

Grand Avenue Primary and Nursery School

Policy for Physical Education

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Agreed by staff and Governors – Spring term 2024

Review date - Spring term 2027

Statement

Regular exercise boosts self-confidence, mental concentration and encourages children to lead a healthy lifestyle. P.E. provides opportunities to compete in sport and other activities which build character and help to embed our school values such as respect, aspiration and determination. Providing each child with two hours of PE each week is a legal requirement.

Through PE lessons, pupils will gain an understanding of health and fitness and develop a lifestyle embracing physical, mental, emotional and social well-being. Our curriculum allows pupils to develop attitudes, skills and knowledge of human movement that will promote a lifestyle of participation in physical activity.

All pupils will be given the opportunity to develop efficient movement and sport specific skills, acquire knowledge and strategies of different sports and learn about positive nutritional and exercise habits. Pupils are given the opportunity to develop self-control, self-discipline and the ability to make positive choices for behaviour, while developing self-esteem, self-awareness and respect for others.

Aims

- Increase enjoyment and challenge within P.E.
- Provide physical experiences which are enjoyable and will be continued into adult life.
- Promote an understanding of the importance of exercise and its link with fitness, health and well-being.
- Develop self-confidence and self-discipline.
- Develop reasoning and decision making skills.
- Provide opportunities for creative activities such as movement, dance and designing games.
- Develop pupils' understanding of safety whilst undertaking physical activity.
- Enjoyable and differentiated lessons to challenge and support.
- Ensure effective use of our outdoor environment.

Responsibilities

The PE Co-ordinator will:

- Create, review and monitor the PE policy and scheme of work especially with regard to local and national agendas.
- Keep up to date with current developments and initiatives.
- Be responsible for the PE budget monitoring and ordering resources.
- Arrange for the routine maintenance of PE apparatus used in lessons (The School Business Manager maintains playground equipment).
- Ensure resources are well cared for and stored appropriately.
- Support staff in planning and delivery of the PE scheme of work.
- Undertake monitoring of the teaching of PE, including pupil voice and lesson observations.
- Inform and train staff in the use of resources available for planning.
- Promote extra-curricular activities involving physical activity.
- Liaise with office staff in set up and delivery of PE extra-curricular activities.
- Monitor PE extra-curricular activities including quality and attendance.
- Organise intra and inter school competitions.
- Ensure Risk Assessments for off-site activities are written and shared with staff accompanying children.
- Organise appropriate training for all staff.
- Organise visiting coaches and experts, monitoring effectiveness of provision.
- Analyse assessment data at the end of the academic year, providing feedback and support for staff.

The Governors will

- Agree the policy, revisions and amendments.
- Evaluate the success of the policy through visits to school.
- Regularly review the policy.
- Support the implementation of the policy.
- Ensure funding to support the policy is considered during the budget setting process.
- Meet with the PE co-ordinator on a regular basis.
- Have a clear view of strengths and areas for development.
- Attend relevant training.

The class teacher will

- Plan and deliver PE lessons in accordance with the scheme of work set out by 'Complete P.E.'.
- Alert children to any possible hazards or dangers during the lesson.
- Have clear signals and routines used during PE lessons.
- Ensure clear instructions are given to children on how to handle PE equipment safely, such as mats.
- Ensure a variety of opportunities to explore physical activity e.g. individual, paired work and team games.
- Teach using a variety of teaching styles, ranging from a direct, teacher-led approach, to a much more open-ended and student-centred style where the teacher acts only in a facilitator role.
- Ensure that children are dressed appropriately for PE.
- Dress appropriately when taking PE lessons (see clothing section).
- Encourage children to change quickly to maximise time spent on physical activity.
- Inform the PE co-ordinator of any broken/worn equipment.
- Ensure equipment is returned to the correct place after each lesson.
- Give verbal and constructive feedback to children during lessons.

Planning, Monitoring and Assessment

Planning is to be undertaken by the class teacher in accordance with the school programme of study, curriculum overview and National Curriculum. The timetable for use of hall and outdoor areas will be agreed at the beginning of year. Assessment of each child's progress is ongoing. Staff will use the agreed assessment procedures to record each child's progress. Achievement is reported to parents on the ROA at the end of each year. See also Monitoring and Assessment policy. See also Learning and Teaching policy.

In school, teachers use Complete P.E, a scheme endorsed by the Youth Sport Trust. It is an interactive physical education resource designed to support the implementation of a high quality physical education curriculum. There are detailed lesson plans to support teachers, with differentiation for every lesson and videos for pupils to see what the skills or tactics look like, in real life situations, so they are modelled effectively for pupils to replicate in lessons.

Swimming

The minimum requirement is that, by the time our pupils' are ready to leave Key Stage 2, every child is able to:

- Swim competently, confidently and proficiently over a distance of at least **25 metres** and use a range of strokes effectively.
- Perform safe self-rescue in different water-based situations.

Each year group will swim for a term and a half, from Reception to Year 6. The expectation is that every pupil will take part in swimming lessons. The lessons will be taken by a qualified swimming instructor with pupils being walked to and from the lessons by the class teacher, with the help of parent helpers.

If a child has a medical reason for not being able to swim, the class teacher or a member of SLT must be informed. If a child persistently misses swimming, three times in a term, without an adequate reason, a letter will be sent to parents about the importance of learning to swim.

Health and Safety

The need to eliminate unnecessary dangers is recognised and safety precautions are put place.

Children will be asked to comply with the following guidelines:

- To wear clothing appropriate to the activity being undertaken (see clothing section).
- To remove any jewellery and watches (earrings to be taped over if cannot be removed).
- To tie up hair which is shoulder length or longer and ensuring that any loose hair is removed from the face.
- To respond readily to instructions and signals, including those explaining how to avoid personal injury.
- To lift, carry and place apparatus/equipment safely under the guidance of an adult.
- To handle small apparatus carefully and appropriately e.g. bats, rackets and balls.
- To consider carefully the needs of others in terms of space.

Clothing/Kit

School uniform, including PE kit needed is outlined in the school prospectus. Children in Reception are advised of their house team colour during the Autumn term

Children must wear the following clothing:

Indoor PE:

- A team coloured t-shirt.
- Black shorts.
- Bare feet and no socks.
- If the activity is high impact, children should wear supportive footwear (trainers or plimsolls).

Outdoor PE:

- A team coloured t-shirt.
- Black shorts.
- Supportive footwear (trainers or plimsolls).

If the weather is very cold, children may wear plain black/navy tracksuit bottoms.

See Appendix for photographs.

If children do not have the correct clothing, they may be unable to take part in the physically active elements of the lesson. The child will be asked to wear PE provided from school or borrow from a sibling. Teachers may ask a child to take part in the lesson whilst wearing their school uniform.

If there is no kit available, the child may be given a PE related task to complete during the lesson. eg design a game. The class teacher will contact parents to ask that a PE kit be provided.

PE kits are kept in school and returned home each half term for washing.

For PE lessons staff must, as a minimum, change their footwear and wear trainers or similar. Ideally a complete change of clothing would be undertaken, wearing a tracksuit or similar for the lesson.

The PE and Sports Premium

The PE and sport premium (provided by The Education Funding Agency) is designed to support primary schools in improving provision of physical education and sport activities offered to pupils. At Grand Avenue, careful consideration is given to how this money should be spent to ensure the quality of the PE curriculum is improved and to maintain the current sports provision.

Through staff consultations and questionnaires, this funding is used to target and improve staff capabilities and confidence when teaching P.E.

The aim is to further increase teacher confidence and expertise to ensure that the funding has a lasting impact on up-skilling our teachers and inspiring children to lead healthy and active lives. If possible, with the aid of technology, CPD training from outside agencies will be recorded and uploaded on to the system to enable new or existing teachers access for professional development.

A report is published annually on the website outlining how this money is allocated.

Equal Opportunities

All children will have the opportunity to take part in physical activity regardless of ability, gender or ethnicity. The Programme of Study allows for differentiation to enable all pupils to participate, develop and gain confidence in their physical ability.

Appendix A

INDOOR PE KIT



Pupils must :

- tie up long hair
- wear no jewellery
- take out earrings or cover with tape

Indoor

- wear a t-shirt
- wear black shorts
- have bare feet/clean trainers

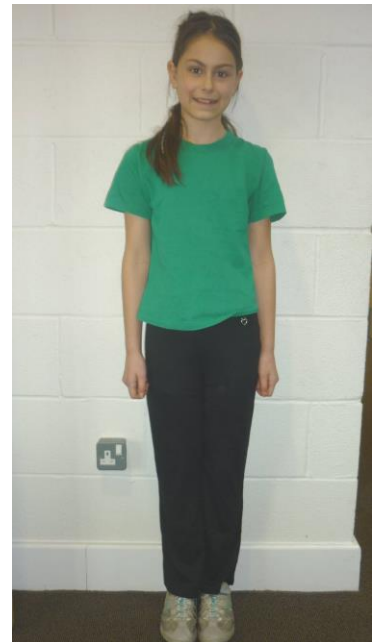
OUTDOOR PE KIT



- t-shirt
- trainers or plimsolls
- black shorts

- plain black or navy tracksuit bottoms

OUTDOOR PE KIT IN COLD WEATHER



Appendix B



Grand Avenue Primary & Nursery School

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Surrey

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January 2024

Concerns re swimming: Name

Dear name,

I am writing to you with regards to your child's attendance for swimming lessons. Name has missed number swimming lessons this term.

Swimming is part of the national curriculum and is a requirement of all children. The aim of the national curriculum is to ensure children can swim competently, confidently and proficiently over a distance of at least 25 metres by the time they leave primary school, use a range of strokes effectively and perform safe self-rescue in different water-based situations.

I can see from our records that name has been missing swimming lessons due to reason. Whilst we wish to support parents and meet their specific requests with reasonable steps, it is not possible to exempt children for the National Curriculum.

We are very lucky at Grand Avenue Primary and Nursery School to have a swimming pool for your child to access. I know that you, like us, want the very best for name and understand how important it is for him/her to make good progress in his/her swimming during his/her time at Grand Avenue Primary and Nursery School. It is therefore vital that name does not miss any further swimming lessons this academic year and we ask for your fullest support and cooperation in this matter.

Please do not hesitate to contact the school office to arrange a meeting with me should you wish to discuss this further.

Yours sincerely

Margaret Barrington
Headteacher

