

KESTON CE PRIMARY

PE POLICY

Date: October 2020

Review: October 2022

At Keston we recognise that Physical Education (PE) is an important part of the school curriculum. It is valuable for developing physical skills, promoting health and fitness, leisure activities and also contributes to the development of social skills. Mr Hunnisett is our specialist sports teacher.

We aim to:

- promote health and fitness through a wide range of physical skills and activities
- ensure that all children are given equal opportunities and access to participate in and enjoy PE.
- fulfill requirements of the National Curriculum
- encourage individual achievement
- praise children's achievements
- develop team building skills through co-operative games
- introduce the idea of healthy competition individually and as a team member
- cope with a variety of outcomes and discuss them
- provide opportunities for the exploration and development of creative expression and aesthetic awareness
- link PE and leisure activities, providing experiences to support their development as independent learners both at school and at home

Objectives

To fulfill the aims it is necessary to:

- develop fitness through the teaching of sport inc games, gym and dance
- teach the rules needed to participate in various games
- reinforce and practise skills to develop competence
- develop cardio-vascular activity through dance and games
- promote a healthy life style by follow up work in the classroom
- develop stamina
- promote confidence through matching appropriate tasks to the abilities of the children
- explore creative opportunities in movement through dance and gym
- encourage children to discuss and appreciate what they are doing and understand why a particular activity has been introduced
- demonstrate and clarify the skills being learnt
- support children to identify and evaluate their own achievements and those of others
- teach children to recognise and follow safety procedures
- recognise and describe changes that happen to their bodies during exercise
- allow for pupils to plan and perform simple skills safely
- allow for pupils to review their work

Content

It is the responsibility of teachers and external coaches to plan and implement physical experiences for their class, in line with the National Curriculum and the sports vision of the school. The content of PE at Keston is based on the National Curriculum. Children may have extra coaching from specialists throughout the year such as cricket and tennis.

Strategy

Many skills are not linear therefore it is necessary to return to the same activity throughout the Key Stage. Continuity and progression are ensured through adapting apparatus, differences in learning outcomes and having high teacher expectation.

Time-table

Each class has a minimum of 30 mins for Dance, 45 mins for gym and an hour Games lesson per week. The hall, playgrounds and astro are available for PE.

Health and Safety

All staff and children should recognise and follow safety procedures.

These include:

- bare feet for gym and dance
- shorts and T-shirt
- long hair tied back
- no jewellery or earrings covered with micropore tape
- trainers for outside activities
- equipment tested by teacher before pupil use
- children taught to set out, check and use apparatus correctly and safely as is appropriate, involving them in recognising possible dangers
- each lesson to include warm-up and cooling down periods
- children to be aware of what to do in different emergencies

Fire - come down from apparatus (if relevant) and proceed to playground under teacher guidance

Accident - stop work, come off apparatus and sits with arms and legs folded

teacher to send for designated first aider

Staff should be aware of:

- asthmatic children : knowledge of procedure
- individual special needs, physical emotional, social
- fire and emergency procedures.

EQUAL OPPORTUNITIES

We recognise that our pupils bring with them a wide variety of behaviours influenced by life experiences outside school. We aim to respond to each case professionally, objectively and compassionately. We are sensitive when working with children and families with specific needs and experiences and we continuously seek ways to promote successful partnerships. The basis of differentiation will vary dependant on the needs of each case but we will take into account the views of parents, staff and external agencies together with any statement of special educational need or Education, Health and Care Plan. We will also ensure compliance with the Trust's equality policy taking into account pupils with protected characteristics and making reasonable adjustments for pupils with a disability within the meaning of the Equality Act 2010. This policy should be read in conjunction with the Trust's Equality Policy <https://www.aquinastrust.org/about/policies>.

To promote equality there should be balance between:

- indoor / outdoor activities
- competitive / non-competitive games
- individual achievement / team work
- traditionally male / female games
- integration/individual needs
- games, movement and music from a variety of cultures and sources.

Instructions are clearly given to ensure children understand the learning intentions.

Demonstrations help to explain activities to children for whom English is an additional language.

SPECIAL EDUCATIONAL NEEDS

Lessons should be adapted or modified according to the needs of child/children. Activities need to be planned to encourage full and active participation by all children, demonstrating their strengths and building on previous achievements. Children with special needs should be integrated as far as possible and supported in their efforts by adapting the apparatus layout to suit their need. We recognise the importance of advice that can be provided by outside agencies e.g. medical profession, physiotherapists, and will consult as appropriate.

ASSESSMENT, RECORDING AND REPORTING

Assessment is integral to teaching and learning. Records of children's progress and development are built up and kept in an individual Record of Achievement. In PE we assess children's abilities in games dance and gym.

Comments are made on:

- gross and fine motor skills
- enthusiasm and enjoyment
- creativity and aesthetic awareness
- ability to play simple games and follow rules
- ability to participate as a team member
- ability to plan, perform and review own work

By the class teacher:

- to ensure maximum learning and participation by all pupils
- to ensure National Curriculum coverage
- to ensure progression and continuity for children in own class
- to evaluate own teaching

By the sports teacher:

- to ensure progression and continuity across the Key Stage
- to ensure balance of activities and experiences
- to ensure equal opportunities
- to ensure effectiveness of the taught curriculum
- to manage PE budget inc the Sports Grant
- to provide Schemes of Work

Data Protection Legislation

As a result of the Trust's statutory responsibility, the Trust will receive personal data, some of which will be sensitive personal data. The Trust processes personal data in accordance with the data protection principles embodied in the General Data Protection Regulations (GDPR) and the Data Protection Act 2018 (DPA). The Trust complies with the requirements of the data protection legislation as detailed in the Trust data protection Policy.

All staff are aware of the principles of data protection and will not process personal data unless necessary. The Trust safeguards the personal data it collects through the operation of the Trust's data protection policy and processes and the IT policy. In addition, the Trust and the relevant academy has taken steps to ensure that all its contracts that process data have the GDPR compliant provisions.