

PE POLICY

DATE PALM STATEMENT of INTENT

At Date Palm our vision is for the School to ensure our pupils grow like a Date Palm tree – with **strong foundations, lofty branches and produce fresh fruit:**

- ✓ To build **Strong Foundations for Character Development** that:
Instil values; inspire each pupil; display best manners.
- ✓ To have **Lofty Branches of Educational Excellence** that will:
Provide a broad and varied range of experiences and learning opportunities; help each pupil progress and develop in all aspects; support their skills and talents.
- ✓ To produce **Fresh Fruit that provides services to their Communities** in order to:
Become responsible and confident citizens; make a positive difference; commit to charitable endeavours; become effective contributors towards Britain’s future.

Reviewed by	Position	Signature
Saira Karim	Assistant Head	
Zara Rehman	External Governor	

Reviewed: April 2022
Next review date: April 2025

Teaching and Learning of PE Policy

Introduction

This policy outlines the teaching, organisation and management of the Physical Education Curriculum at Date Palm Primary School. The implementation of this policy is the responsibility of all the teaching staff and should be read in conjunction with:

- Health & Safety Policy
- Positive Handling Policy
- Safe Practice: in Physical Education, School Sport and Physical Activity 2020

School Policy and the National Curriculum

The National Curriculum states:

“A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.”

The national curriculum for PE aims to ensure that all pupils:

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives.

Intent

Our Curriculum has been designed to ensure each and every child can 'live life in all its fullness'. With this purpose in mind, our PE curriculum plays an integral part in our pupils' education.

At Date Palm, we believe that the subject inspires all pupils to success and excel in physically-demanding activities and helps them to become confident in a way which supports their health and fitness throughout their life. We aim to use physical education to teach the children to be resilient, hardworking and to have self-discipline. We develop the knowledge and skills necessary for mental, social and physical wellbeing, which is key for a successful future for our children.

Implementation

At Date Palm Primary School, pupils participate in weekly, high-quality PE and sporting activities. In these lessons, we incorporate a variety of sports and skills to ensure all the children develop in confidence, tolerance and appreciate their own and others' strengths and weaknesses. Our purpose is to ensure that all pupils follow a healthy lifestyle that includes a good level of physical activity and an understanding of what is needed to keep themselves healthy, physically and mentally.

Teacher's Role

- The curriculum is mainly delivered by class teachers. PE lessons consist of:
 - Warm up and stretches
 - Skills development e.g. Physical/motor/ball skills/teamwork/creativity
 - Incorporating gymnastics, dance, games, athletics
 - Cool down and stretches
 - Feedback provided throughout the lesson
- Teachers use their professional judgement and use of formative assessment to ensure a flexible approach is adopted which recognises the need for pace of learning. Activities are differentiated using the STEP model (by changing any one of the following):
 - S – SPACE used (make it bigger or smaller)
 - T – TIME given (to achieve goal or keep going)
 - E – EQUIPMENT used (e.g. change to a smaller/larger ball)
 - P – PEOPLE involved (group size)
- CPD is available where possible for staff who need to improve their understanding of the PE curriculum.
- Trained specialists deliver some aspects of the curriculum such as swimming and outdoor activities.

Health & Safety

Teachers refer to 'Safe practice in PE and School Sport' guidance to ensure that risks to physical safety is minimised. Pupils must wear appropriate clothing for indoor and outdoor activities. P.E. equipment is regularly checked, audited and replaced to ensure it is safe to use.

Regular lessons are necessary for children to be able to develop awareness, skills and responsibility. Agreed routines and safety principles for different activities need to be understood and practised by both teachers and pupils. Appropriate behaviour needs to be taught, established and reinforced with the pupils. Pupils need to learn the reasons for changing into appropriate clothing and footwear.

Each teacher (including support staff present in the lesson) is a role model and should demonstrate their good practice with regards to safety. They should be in an appropriate position for observation and intervention, usually on the edge of the activity. Teachers should have

sufficient knowledge of the subject matter to plan and set tasks that avoid unnecessary hazard to the body.

The teacher should ensure that the working environment is free of danger e.g. stool, furniture or equipment, wet playgrounds, large puddles, mud and slippery grass. Teachers should ensure that there is adequate lighting, ventilation and heating to enable pupils to work safely.

Lessons should all begin with an appropriate warm-up in order to prevent injury. Pupils should be taught the elements of a warm-up and become increasingly responsible for this section of the lesson. The importance of warming down should also be developed. They should aim to develop positive attitudes in pupils, towards their own safety and that of others.

There are occasions, particularly in gymnastics, that 'support' may be required. The law in respect of child protection has implications here – thus staff should adhere to the school's positive handling policy.

Staff should follow the school's procedures in the event of emergencies. When working off site there must be clear, effective procedures for contacting the emergency services. The carrying of a mobile phone is recommended. Any accidents that take place during PE should be reported according to the school's policy.

P.E Kit

In the interest of health and safety appropriate kit should be worn for P.E. activities. Acceptable kit is that which presents no risk of injury to the wearer or other pupils and details of our policy are outlined below.

Indoor clothing

- Plain navy T-shirt,
- Grey/navy tracksuit bottoms
- Trainers
- Children must have bare feet for gymnastics unless they have medical reasons not to.

Outdoor clothing

- Plain navy t-shirt
- Grey/navy tracksuit bottoms
- Trainers
- A jumper may also be worn at the discretion of the teacher.

All teachers must ensure that children tie long hair back; fingernails are appropriately short to prevent injury to themselves or others and personal effects including jewellery have been removed.

Handling Apparatus

- Apparatus should be stored consistently and always returned to the same place.
- Apparatus needs to be easily accessible for all children.
- Children are taught how to lift apparatus correctly. They should know:
 - ✓ never to touch apparatus unless instructed to do so by the teacher
 - ✓ how many children should be holding it
 - ✓ where they have to grip the apparatus
 - ✓ To carry apparatus – never drag it across the floor
 - ✓ To have knees bent, back straight and head up ready to lift. They must walk when carrying the apparatus
 - ✓ Only to lift when everyone is ready. When ready lead child to say ‘one, two, three lift’ and when it is in place ‘one, two, three down’
 - ✓ When the apparatus has been positioned, children must sit on the floor to await instructions
- Always have plenty of children lifting the apparatus.
- Avoid walking backwards when carrying the apparatus. The apparatus should be pointed in the direction of its destination and children should carry it facing in the same direction.
- Mats should be put out last and put away first; this will avoid children tripping over the mats as they carry the apparatus.
- Finally, when ready to use the apparatus, teachers should go over safety guidelines with the children.

Staff CPD

All staff should take part in professional development to ensure secure subject knowledge, awareness of health and safety procedures and up to date knowledge. Staff should be comfortable and competent in the area of activity being taught. Staff should indicate where they feel they need support so that appropriate support can be given by either the subject leader, or through INSET.

SEND: Inclusive PE

In line with the School’s Inclusion Policy each child has an equal entitlement to all aspects of the PE curriculum and to experience the full range of physical activities. Therefore, in delivering PE, care will be taken to ensure that all needs are met through greater differentiation of tasks.

Impact

In order to assess the impact of the PE curriculum we assess pupils' attainment against the National Curriculum at the end of each term. Records are kept on an assessment tracker. Achievement is reported to parents at the end of the academic year as part of formal reporting procedures.

Leadership

The Head, in consultation with the PE subject leader and SLT:

- Embrace new initiatives and support the implementation of whole school approaches
- Manage the provision and deployment of resources
- Encourage and support colleagues
- Manage the health and safety element of PE
- Co-ordinate the evaluation and review of the school's PE policy.