



PE Policy September 2020

Folville Junior School PE Policy 2020

Intent

We believe that PE is a vital area of school life. With ever increasing sedentary lifestyles, potentially creating a generation of unfit, unhealthy and over weight young people, school is where good choices begin. If we can foster a love of sport, movement, healthy competition and success then we will create a foundation for life long health and fitness.

Aims

In line with the National Curriculum, through the teaching of PE, we aim to ensure all Folville pupils:

- use running, jumping, throwing and catching in isolation and in combination
- play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
- develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- perform dances using a range of movement patterns
- take part in outdoor and adventurous activity challenges both individually and within a team
- compare their performance with previous ones and demonstrate improvement to achieve their personal best

Weekly Time Allocation for PE lessons

Currently all classes receive at least 1 hour of PE each week. In addition classes add more exercise time through activities like the Daily Mile and Jump Gym. Swimming lessons are also offered to all of Years 3,4 and 5 and those below 25metres in Year 6. Currently COVID has meant no swimming.

Organisation

Below is a guide to the present curriculum.

Unit 1 – Net, wall and striking. (Fielding games – tennis cricket, badminton and rounder's)

Unit 2 – Invasion games (Football, basketball, hockey, tag rugby and netball)

Unit 3 – Gymnastics and Athletics

	Unit 1	Unit 2	Unit 3
Year 3	Parachute games Country Dance	Netball Football	Gymnastics Athletics
Year 4	Netball Football Tag Rugby	Gymnastics Athletics,	Cricket Badminton Rounder's
Year 5	Basketball Tag Rugby Hockey	Cricket Badminton Tennis	Gymnastics Athletics
Year 6	Cricket Tennis Rounder's Drills	Football Hockey Basketball Haka	Gymnastics Athletics

Staffing

Within the four year groups there are 12 classes, taught by or Primary PE specialist. The exception to this is swimming. Staff share their expertise according to the possession of suitable qualifications. Additional SEN support is available when necessary.

The PE coordinator is Ed Pickering. His roles is:

- To be responsible for completing the PE policy
- To be responsible for organisation, care and ordering of PE equipment
- To act as a guide on curriculum matters and planning
- To be prepared to take part/deliver in-service training as necessary
- To regularly consult with staff on planning and revise units of work as appropriate

Swimming Co-ordinator is Carley Martin

- To be responsible for reviewing with SLT the swimming Policy & Procedures
- To organize and timetable class / swimming rotation for the whole school
- To record and monitor pupil progress
- Completion of the sessional register
- Ensuring staff/session appropriately staffed

Swimming & Appropriate Dress (staff) - (Currently suspended due to COVID 19 Pandemic, with a view to be reviewed February 2021)

All members of staff involved with the delivery of Swimming lessons are expected to model appropriate attire as outlined in the separate Physical Education policy. During swimming sessions if a teacher, LSA or parent helper goes in the water to support the pupils they must wear a t-shirt and shorts over the top of their swimming clothes. It means that if a pupil needs to hold on to an adult in the water they have something appropriate to hold onto. It also protects the person's modesty.

Equipment

- We have a wide range of gymnastic equipment including mats, benches, various size stools, a beam, ladders and A frames as well as other moveable apparatus.
- A wide variety of small games equipment includes: different size bats and balls, hoops, skipping ropes, beanbags, quick cricket sets, Unihoc equipment, short tennis equipment, cones and markers, an athletics kit, as well as moveable football goals and netball posts. We also have a full sized parachute.
- Our playground is marked with grids, maps, circles, spirals, hopscotch and a running area. We also have a marked netball court and areas marked for small-sided football games.
- Within the school there are CD players, tape recorders, tapes and CD's for dance.

Trolleys' containing a range of balls is kept underneath the stage in a locked cupboard alongside the Unihoc sticks. Football goals and netball posts are stored in the locked container outside in the playground. All other P.E equipment is stored in see through boxes in a shelving unit at the back of the hall. All boxes are labeled to ensure accessibility and safety.

To ensure all P.E equipment is both safely stored and safe to use the PE specialist will undertake regular checks and tidy the equipment. Any equipment that is broken or has small defects, which make it unsafe, will be thrown away.

Assessment

The main method of gathering evidence and assessing achievement in P.E. is made through a continuous process of teacher observation. This is informed assessment based on knowledge of the pupil and the content of the work. Appropriate activities/skills have been identified for assessment following agreed criteria. Judgments are made on the ability of the children to plan, perform and evaluate in physical education. Evidence of knowledge and understanding may also be gathered by using the strategy of question and answer. Children will be expected to take a leading role in the continual assessment of their skills.

Clubs /Extra Curricular Opportunities - (Currently suspended due to COVID 19 Pandemic, with a view to be reviewed February 2021)

We are proud of the sporting success at Folville, we offer a wide range of extra curricular activities, which take place both after school and at lunch times. These opportunities are available to all children and we encourage as many as possible to become involved.

Lunch time supervisors engage with children to encourage them to practice their basket ball skills, small sided football games, skipping, cricket and a range of other activities which support curriculum lessons.

Clubs are often where more specialist training can take place. Our clubs are run by staff or trained coaches invited into school. We want to offer as much variety as possible to as many children as possible. The pupil premium is used to ensure all pupils can take part in after school clubs.

Competitions - (Currently suspended due to COVID 19 Pandemic, with a view to be reviewed February 2021)

We believe that healthy competition is a good thing. We will try to be actively involved in as many competitions as we can. Our links to the English School's FA and the Leicester School Sports Partnership provide many opportunities.

Health and Safety

1. Clothing
 - Children must wear suitable clothing for P.E. in close fitting shorts and t shirt. These should not be the clothes that children wear for the rest of the day.
 - Children should be encouraged to work in bare feet for gymnastics and dance. Plimsoll's may be worn
 - Long hair should be tied back
 - No jewelry should be worn – newly pierced ears should be taped with micropore tape for a period of 6 weeks
 - Staff should wear suitable footwear and clothing

2. The environment
 - The working space should be cleared from unnecessary furniture
 - The hall floor should be clean and splinter free
 - The outdoor surface should be even and free from obstruction including loose gravel, stones and holes
 - Floor markings should be sufficiently far away from fences, walls and permanent pieces of furniture

3. Apparatus
 - Small apparatus is stored in a lockable cupboard in the hall along with wheeled trolleys
 - Gymnastic equipment is easily accessible around the hall and should never be allowed to block fire exit doors
 - Children are instructed how to lift and carry gymnastic apparatus
 - Apparatus must always be checked by an adult before used by the children

4. Risk Assessment
 - Regular checks and risk assessments are made by all teachers
 - Annual safety checks and repairs are carried out on gymnastic equipment and staff check apparatus as it is being taken out for every lesson
 - If a potential hazard is identified it is immediately taken out of use

Swimming (Currently suspended due to COVID 19 Pandemic, with a view to be reviewed February 2021)

5.
 - Children are given a formal talk on the safe use of the swimming pool at the beginning of each block of lessons
 - Safety and emergency procedures are displayed prominently at the pool and are known and practiced by all children and members of staff
 - Goggles should not be worn without the consent of the class teacher

6. Behaviour

Children are encouraged to work quietly and respond immediately to a signal to stop working in case of emergency. At such a signal they should be in the habit of sitting on the floor and keeping all apparatus still.

7. If an accident happens...
 - Stop the class immediately
 - If the injury is a minor one, deal with on site
 - If it is more serious do not move the child
 - Send a child for another member of staff – a trained first aider if possible
 - Maintain calm within the class and reassure the child
 - Follow procedures for accidents in school

Policy reviewed September 2020