



Physical Education Policy

Vision Statement

Wigton Moor Primary School believes that physical education is an essential part of a child's educational development. We aim to develop a balanced program offering a variety of activities to enhance skills in physical education as well as fostering a life-long love of physical exercise, sport or physical fitness. Positive participation in physical education will enable children to build, self-esteem, respect, physical development, team work and positive attitudes in P.E. and across their educational experience.

Aims and objectives

PE develops pupils' competence and confidence to take part in a range of physical activities that become a central part of their lives, both in and out of school. A high-quality PE curriculum enables all pupils to enjoy and succeed in many kinds of physical activity:

- They develop a wide range of skills and the ability to use tactics, strategies and compositional ideas to perform successfully.
- When they are performing, they think about what they are doing, analyse the situation and make decisions.
- They also reflect on their own and others' performances and find ways to improve them. As a result, they develop the confidence to take part in different physical activities and learn about the value of healthy, active lifestyles.
- Discovering what they like to do, what their aptitudes are at school, and how and where to get involved in physical activity helps them make informed choices about lifelong physical activity and lead a healthy life style.
- PE helps pupils develop personally and socially. They work as individuals, in groups and in teams, developing concepts of fairness and of personal and social responsibility.
- They take on different roles and responsibilities, including leadership, coaching and officiating. Through the range of experiences that PE offers, they learn how to be effective in competitive, creative and challenging situations.

At Wigton Moor Primary School we believe that PE is an essential part of the curriculum. We endeavour to develop the basic skills throughout the school but the core physical literacy skills are an essential part of foundation and Key Stage 1 curriculum. Physical Education is a National Curriculum subject and as a Local Education Authority school it is statutory for all pupils to take part in. Where an injury has occurred stopping a pupil from taking part in certain practical activities a letter from parents will be required, it is however, down to the discretion of the staff to the pupil's level of participation.

Coverage

The Foundation Stage

In the foundation stage pupils Physical Development from the Early Years Strategy and have allotted hall time to do this in. They also have continuous outdoor provision. The outdoor provision includes a large playground area, a climbing frame, trikes and other large equipment as well as a range of general PE equipment.



Key stages 1 and 2

We aim for all pupils to have two hours of timetabled PE lessons a week, taught mainly by their class teachers. However, there are occasionally coaches that supplement the provision provided by the class teachers and in addition coaches also support teachers continued professional learning. Both Key Stages have access to the climbing frame in the Key Stage 2 hall.

In addition to timetabled PE there are residential offered to year 5 (3 day/2 nights) and year 6 (5 day/4 nights), we also take part in themed weeks which often include PE e.g. dance workshops.

The whole school takes part in two Fun Sports Afternoons: one for Key Stage 1 pupils – organised and run by year 6 pupils as part of their leadership award and one for Key Stage 2 pupils. Key Stage 2 pupils also take part in a Competitive Sports Afternoon at the end of sports week - where the year 6 pupils teach the skills and hold “trial” for the rest of Key Stage 2.

Extra Curricular Activities

Extra curriculum activities, or Out of Hours Learning programme (see separate policy for more information), are an important part of Wigton Moor Primary School. We have a good history of participation in events and competitions in our local area. It is important that as many pupils as possible have the opportunity to participate in school sports and competitions as well as having local clubs signposted.

Local clubs are often advertised on the PE board outside room 9. As a school, we have pupils taking part in a range of sports and physical activities and achievements in these are shared during Achievement Assembly on Fridays. We are limited to this as prior to sign posting we need to be assured the club have the relevant documents and policies in place.

Extra curricular activities vary on a yearly basis as most are provided at the good will of teaching staff. At Wigton Moor we are lucky to offer a range of activities. Currently, Soccer Juniors provides coverage of at least one sports club each school night. All Key Stage 1 and 2 children have the opportunity to opt into this. All staff are DBS checked and appropriately trained. Members of school staff also run a football and high five club. Taster sports are provided throughout the year. See the school website for a current list of out of hours learning and our Out of Hours Learning Policy.

Staff running extra curricular activities should keep a register of attendance and any after school activities needs prior written consent from parents/carers.

Health and Safety

For comprehensive guidance on the health and safety aspects of Physical Education please refer to the *Safe Practice: in Physical Education and School Sport* 2016 available in room 9.

Personal protection is advised where appropriate, particularly in field hockey sessions, rugby and football sessions.

Pupils are taught to recognise and take some level of responsibility for their own safety and are taught to recognise and be aware of hazards that are present from an early age.



- Adequate warm up and cool downs performed prior to and after sessions. Pupils are taught the importance of these and given experience leading these where age and maturity allow.
- Care is taken not to over train or over work pupils whilst extending and challenging them.
- A key into school should be taken while teaching outdoor PE and the school doors closed and left secure.
- A mobile phone or school radio should also be taken if necessary.
- External gates should be locked and monitored during PE sessions.

Risk Assessments

Risk assessment are regularly reviewed and all staff carry out dynamic risk assessments prior to and during lessons. All activities have a risk assessment which teachers and adults working in school should be aware of and adhere to. Teachers should conduct regular dynamic risk assessments during the course of lessons and amend their plans accordingly. Any observed faults must be reported to the PE co-ordinator, Site Manager and Head Teacher as soon as possible.

Changing for PE

Pupils should follow the dress code below for Physical Education. Spare kit is in room 9 and this kit is regularly washed. Pupils should change separately, at least in years 5 and 6. This is at the discretion of the teacher. However pupils are changed, they need to be supervised. Where there is only one member of staff, or staff of the same gender, the pupils must know that the teacher is present and will enter the area if necessary. Pupils are expected to change quietly and sensibly. General classroom management should be adhered to during this. Adults in charge need to manage the situation and assess the risk of using small intervention rooms/ locker rooms to allow pupils to get changed. Where behaviour may be an issue, the teacher may have to call on additional support from colleague to supervise pupils.

Appropriate dress

Pupils

It is important that pupils are dressed in the appropriate attire at all times during their PE lessons.

This includes:

P.E. clothing:

Younger children:

blue/ black shorts / tracksuit bottoms

White vest or "T" shirt

Black plimsolls (pumps) for dance and gymnastics

Trainers for indoor games activities.



Older children:

blue/black/white shorts or leotards,
white 'T' shirts
black pumps
trainers

Tracksuit or leggings and jumper for outdoor PE.

Hats and gloves will also be allowed in most outdoor PE lessons. No scarves and no hooded tops to be worn for PE. Waterproof clothing is recommended at times, particularly in year 6 and for after school sports clubs.

Personal protection such as shin pads, mouth guards, etc are recommended in many situations.

No jewellery should be worn during PE lesson with the exception of jewellery worn for religious purposes. There are occasions when this will need to be covered, i.e. with a sweat band/ taped up. If ears have recently been pierced and studs can't be removed they will need to be taped up. Long hair must be tied back and out of children's eyes. Clothing should not be overly baggy, particularly for gymnastic activities. There may also be occasions where pupils will be asked, if it is safe to do so, to remove glasses, especially during rolls in gymnastics, and rugby sessions.

Pupils should be expected to get changed into correct PE kit at the beginning of the lesson. If pupils forget their PE kit, they should seek to borrow PE kit in the first instance. Further instances may involve teachers contacting parents. This should be done at the teacher's discretion. Reception and younger pupils are taught/ encouraged to change into appropriate PE kit.

Staff

- Staff should also wear appropriate clothes and footwear for the activity that they are doing. This includes removing jewellery before teaching a PE lesson. Minimum school requirement is for teachers to wear appropriate footwear and remove/ cover all jewellery. Watches are acceptable.

Correct handling of the equipment

- Pupils are encouraged to handle all of the equipment themselves and are taught the correct carrying technique from an early stage.
- Pupils are taught the correct handling of equipment and the correct order to set equipment up; Large equipment first, then smaller equipment, the reverse is used after a lesson; smaller away first then larger.
- Children to face the direction of travel when carrying equipment.
- Bending knees and not back while carrying equipment should be demonstrated by both staff and pupils.
- 1,2,3 lift and 1,2,3 down. Is used to signal when apparatus is to be lifted and when it is to be put down.
- Equipment set up for direction of travel facing in towards the centre of the area not towards a wall.



Handling pupils

In many situations in Physical Education it is necessary to handle pupils. In these situations, staff should follow the relevant section of the staff handbook and make it clear to the pupils what is happening.

Staff not trained in teaching gymnastics should encourage different movements rather than instruct the correct techniques for gymnastic movements. The focus should be on pupils' exploration.

Extra Curricular Activities

- All outside agencies providing extra curricular activities are DBS checked and still remain under the remit of the Education Authority and are, therefore, monitored by an on or offsite member of school staff.
- Children must wear appropriate footwear and personal protection.
- Appropriate governing body rules should be adhered to for affiliated competitive matches.
- First aid provision is provided and staff running the sessions have access to this.
- Emergency contact lists are provided for after hours clubs. It is the parents' responsibility to update these. Where the parent cannot be contacted with emergency contact details provided a member of SLT will be informed.
- Parents should not remain on site during extra curricular activities.
- Pupils should change into the appropriate clothing
- Staff are encouraged to have a mobile phone with them, especially if they are a lone supervisor.

First Aid

The school's first aid policy is used during physical education lessons.

For Physical Education on the field or a larger distance from first aid support, a mobile may be used to contact the school office and/or the emergency services. In addition there is a sports first aid kit available in room 9 which staff can take out for clubs, PE and school sports. In addition to first aid provision there is also a book to record any first aid carried out and letters to be given to pupils – Wigton Moor first aid procedure needs to be followed with all pupils and members of the public on site.

School Sports Fixtures Away and Home

- Home games will provide the relevant first aider and a first aid kit at the location of the activity. A mobile will also be provided. A work mobile can be provided. Normal school first aid policy will apply for reporting incidents to parents. This is also applicable to the away team. The away team's teacher will be responsible for providing any relevant medical information on a need to know basis.
- Away matches and fixtures arrangements will be made between the schools, which will usually involve the hosting school providing first aid. Where this is not the case, a travel first aid kit will be taken.
- Contacts list will be taken on the fixtures with any relevant medical information. A mobile will be also taken. If parents can not be contacted a member of SLT will be informed.



- Evolve risk assessments will be completed and signed off by the Educational Visits co-ordinator and the head teacher. One Evolve risk assessment is completed for all sports and PE fixtures throughout the year but alterations and additional information may be entered as and when required, as well as retrospectively.
- The head teacher will be aware and have authorised all fixtures. She or someone delegated by her will be given an emergency contact list of the pupils attending. All member of SLT will be informed and be aware of the School procedures for different emergencies, they will have remote access to contact details or be able to defer to others who can access these details.
- Where parents accompany or are watching a sporting match they should not be asked to supervise children unless appropriately DBS checked or are under the supervision of school staff.
- All pupils will be under the supervision of the teacher or appointed adult either directly or indirectly.
- Parents are asked to adhere to RESPECT, and refrain from shouting anything detrimental to the pupils, or the officials, otherwise the referee/ official will stop the fixture. Parent may be given a verbal warning and persistent abuse will mean they will be asked to leave the school site.
- Parent/ visitors must also adhere to the no smoking policy on school site.
- Parents/ visitors must not allow dogs on the school site.

Transport

- All staff transporting pupils must have the relevant insurance and up to date MOT and Car Tax and have a road worthy car.
- Parent's transporting pupils will need to have signed the *Drivers Declaration* form and returned it to school.
- Pupils will not, where possible, be by themselves with a lone adult that is not their parent or carer.
- Arrangements between parents can be made and it is the responsibility of the parents involved to check that they are happy with the arrangements.

Assessment

Monitoring and review

The monitoring of the standards of children's work and of the quality of teaching in PE is the responsibility of the PE subject leader and Senior Leadership Team. The work of the subject leader also involves supporting colleagues in the teaching of PE, being informed about current developments in the subject, and providing a strategic leadership and direction for the subject across the school. The PE subject leader gives the headteacher an annual summary report and an action plan in which she evaluates the strengths and weaknesses in the subject and indicates areas for further improvement.

Assessment and recording

A range of different assessment methods are used throughout the year to assess pupils' progress in Physical Education. Pupils are also encouraged to assess their own progress and comment on their learning and the learning of their peers. Teachers complete a summative written report to parents that contains achievement of each child



against national expectations (above national expectations, at national expectations and working towards national expectations). A report on this data is collated by the subject leader. Teachers are trialling a new assessment tool to aid summative assessments of children in physical education.

Information and communication technology (ICT)

We look for opportunities to develop the use of ICT to support PE teaching and as a school the use of ICT is being developed.

In dance and gymnastics children can make video recordings or take photographs of their performance, and use them to develop their movements and actions. Older children can then compare each other's performance from recordings and use these to improve the quality of their work. This can be used to demonstrate, 'What A Good One Looks like'. These may occasionally be used on the school website or to show other schools/ children. This will follow guidance from the staff handbook and only pupils who have been given permission to be on the internet will be visible. Pupils who do not have permission may be blurred out at fixtures at other schools, pupils may be asked to wear an arm band so members of staff from other school don't take pictures of the pupils. A blog is created that shares pupils experiences on residential and allows communication with parents/ carers as well as pupils and staff back at school. As a school we endeavour to minimise the risk of other agencies and parties taking pictures of pupils and the school policies and procedures are followed.

Personal, Social and Health Education (PSHE)

PE contributes to the teaching of personal, social and health education. Children learn about the benefits of exercise and healthy eating, and how to make informed choices about these things. It also develops pupils' knowledge of rules and respect for authority. The school's work towards the national 'Healthy Schools accreditation makes a significant contribution to our PE curriculum.

Spiritual, moral, social and cultural development

The teaching of PE offers opportunities to support the social development of our children through the way we expect them to work with each other in lessons. Groupings allow children to work together and give them the chance to discuss their ideas and performance. Their work in general enables them to develop a respect for other children's levels of ability, and encourages them to co-operate across a range of activities and experiences. Children learn to respect and work with each other, and develop a better understanding of themselves and of each other

School Sports Partnership and the wider coverage

Wigton Moor is currently in the Carr Manor Partnership. This supports the range of activities that the pupils have access to as well as providing additional support. This includes sports festivals, tournaments and competitions. The partnership also helps to develop links with other schools and supports the transition into high school life. Wigton Moor run a football league, North Leeds Football League, that have a number of different school teams involved and play regular fixtures – more information on the school website.

Sports Pupil Premium



Please see the School Website for further and up to date information

<http://www.wigtonmoor.leeds.sch.uk/pe/sportspremium.pdf>

In addition the school website provided details of up and coming events and fixtures, details about the Sports Captains, recent events, information about our achievements and awards.

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