



**Lytham C.E Primary School**  
**Physical Education and School Sport Policy**



<b>Policy Leader:</b>	Mrs. N. Bailey
<b>Policy adapted:</b>	September 2016
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Our Mission Statement underpins this policy which is

'To inspire everyone in our school family to be the best they can be within our caring Christian community'



## Rationale

Physical activity not only improves health, reduces stress and improves concentration, but also promotes correct physical growth and development. Exercise has a positive influence on academic achievement, emotional stability and interaction with others. We provide the broad and balanced programme of physical education we believe every child should have; with activities designed to be enjoyable, purposeful and regular. Through providing positive experiences, a lifelong interest in physical activity is encouraged. The range of physical activities is wide and includes athletics, dance, games, gymnastics, swimming amongst others. A high-quality programme is designed to satisfy the needs, abilities and interests of all individual children.

At Lytham C. E. Primary School, each class will receive 2 hours of physical activity per week. All classes are timetabled to have two Physical Education lessons per week. The lessons will contain elements required by the National Curriculum:

KS 1 pupils should be taught to:

- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities;
- participate in team games, developing simple tactics for attacking and defending;
- perform dances using simple movement patterns.

KS2 pupils

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Pupils should be taught to:

- 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 performances with previous ones and demonstrate improvement to achieve their personal best.

## Aims

1. To promote a healthy and fulfilling lifestyle by developing self-motivation to take part in physical activity outside school as recreation:

- by developing a positive attitude and interest in a wide range of physical activities.
- by raising awareness of issues regarding Health Related Fitness.

2. To contribute to the physical development of each child: size, strength, fitness, speed, gross and fine motor skills.

3. To contribute to the intellectual development of each child:

- aesthetic appreciation and understanding of Dance and Gymnastics.

4. To help establish the individual child's self esteem and confidence. To develop social skills (co-operating in groups, playing fairly to rules, mixing with children from other schools).

5. To ensure that all children have access to competitions in a range of sporting areas.

6. To ensure every child has the opportunity to take part in breakfast and after school sports clubs and other physical activity that is outside of and extra to their PE lessons.

## **Guidelines**

Lytham C. E. Primary School will:

- Follow a broad and balanced PE curriculum fulfilling the demands of the New National Curriculum.
- Aim to ensure every child moving on to secondary school can swim 25m and has basic water skills.
- Ensure all children have the opportunity to represent Lytham C. E. Primary School in a competitive sports fixture during their primary education.
- Aim to develop the fitness of the individual, by ensuring a good pace in lessons and incorporating fitness activities into physical education lessons as appropriate (and in other subject areas, e.g. Maths of the Day, fitness data in Science).
- Develop programmes that meet the needs of all the children, providing equal opportunities – inclusion of SEN and physical disabilities.
- Involve the outside community where possible - e.g. AFC Fylde, Wyre and Fylde Sports Partnership, Local teams and clubs such as Green Drive Golf Club, Lytham Cricket Club.
- Co-ordinate our safeguarding policy with all outside agencies.
  
- Ensure children wear the Lytham C. E. Primary School P.E. kit for all lessons/competitions/events. Also, encourage teachers to change into appropriate clothing to teach PE lessons.
- Differentiate for children with disabilities and medical conditions, considering children with special needs, through modified and mini versions of games and practices.
- Provide enjoyable experiences, where positive attitudes of sensitivity, co-operation, competition and tolerance may develop.

## **The P.E. Curriculum**

## **Curriculum Framework**

Teachers should use the curriculum framework as a starting point when planning their work in Physical Education. The progression of skills (KLiPS) for each area of PE has been devised to show progress across and within year groups, using 'I can' statements.

## **Time Allocation**

Government stipulates all children should have a "Five hour offer" of PE and Sport. This is: 2 hours of PE lessons per week in curriculum time, an additional 1 hour through clubs and extra-curricular activities on the school site and a further 2 hours through a mixture of school and community/club organised sport. Each class is timetabled two sessions in which they have priority of access over hall or playground. In addition, children will participate in active lunchtimes with the use of AFC Fylde to boost participation and engagement in physical activity. Children will also benefit from active learning strategies – e.g. Maths of the Day, Go Noodle and mindfulness strategies between and during lessons.

## **Schemes of Work**

The class teachers can plan from a variety of sources including the Lancashire County Council Scheme of Work and the LCP Scheme of Work for PE.

## **Individual Lessons**

Individual lesson plans may be taken directly from available resources and adapted to suit the class. If the class teacher is confident he/she may choose to plan the lessons in their entirety. This is, in many ways, preferable, but teachers should ensure they plan to the weekly learning intentions of the unit of work. This will ensure logical progression throughout the unit of work and means skills will not be taught in isolation and there is a clear end objective. This objective may be realised explicitly in the final lesson. For example, teachers will conclude each unit with their differentiated core task for assessment taken from the Lancashire Scheme of Work.

## **How PE teaching is monitored**

PE is monitored annually. The Subject Leader looks at planning and will observe lessons. When appropriate it is also possible that the P.E. Subject Leader will seek the support of a specialist to evaluate areas of the curriculum such as gymnastics. We actively seek the recommendations and feedback of physiotherapists and occupational therapists working with the school. Teachers CPD is monitored and supported with the use of external coaches from AFC Fylde and Lancashire County Council through the Wyre and Fylde Sports Partnership.

## **Health and Safety**

### **PE KIT**

In the interests of safety and hygiene, teachers must insist on children changing into the following kit for PE lessons. This will ensure consistency and avoid confusion for the

children:

**Games and Athletics:** Shorts and T-shirt for indoors lessons in the halls (track-suit bottoms and sweatshirts should only be necessary in the playground on a cold day). Properly fitting trainers or plimsolls.

**Dance and Gymnastics:** As for Games but bare feet.

**Swimming:** Swimming costume/trunks, goggles on arrangement with parents/carers.

**Outdoor Activities:** Generally as Games, but otherwise clothing appropriate to the activity.

## **General Points**

- Teachers should also wear appropriate clothing.
- Jewellery must be removed (including earrings).
- Children should bring a note if they are unable to participate through illness or injury. Staff should be vigilant if a pattern of non-participation is established for a variety of reasons (including child protection issues – CPOMS may be appropriate as a record of this).
- Children not going swimming through illness or injury should stay at school with another class.
- In all other PE lessons, children not participating should remain with their class: helping in the lesson or doing PE related work.

## **Children Without Kit**

At the beginning of each term parents will be informed by letter of PE kit requirements and they will have the opportunity to discuss any serious reservations with the Head. A child who has forgotten their kit should first be reminded by the teacher. If it is an ongoing problem an informal conversation with the parents would be appropriate – spare kit can be borrowed if necessary.

## **Accidents**

Any accidents that occur during PE lessons or school sport activities should be dealt with by a Trained First Aider – in line with school medical policies.

## **Medical Conditions**

It is the responsibility of the teacher to take note of any medical conditions of individual children in their class (such as asthma, diabetes or epilepsy) so they can participate safely and as fully as possible. It should be noted that cold dry weather will exacerbate breathing problems for asthmatics and they should have their inhalers at hand if necessary.

## **OTHER ISSUES**

Swimming sessions have been risk assessed - which all staff have been made aware of. The premises have been risk assessed by the site manager. All playgrounds and halls (including apparatus) will be safety checked annually and before and during lessons. Equipment is dealt with below.

## **Equipment and Resources**

### **Safety**

Small equipment is checked by the subject leader on an ongoing basis. If any defect is found in any of the PE equipment this must be reported immediately to the PE leader and taken out of use. Children should be made aware of safe handling of the PE equipment and should be taught the established methods of carrying Gymnastics apparatus (to ensure consistency throughout the school).

### **Locating equipment**

Gymnastics equipment for all classes is kept in the hall. Core Games equipment is kept in the PE cupboard in the hall. EYFS physical development equipment is stored in their outside area and also within the PE cupboard.

### **Ordering Equipment**

Any new equipment required, can be ordered through the PE leader. The PE and Sport premium funding is used to purchase new equipment to be used during playtimes and in PE lessons.

### **Inclusion**

Inclusion in Physical Education means that all children have access to and are given confidence in the 6 activity areas, regardless of race, gender and ability. We should aim to create an environment in which all children learn to respect and value each other and each other's interests.

### **Recording and Assessment**

Class teachers and the PE leader will assess and monitor using the KLiPS documents. The following criteria should be taken into account and questions answered:

- Pupil record of participation.
- The overall physical skill and ability of the pupil.
- The ability of a child to select an appropriate response to a task.
- The ability to appreciate and evaluate the performances of self and others.
- How well the child interacts with other members of the class. Does he/she: co-operate, dominate, and withdraw?
- Is the child motivated and enthusiastic?
- Does the child have any particular aptitudes or talents?
- What work has the class covered in the year?
- Has the child any specific problems which need to be addressed?

### **Other Issues**

#### **EXTRA-CURRICULAR SPORT**

Lytham C. E. Primary School is fully committed to providing extra-curricular sporting opportunities. These include:

- Clubs (breakfast and after-school) available to all age groups and in a range of activities.
- Competition against other primary schools in a wide range of sports through local school arrangements.
- Friendly matches against other schools/groups.
- Exhibiting work. For example a dance performance in assembly or attendance at a gymnastics festival.

## **LINKS WITH OTHER AGENCIES**

These include:

- Participation in local sports leagues (Wyre and Fylde Sports Partnership and Sports Committee) with other primary schools.
- Visits to outdoor education centres.
- Liaison with the local School Sport Games Co-ordinator – Lee Cadwallader.
- Liaison with PE Advisor – Glenn Swindlehurst.
- Links with and support from AFC Fylde.

## **STAFF TRAINING**

- The PE co-ordinator will have access to specific training to support and develop their role.
- All staff will be encouraged to attend courses and review resources alongside the PE co-ordinator.
- The PE co-ordinator will have a program of team-teaching set out through the year to support staff – using AFC Fylde Level 2 coaches for this. This will be targeted to newly qualified teachers, new staff and in areas where existing staff feel unconfident.
- Staff INSET time PE training: assessment procedures.