



# Cherry Tree Primary School

## Physical Education Policy

March 2017

At Cherry Tree School we believe it is vital to promote physical activity to develop pupils' skills and abilities, and to develop and foster positive attitudes towards exercise and leading a healthy lifestyle.

### **Aims:**

- To promote the importance of keeping fit and taking regular exercise.
- To promote the link between having a healthy lifestyle and general wellbeing.
- To encourage pupils to find imaginative solutions to various challenges that they encounter in different areas of activity.
- To work and play with other pupils in pairs and small groups.
- To encourage pupils to practise, develop, assess, improve and refine their skills and performance in movement and co-ordination.
- To enable pupils to make judgements about their own and others' performances and to use this information effectively.
- To ensure safe practice and instil a concern for the safety of others.

### **Planning:**

- The Foundation Stage will plan using the Early Years Foundation Stage Development Matters Framework.
- Key Stage 1 and 2 will plan on a medium term basis in accordance with the new National Curriculum. This will ensure continuity and progression. Two hours of PE per week will be planned for.
- Cross curricular links will be made where appropriate.

### **Assessment and reporting:**

- Class teachers will make continuous assessments and use these to inform future planning.
- Parents will have the opportunity to discuss their child's progress at consultation evenings.
- Pupils' progress will be reported on in the end of year report.
- At the end of the year teachers will complete the PE assessment to ensure all levels are given.

### **Sports Premium:**

The school is currently receiving sports premium money every year from the government. This sports premium funding is designed to help primary schools improve the quality of the PE and sport activities they offer their pupils. The subject leader will determine how the sports premium money is to be used, and will report to the Leadership Team and the Full Governing Body on the effectiveness of the provision at least annually. This report will then be published on our school website.

### **Monitoring**

- The Subject Leader will monitor teachers' planning, assessments, displays, conduct lessons observation or learning walks and conduct pupil interviews.
- The Subject Leader will review and audit PE resources.
- The Policy will be reviewed every two years.

### **Health and Safety**

- At all times pupils will be taught and will develop knowledge of safe practice.
- Where necessary the staff will consult the 'Safe Practice in Physical Education' handbook.
- Staff need to be aware of any medical conditions that could affect pupil participation
- Staff will use well developed observation skills and be aware of the onset of fatigue in activities such as swimming, gymnastics and sustained running.
- Staff should stand in a teaching position to ensure safe performance of tasks by individuals and groups.



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- Children will be expected to wear the school PE kit (black shorts and a red t-shirt, may wear jogging bottoms and jumper in the winter), no loose clothes that compromise pupil safety should be worn e.g. clothes that could snag or catch on equipment and cause injury.
- Footwear should be fit for purpose and have effective grip and support for outside work and games. Bare feet can be used for gymnastics and dance, pupils should not participate in socks on polished surfaces.
- There should be sufficient time for adequate warm up before strenuous exercise. Cooling down at the end of the session should include gentle stretching of muscle groups in the activity undertaken.
- No staff or child will move any equipment that it is unsafe for them to do so.
- Children should be taught how to use the equipment correctly and how to manage and handle apparatus in a safe and responsible manner.
- Four pupils may need to carry mats according to their size and strength and the weight of the mat.
- Mats will be used in gymnastics to provide an area where floor-work may be practised and as 'target area' for controlled feet first landings from a height. Each mat should be placed with a specific purpose in mind, associated with developing confidence.
- When children are jumping they must be taught to absorb their body weight effectively by flexing at the knees and hips on impact.
- Mats are **NOT** to be used in association with climbing frames or rope. Mats should never be used to protect against the foreseeable outcomes of poorly developed skills or put where they may encourage some pupils to work beyond their capabilities. It is essential that pupils fully understand this as well as the protective limitations of mats so the pupils do not develop a false sense of security. Pupils are not to jump down from the ropes or the climbing frame.
- Sprint racing should be limited to 80-100m for upper KS2.
- Jumping for height should be restricted to feet-to-feet jumping styles.
- By the end of KS2 each child will have been taught to swim 25m at Woodside Leisure Centre; see Hertfordshire Guidance.

### SEND

- All pupils, irrespective of any special need, have an entitlement to a meaningful and fulfilling PE lessons. Class teachers will ensure that their lessons include differentiated activities to suit the skills and abilities of pupils in their class.
- Class teachers will do this through: task, outcome, pupil groupings, additional support and equipment.
- Any concerns about a pupil's physical development will be discussed by the class teacher with the pupil's parents and the SENCO.

### Equal opportunities

- All pupils will have the same access to Physical Education activities regardless of their gender, race or cultural background.

### Computing

- Where possible pupils will have the opportunity to use computing to support their learning.

### Resources

- Teaching materials are stored in the staffroom.
- Most of the PE equipment is in the store cupboard in the school hall (this is only accessible for staff).
- Site facilities: football pitch, field, basketball pitch, netball pitch, playground with various markings, outdoor climbing frames and MUGA.

