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 and also afterschool clubs.

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. 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 gymnastics, one of dance, one of games. 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 in KS2 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 intra- 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.

KS1

Pupils must master basic movements including running, jumping, throwing and catching as well as developing balance, agility and co-ordination.

- Participate in team games, to develop simple tactics.
- Perform simple dance using basic movement patterns.

KS2

Pupils should continue to apply and develop a broader range of skills and learn to use them in different ways. Children should enjoy communicating, collaborating and competing with each other with each other. They should become more aware of how to improve in different physical activities and sports and evaluate their own success.

- Use running, jumping, throwing and catching in isolation.
- Play competitive games and apply basic principles suitable for attacking and defending.
- Develop flexibility, strength, technique, control and balance.
- Perform dances using a range of movement patterns.
- Take part in outdoor and adventurous activity challenges both individually and in group.

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

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.

There is also a large climbing frame and all staff are aware how to put it up safely.

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.

Kit

All children should come to school with their own PE kit consisting of a white T-shirt, navy or black shorts/joggers and pumps or trainers. No jewellery should be worn.

When the school attends sporting events the children are provided with a blue team kit. The football team also has its own team kit.

School Sports day

School sports day takes place annually and consists of all the children taking part in a range of sporting activities. They compete against each other in their relevant house team.

Sports Premium Funding

Dallimore Primary and Nursey School use the funding to make additional and sustainable improvements to the quality of PE and sport that we offer. The sports premium funding is used exclusively to:

- Develop or add to the PE and sport activities that we already offer to the children.
- Make improvements that will benefit pupils joining the school in future years.

As it is a legal requirement the school has an overview of the spending and impact displayed on our website so that our parents are aware of how the PE funding is allocated.

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 found in the hall.

We take part in the Sainsbury's School games kite mark and also Modeshift stars, which we have been lucky enough to receive awards in. These awards are on display around the school.

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

Reviewed March 17

Review date March 20