



St Hilda's C.E. Primary School

Physical Education Policy

2023

At St Hilda's Church of England Primary School, we nurture children to become respectful British citizens and achieve their potential. Together we unite to discover, value and develop the aspirations of each individual within a trusted, caring community.

Teach me knowledge and good judgement for I trust your commands. Psalms 119:66

St Hilda's CE Primary School is committed to meeting the needs of each individual especially those identified in the 2010 Equality Act. All protected characteristics are recognised, accepted and embedded in all areas. These include: disability; gender reassignment; marriage and civil partnership; pregnancy and maternity; race; religion or belief; sex; homosexual, bi-sexual, trans-sexual.

Aim

Whilst taking part in a broad range of physical activity, children will be given the opportunity to develop a positive attitude towards physical activity and competition for sustained periods of time during lessons, break times and after school. They will develop their understanding of the importance of exercise for their health and will be encouraged to excel in a broad range of activities by developing physical competence and confidence. They will learn how to select and apply skills, tactics and compositional ideas to suit activities that need different approaches and ways of thinking. Children will develop their social and moral values and will be actively involved in evaluating their own performance and the performance of others. Importantly, children will participate in activities at their own level and will be challenged to extend their skills and knowledge learnt from previous years to achieve their full potential.

Intent

St Hilda's is located in one of the country's most deprived areas. Statistics for the Oldham borough from 2019 show the proportion of adults who are overweight is higher than the national average and rates of diabetes are increasing. In relation to this, adults' activity levels in Oldham are lower than the national average and last year, Coldhurst had the highest level of childhood obesity in Year 6 pupils across the Oldham borough. Similarly, our school Obesity Report for 2020 showed that 19% of our Reception children and 40% of our Year 6 children were deemed overweight or obese, with the higher percentages being in the obese category. Using these statistics as our driving point, our intent at St Hilda's is to provide our children with a rich PE curriculum full of sporting opportunities that allow children to reach their full potential. We want to teach children the importance of leading an active and healthy lifestyle, that goes beyond the boundaries of the school gates, while developing key life skills around team work, aspiration, determination and self-belief. Using local data intelligence, we will try to find some sporting events that are of high interest to the local community, trying to involve both parents and children in our journey as well as promoting the use of the daily mile as a tool to promote the health and wellbeing of our children.

Implementation

Through high quality teaching during PE lessons, children are exposed to lessons that both promote and progress their basic fundamental skills which can be applied across a variety of different sports. Children develop their own personal core values allowing them to compete against their own personal best and also in a competitive manner if desired. To support with this, we have implemented the use of the Power of PE Scheme of work to ensure key fundamental skills are developed right from the beginning in Early Years and Infants all the way through to Year 6, where children will be applying these skills in a wide range of sporting activities. A range of sporting competitions will be accessed via the Hathershaw Cluster that will vary across both ability levels and competitiveness. High quality sporting and physically active opportunities will be offered to children both internally and externally via clubs, visitors and targeted activities.

Impact

Children will have a love and desire to be physically active, providing them with the necessary active lifestyle that can be continued through secondary school and into their adult life. Children will have the self-belief and determination to achieve or take part in a range of sporting activities. The progression of skills acquired through the scheme of work will demonstrate the children have an increased level of physical participation within a wide range of sports. The lead will also work with the school's Sports Ambassadors to ensure children are involved and have an active voice in the development of any physical activities and equipment stock checks within school. The lead will also have a very active role in making sure School Games Mark guidelines are being adopted and are embraced throughout the whole academic year to ensure an array of opportunities are available for our children.

Organisation

Every child completes 2 hours of PE time per week (1 indoor and 1 outdoor lesson). One Year 5 class has swimming lessons for half a year, with the remaining Year 5 class going for the second half of the year. Children cover 6 different skill sets / themes with all year groups covering gymnastics, dance, team building, athletics, and sports-based games. The EYFS, Year 1 and Year 2 Scheme of Work also promotes the development of key fundamental skills which play an integral role in children taking part in sport-based games successfully. All year groups will also cover a 'Health Related Exercise' topic to encourage children to develop a healthy attitude towards being physically active both at home and in school.

Staff use the new Scheme of Work related to the topic they are covering with a minimum requirement to teach the learning objectives and meet the year group specific outcomes by the end of the year. This ensures a progression of skills is acquired by each child as they progress through school. Lessons can take place in the school hall and on both outdoor playgrounds including using the MUGA (multi-use games area)

for ball and net games. There are 2 Daily Mile tracks, one on the infant playground and one on the junior playground, which have different activity stations located at points around the trail. Early Years and Year 1 also have access to a Trim Trail in the infant playground to encourage Physical Development skills like balance, co-ordination and strength, as well as promoting perseverance, confidence and self-esteem within the children.

PE Kit

Indoor PE Kit

- **Boys:** white t-shirt, black shorts, black pumps or bare feet;
- **Girls:** white t-shirt, black shorts (black leggings if preferred), black pumps or bare feet;

Outdoor PE Kit

As above or:

- **Boys:** grey, navy or black tracksuit;
- **Girls:** grey, navy or black tracksuit;

Points to Note

- Single sex changing rooms are provided for Year 5 and 6.
- **ear studs that cannot be removed must be taped up**
- Long hair must be tied back securely.
- Children must remove pumps and socks for indoor gymnastics sessions.

Swimming Kit

A Parent Guidelines Letter to be distributed prior to the start of any class starting swimming lessons each year.

- **Boys:** trunks or swim shorts;

Shorts must have a lining and be no longer than mid-thigh. Long baggy shorts can cause drag resistance and in certain circumstances are unsafe.

- **Girls:** 1-piece costume;

Close fitting leotards and footless tights may also be worn where normal swimwear is not appropriate for religious/ cultural reasons. Burka swimsuit is acceptable but it must be tight fitting and hood removed.

Points to Note

- All jewellery, religious artefacts and symbols must be removed because of the potential danger to the wearer and other users. The only exception to this rule is a medical alert / ID bracelet, which can be covered by a sweatband.

- All children with long hair are required to wear a swimming hat to ensure hair is kept out of the face of the swimmer.
- No goggles are to be worn by any child unless otherwise agreed if there is an underlying medical condition.

Teaching Staff

- Accompanying adults may wear own flip flops on poolside or cover outdoor shoes with shoe coverings provided at the leisure centre.
- It is advisable that staff accompanying swimming lessons wear appropriate clothing in the event that they need to perform a poolside reach and rescue.
- Any staff members assisting in the water must wear shorts and a t-shirt on top of their usual swimming attire. Loose jewellery items are to be removed if they are at risk of being caught by another person / child in the water.

Teaching Staff Kits

- When teaching PE, staff must wear appropriate footwear as a minimum but are encouraged to wear suitable PE kit. Please ensure you change back into working clothes at the earliest convenience to adhere to the school's dress code policy.
- Please ensure any jewellery which may cause harm to yourselves or others has also been removed.

Forgotten Kit (Children)

- If it is known that a child has forgotten their kit at the start of the day, a telephone call home should be made by office staff to ask if the child's PE kit could be brought into school
- If a child fails to bring their kit for more than one consecutive lesson, then parents must be informed by a phone call home.
- Uniform worn by St Hilda's children is suitable for other physical activities that happen during break and lunch times, including the Daily Mile; therefore children are able - **and must still take part** - in the lesson providing suitable footwear is worn. Jumpers are removed for indoor PE sessions as well as removing socks / tights and shoes for any gymnastics or dance sessions.

Assessment

Teachers assess children's attainment at the end of the year using the Year Group End Points document. This highlights clearly whether a child has achieved, exceeded or has not yet achieved certain end points. This valuable information will provide teachers for the following year with an idea of where to start teaching PE and any skills gaps that may need to be addressed. Yearly swimming outcomes are provided by email from the School Swimming Service.

Equality Impact Assessment

No children are disadvantaged in PE at St Hilda's. Reasonable adjustments are used to enable all children to access and enjoy PE lessons. A lift ensures any child in a wheelchair or those who have reduced mobility, can access both the school hall as well as the outdoor playgrounds, via the Nursery outside door. While teachers set high expectations for all pupils, they use appropriate assessments and pupil specific information to incorporate challenge for all groups, including;

- more able pupils;
- pupils with low prior attainment;
- pupils from disadvantaged backgrounds;
- pupils with SEND;
- pupils with English as an Additional Language;

The new scheme of work provides three levels of challenge that can be adopted during the lesson which increase in difficulty. Staff also have access to lower year group lessons to help to develop fundamental skills if these are more appropriate for a child.

Monitoring and Evaluation

There is regular monitoring and evaluation of this policy's success. A yearly monitoring and evaluation cycle will consist of the PE lead carrying out lessons observations, subject monitoring afternoons and listening to children's voice. The lead will also work with the school's Sports Ambassadors to ensure children are involved and have an active voice in the development of any physical activities and equipment stock checks within school. The lead will also have a very active role in making sure School Games Mark guidelines are being adopted and are embraced throughout the whole academic year to ensure an array of opportunities are available for our children. The PE lead is responsible to devise and evaluate a yearly action plan as well as being involved with the Sports Premium action planning alongside the Head Teacher.

Professional Development

Senior leaders offer regular opportunities for staff to access professional development opportunities if they feel they have the need. The PE coordinator offers regular 'drop in' sessions to support staff and organises staff training in areas staff feel less confident to teach (using external agencies ensures staff skills are kept relevant and up to date). All staff should feel supported to teach P.E successfully regardless of previous P.E experience.

Health and Safety

In accordance with the safeguarding guidance from the Keeping Children Safe In Education, the health and safety of our pupils and staff is paramount at St Hilda's. All staff complete annual safeguarding and child protection training and are aware of the importance of safeguarding the children in our care. Children

changing clothing for the PE lesson and because of the type of clothing they wear, teachers may detect signs of neglect and / or abuse. All staff know how to report any concerns to the Designated Safeguarding Lead. In addition to this:

- Classroom First Aid kits are taken to the PE session or are easily accessible for the First Aider and any inhalers / EpiPens are taken with the child to their lesson.
- Staff teaching PE sessions are responsible for taking the class laminated register with them to assist with head count in the event of a fire alarm.
- Any equipment and playing areas should be checked by the teacher before the PE session and children should be informed of any potential hazards at the start of the session.
- Care and safe practice should be taken when moving any heavy or bulky P.E equipment or in the getting out/ returning of equipment to store cupboards. **All staff must play an active role in ensuring stock cupboards are kept tidy to maintain high levels of safety.**
- Yearly safety checks are made by an external company on the large gymnastics apparatus in the hall. Any concerns should be passed to the PE Lead or the School Business Manager (Olivia Khatun)
- Detailed risk assessments are carried out for trips or visits to sporting competitions. In addition, children are encouraged to be reflective about matters of their own health and safety. All staff at St Hilda's are regularly trained in First Aid and there is an appointed Health and Safety Officer on site.

To be ratified by the Governing Body on Monday 13th March 2023