



Stanah Primary
School

Physical Education Policy

Prepared by: M. Harrison

Updated: September 2023

Intent:

At Stanah we believe that sport and PE is a vital part of every child's education and well-being and at least two sessions per week are dedicated to physical activity in the curriculum. All children will participate in regular physical activities which are in a safe and supportive environment. We aim to provide all children with a wide range of sporting opportunities both during school and in after school clubs. We believe that physical education and sport contribute to holistic development of young people and through participation of sport and physical education, young people learn more about key values such as teamwork, fair play and respect for themselves and others. Through Stanah's high quality physical education programme, our students will become physically literate and develop the knowledge, skills and motivation necessary to equip them for a healthy, active lifestyle and lifelong participation in physical activity and sport.

Objectives at Stanah we will achieve our aims by:

- To carefully plan and teach an inclusive, broad PE curriculum by the class teacher, swimming teacher or other coaches employed for that purpose.
- Participate and develop physical competency in a wide range of physical activities that provide appropriate challenge and acceptable risk.
- Build confidence and resilience to try hard and make progress across all activities.
- Enjoy learning in and through the subject across the domains of physical skills, creative thinking skills, and social, personal and leadership skills, and apply those skills across their wider learning and beyond school.
- Be highly motivated and understand how to plan, organise and lead their own healthy, active lifestyles as well as influence those around them.
- Develop their physical well-being through increased stamina, strength and suppleness, and recognise the positive impact on their emotional well-being and health from engagement on physical activity on a regular basis.
- Be involved in learning about risk management, and their responsibility in this, in order for them to participate independently in physical activity later in life.
- Providing a range of equipment and resources and professional development for the effective teaching of PE and experience of the pupils.
- Ensuring a fair and firm timetable for all classes because of the need to use the hall or outdoor space and equipment.
- Listening and responding carefully to the needs of our children and regularly assessing how schemes of work are progressing.
- Offering the pupils, the chance to self-evaluate and set personal targets, through support and encouragement to achieve their full potential. Every child should have a feeling of success.

Implementation:

All pupils are entitled to a progressive and comprehensive physical education programme that embraces current Statutory Orders of the national curriculum. At Stanah we follow Lancashire County Council approved plans which takes into account individual interests and needs.

Our curriculum will provide activities to promote a broad base of movement knowledge and skills, placing students in cooperative, collaborative and competitive situations that aim to cater for the preferences, strengths and needs of every pupil. Pupils will work independently in pairs and in groups to develop their creative and expressive abilities. Through the delivery of the PE curriculum, pupils will be encouraged to appreciate the importance of having a healthy body and begin to understand the factors which affect health and well-being. It is inclusive, and every pupil has equal access irrespective of their age, gender and cultural and ethical background.

In EYFS, teacher should:

- Plan activities that offer appropriate physical challenges and provide sufficient space outdoors and indoors to set up relevant activities.
- Give time for students to use a range of equipment and whenever possible, teach half the class in each session.
- Provide resources that can be used in a variety of ways and support specific skills.
- Introduce the language of movement to pupils along with their actions.
- Provide time and opportunities for students with physical disabilities or motor impairments to develop their physical skills, working alongside other professionals such as physiotherapy or occupational therapy.
- Use additional adult help, if necessary, to support individuals and encourage independence in physical activities.

During Key Stage 1- Students will be taught knowledge, skills and understanding through dance, gymnastics and games activities.

Key Stage 2- Pupils will have access to all components of the National Curriculum Programme which includes; athletics, dance, games, gymnastics, outdoor and adventurous activities and swimming.

Pupils have access to a broad and balanced curriculum at Stanah. A copy of the long term curriculum map from Year 1 – 6 is attached as Appendix 1.

Stanah values regular and frequent lessons to develop children's skills and abilities. In the event of a session not being completed an alternative arrangement would be made. These include class based activities around the planned activity or rescheduling the activity for another day.

On no account is PE used as a section.

Impact:

Stanah Primary School buy into the Lancashire PE Passport App. This tracks our participation and collects evidence across all year groups from curriculum PE sessions. Collecting this data, we act upon pupils who are inactive at extra curriculum clubs or not on track to be Age Related against the year group objectives.

At Stanah we expect photographic or video evidence to be collected for each child during each topic. This evidence is to be used to support the judgement against the objectives at the end of each topic.

Curriculum Planning:

All lessons will be planned and structured in contribute to the safe learning situations. Good practice equals safe practice. In the planning stage, we think about the sessions provided by Lancashire Council and think through the following process:

- What we want pupils to learn and what learning will take place.
- Is the learning experience safe?
- All pupils learning needs are assessed against the scheme of work we use. Safe practice is embedded in the learning process and implemented in every lesson.

At Stanah Primary School, all staff teach PE and extra curriculum activities not only to develop and maintain pupil's skills and understanding of the subject but also because the staff know their pupil's personal, social and health needs and make appropriate cross curricular links wherever possible.

Our plans, unit data and extra curriculum participation registers are all stored on the Lancashire PE Passport App which can be viewed online or through the school iPads and Login. These are regularly monitored by the subject lead.

Lessons are adapted to suit the class and pupil needs and learning objectives and outcomes are adapted to suit appropriate learning and are made clear to the pupils. Staff will conduct their own risk assessment before, during and after each session to ensure maximum safety for all pupils in the school.

Each session will include a warm up and col down which are relevant to the main activity, learning environment and weather conditions. Pupils will learn about the importance of these aspects and different components of fitness. All pupils will be physical activity for sustained periods of time in every lesson.

Swimming takes place at Stanah in Year 4 during the Summer 1 and Summer 2 Term and then continue in Year 5 during the Autumn 1 and Autumn 2 term. Lessons are planned and provided by the pool provider's swimming instructors and teachers will assist and support the sessions. The instructors will provide assessments at the end of each term and deliver a session, in school, on water safety.

Time Allocation:

Stanah Primary School deliver PE throughout the whole day and a timetable showing when each year group's sessions is displayed on our school website. All class have at least 2 hours of PE each week over 2 different sessions. All teachers will seek opportunities to develop the learning through a cross curricular approach.

Leadership and Management:

The subject leader is responsible to the head teacher and will ensure that the following tasks associated with the role are considered and carried out where appropriate:

- Develop good classroom practice.
- Managing the budget and sports premium based on the needs identified though monitoring and evaluation of the subject, staff audit and the whole-school development plan.
- Ensuring the website is up to date with allocation of the sports premium and its impact.
- Auditing and reviewing any equipment to ensure it is safe and fit for use.
- Attending courses and developing CPD of other staff members.
- Monitoring classroom practice and planning, auditing needs for continuing profession learning to ensure high quality delivery and impact on the children is achieved.
- Carry out risk assessments
- Create contacts beyond school and the local community.
- Keeping up to date with and implementing any national, employer and SSP developments.

Teaching and Learning:

The organisation of PE in the school promotes learning through physical activities and sport. Lessons are blocked in units of work that are age appropriate and aim to promote physical skills and competency, a greater depth of understanding and application of these skills and the ability to perform reflectively.

The structure of Lancashire PE developmental scheme of work will promote teaching and learning as it provides both continuity and progression. This scheme of work specifies progression of fundamental movement skills and sport skills, knowledge and understanding.

The delivery of each unit will be adapted by individual teachers to provide appropriate challenge for all students, to extend those who are more able and provide appropriate levels of support in order for all students to make progress.

Monitoring of Standards of Teaching and Learning:

Subject monitoring and evaluation will be carried out by the subject leader with support from the school leadership where appropriate. The following strategies will be used to evaluate standards:

- Observation of teaching and learning, including support staff and coaches to identify strengths and development.

- Assessment of student progress and achievement
- Pupil interviews
- Self- evaluation of subject

Additional sports premium funding will be used to support Subject Leader to be out of class.

Assessment and Recording:

Pupils' work will be assessed throughout each unit using formative and summative assessment. This will be recorded on the Lancashire PE APP or our whole school O'Track Data. Student progress will be monitored by the class teacher who will use these methods to set targets based on strengths and weaknesses.

Safety, Dress and Equipment:

Stanah Primary School follow the PE guidance provided by the Association for Physical Education (afPE). This is a comprehensive guide to safe practice and managing risk in PE and will be referred to regarding any aspects of health and safety. A copy of the current edition of the afPE Safe Practice in PESSPA is located with the Subject Lead.

Stanah Primary School fully supports and follows the procedures identified in the PE–safe practice in PE and School Sport and supported by Lancashire. It is stressed in all PE lessons that both children and teacher have the correct attire appropriate to the proposed activity.

Personal effects (e.g. jewellery, religious adornments, watches, hair slides, belts, hearing aids, spectacles) constitute a hazard if worn while participating in physical activity and should be removed beforehand. This means that all earrings must be removed no matter what the activity. Any child with newly pierced ears will be found another task to do within the lesson, linked to PE, e.g. the writing down of results, taking photographs, judging etc. Exceptions to the rule of removing all personal effects should be closely managed and discussed with the class teacher. Girls will remove tights. Long hair to be tied back and with a suitably sort item to prevent entanglement in apparatus and to prevent obscuring vision. Pupils should be encouraged to have unbreakable lenses if they wear glasses.

Disclaimers from parents about the wearing of any items of jewellery by a student will be declined. Such indemnities have no legal status. The duty of care remains firmly with the school on such matter.

The kit recommended by the school for gymnastics, dance, athletics and games is the Stanah blue Tracksuit pants, their house colour top and blue Hoodie with school badge. No variations of the school tracksuit will be accepted. Children may attend school in their tracksuit on their PE days. Children are to come into school in their school uniform if tracksuit is not owned. In summer children may wear navy or black shorts with their coloured house top. Trainers are to be worn with children's tracksuits. Children will complete dance and gymnastics with bare feet. If a child has a medical issue involving their feet, children may complete activity in shoes, if a parent or carer has made the class teacher aware. Staff will also wear appropriate clothing for PE sessions. On rare occasions, if this is impractical or difficult, a change of footwear at the very least should always be undertaken. For classroom based movement activities e.g. wake and shake or brain breaks, it is acceptable for children to be in their school uniform

School competition kit is available to pupils chosen for school teams. Parents and pupils are asked to return the kit in a good, clean condition as soon as possible after the match. Pupils will not be asked to undertake any PE activity without the correct safety equipment e.g., football shin pads.

Children not attending school in their tracksuit change in the classroom under the supervision of the class teacher however, Year 5 / 6 will offer separate changing arrangements for the girls and boys.

The health conditions of each child should be known by the teacher, both temporary or long term and any immediate medication should be easily accessible, see Medical Policy.

Transport to matches and sporting events is usually provided by parents who have rear seat belts in their cars, booster seats as necessary and insurance. Staff may offer to travel with children and will have the relevant business insurance on their car. Permission is sought from parents of children involved. Emergency contact numbers are then taken to matches/competitions. All PE consists of warm up and cool down sessions to prevent accidents. However, in the event of an accident the teacher will send a child immediately for the Head teacher or another member of staff. A first aid kits are accessible from all areas of the school and are taken away to sporting events. First Aiders will regularly maintain these kits.

Equipment and Resources:

The majority of equipment is stored with a lock and key in the KS2 PE cupboard and outside hut and in the KS1 hall cupboards. The suitability of equipment is regularly reviewed to ensure it is appropriate to the range of ages, abilities and need if the children.

Students are encouraged to

- Look after resources
- Use different resources to promote learning
- Move equipment in the correct manner after modelled by an adult.

Any damaged, breakage or loss of resources are reported to the subject lead as soon as possible. Any piece of apparatus where damage is observed that could cause injury or harm will be isolated and not used.

Appropriate storage of equipment and apparatus should always be supervised by the class teacher. A recognised company checks gymnastic apparatus annually and their recommendations are strictly adhered to.

Achievements Excellence in PE is celebrated in display and performance including:

- Participation in sporting competitions, notably football, High 5 netball, athletics, rounders and swimming.
- Discussing and celebrating participation in sports matches during superstar assemblies.
- An Annual Sports Day event involving all pupils.
- Presentation of swimming / sporting certificates achieved through school
- Display of winning trophies and photographs in school

Special Educational Needs / Inclusion at Stanah Primary School:

Pupils with special needs can develop confidence and express their feelings through PE. Physical activities provide excellent opportunities to develop fine and gross motor skills. All pupils should be fully involved in the lessons according to their ability. We operate an Inclusive Policy; therefore, pupils with Medical needs will be supported appropriately.

Professionals and PE:

Stanah Primary welcomes professional sports coaches both during the school day and for extracurricular activities. The school ensures all visiting sports providers have current qualifications in their chosen sport, have suitable insurance and have been police cleared (DBS) for working with children. Parent volunteers will also be subject to the same checks. Outside organisations (e.g. Taekwondo) who operate as Independent Service Providers who hire our facilities during school holidays and out of school hours and where parents have paid for a service are subject to their own public liability insurance and safeguarding procedures. Stanah School accepts no responsibility for such clubs.

Equal Opportunities:

All children at Stanah School have equal access to the PE curriculum. Recording and Assessment. The whole PE programme will be constantly monitored and reviewed primarily by the Subject Leader in conjunction with the teaching staff. Reporting to parents consists of a Parents evening and a written annual report. Informative summative assessment is carried out through teacher assessment when applicable both by staff and outside coaches. Assessment takes place in all lessons and the core tasks are assessed at the beginning of a new activity and assessed again at the end of the series of progressions. This allows for progress to be monitored and pupil progress is clearly identified.

IT and PE:

Where appropriate opportunities should be made for IT to enhance the PE curriculum. This could be videoing a dance lesson, taking digital photographs or even using the tape recorder. There are a few web sites available for use within the classroom linked to physical activity.

Resources:

There are no classroom resources for PE, all are held centrally either in the Hall or in the school shed. The PE Subject Leader is allocated a budget with which to purchase replacement / new items.

Swimming Policy:

The teaching of swimming at KS2 is a statutory requirement for all schools. This means that the school is required under education law to teach swimming but also that parents must ensure that they give their children full access to the swimming curriculum. It is also an important life skill that all children must learn.

Swimming Activities and Water Safety:

Pupils should be taught to: a) Pace themselves in floating and swimming challenges related to speed, distance and personal survival b) Swim unaided for a sustained period of time over a distance of at least 25m c) Use recognised arm and leg actions, lying on their front and back d) Use a range of recognised strokes and personal survival skills (for example, front crawl, back crawl, breaststroke, sculling, floating and surface diving).

Swimming Arrangements at Stanah Primary School- Year 5 continue their swimming lessons at the start of the academic year for the first term. After the Christmas Break Year 4 go swimming for the final 2 terms and complete their 3rd term once in Year 5. This giving all pupils a full year of swimming sessions. All lessons are held at Poulton Swimming Baths and take place every Tuesday Afternoon. The first class leaves school at 1:15pm and arrives back around 2:30pm. The 2nd class leave school at 2pm and arrive back at 3:15pm. The pupils are transported to and from Poulton Baths by a hired coach. The classes are accompanied by 2 members of school staff. The lessons are led by a qualified instructor provided by Poulton Baths (YMCA). School staff support the teaching of groups and a lifeguard is present pool side in case of emergency.

Attendance:

All parents must ensure that their children attend all allocated lessons. As swimming is a statutory part of the National Curriculum, parents do not have the right to withdraw their children from this, unless the children has a Statement of Special Educational Needs. Children are encouraged to be independent and responsible in terms of organising their swimming kits and ensuring the correct equipment is brought to school. Children who forget their swimming kits will be required to remain at school and undertake additional studies involved with swimming and water safety, English or Mathematics. There may also be some sanctions in accordance to the school's behaviour policy and parents will be informed regarding incorrect equipment being brought to school.

If a child is unwell or cannot attend swimming lessons for a particular reason, then a phone call or written/verbal notification to the office must be provided to the school before the swimming lesson is due to take place. If no written notification is received by 9.30am then the child will be taken to Poulton Baths and will take a full and active part in the lesson. Parents of children returning from an illness that would prevent them from swimming or with ongoing

medical concerns which would prevent swimming from occurring for 2 weeks or more must provide the school with medical evidence of the illness/medical condition. This should be in the form of a Doctor's letter stating the medical grounds and why the child cannot attend swimming.

Equipment and Goggles:

Children will need to bring with them a towel and swimming costume. Boys must wear swimming trunks and not board (surf) shorts. Girls must wear a full 1-piece swimming costumes and not halter necks. Swimming caps must be worn. The school follows the advice from the ASA and the STA, which is as follows: Children do not wear goggles during swimming lessons. However, it is recognised that for some children, medical or associated reasons necessitate the wearing of swimming goggles in order to participate and in these cases parents/carers should: Complete the appropriate reply slip of the swimming goggles letter, ensuring they sign both reply slips as one is retained in school and the other held by Poulton YMCA. Only purchase goggles that meet British Standards Ensure that the goggles fit the child correctly. Ensure the child has received adequate instruction, prior to participation, as to the fitting and adjustment of the goggles. Be aware that teachers will not be responsible for the fitting of goggles to the children. Parents will be informed by letter if their child fails to have their own swimming kit in school.

Changing: The children will change in the changing rooms at Poulton Baths. Children wearing stud earrings will be asked to remove them before being allowed to swim. Parents should teach their child/children to remove stud earrings unaided or leave the earrings at home on Tuesdays. No food or drink may be consumed in the changing rooms or on route to Poulton YMCA. No talcum powder or aerosols are allowed in the changing rooms.

Behaviour, Health and Safety: Poulton YMCA is a place of work and should be treated as a classroom with the same rules regarding behaviour. The swimming instructor has overall responsibility for the teaching, discipline and safety of the children. All other adults on the poolside during a session must defer to their authority. When the whistle is blown, there should be silence in the pool and surrounding area. There must be NO running, jumping or diving. If rules are not followed and behaviour on the coach, in the changing rooms or in the pool do not meet the high standards expected of all children at Stanah Primary School then children may be withdrawn from a future lesson and will be subject to the school's behaviour policy.

Swimming is an important life skill and should be encouraged by all

A selection of P.E. Equipment is kept in school:

Gymnastic mats & Climbing Equipment

Balancing tables & Horse Boxes

Brown benches

Coloured benches x 4

Netball and bibs & Competition Kit

Football kits- x 2 goalie Kits

Large sponge balls

Small sponge balls

Medium sponge balls

Airflow balls Small

Tennis balls

Rugby balls

Rubber quoits

Kwik cricket sets

Badminton net, rackets and shuttle cocks

Skipping ropes – rope

Batons

Small, Medium, Large hoops

Plastic hurdles

Real tennis bats & Net

Beanbags

Cones and markers

Outdoor and adventurous activities Parachute and parachute toys

Football goals small

X 4 Netball metal posts

Rounders posts, Rounders bats, Rounders balls

Handballs

Unihoc sticks and balls

Sports day – sacks and equipment scramble net Playtime equipment

In the light of recent Government curriculum change and future changes to the Lancashire PE Scheme of Work further alterations may occur.

School Sport Premium:

The Sport Premium was introduced during the academic year 2013-2014 and has continued to be received annually. It has had a very positive affect on pupils' confidence and sporting progress and ability. An update of the funding uses, and impact can be found on the school website. Records are maintained for all pupils in the school showing the extracurricular clubs they have attended and the activities in which they have represented the school. A large improvement in attendance of sporting clubs and representation of the school has been seen through new initiatives and activities offered through the Sport Premium. Case studies of pupils have shown how representing the school has boosted self-belief and confidence and this has seen class-based work improve as the confidence and new self-belief have helped lift their academic ability

Our PE and Sport link governor is A. Pogson.

Renewal Date: September 2024

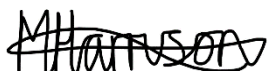
Policy Agreed by:

Head Teacher:

Date:

Subject Lead: M. Harrison

Date: 9th November 2023


A handwritten signature in black ink that reads "M. HARRISON". The signature is written in a cursive style with some overlapping letters.

Governor:

A. Pogson

Date: 10th November 2023

Next Review Date : September 2024

Year One	Year 1 FMS - Rolling a Ball	Year 1 Gymnastic Activities 1	KS1 - Y1 Dance – Toy Story	Year 1 FMS - Underarm Throw	KS1 - Y1 Athletics	Year 1 FMS - Overarm Throw
	KS1 - Y1 Dance – Three Little Pigs	Year 1 FMS Baseline Unit - Lost and Found	Year 1 Gymnastic Activities 2	Year 1 FMS – Catching and Bouncing a Ball	Year 1 FMS Baseline Unit – Supertato	KS1 Y1 FMS - Zog
Year Two	KS1 - Y2 FMS Bounce Ball	Year 2 Dance Activities - Once Upon a Giant	Year 2 Gymnastics Activities 1	Year 2 - Games - Net and Wall	Year 2 - Games - Striking and Fielding	Year 2 FMS end of KS1 Assessment
	Year 2 Games - Piggy in the Middle	KS1 - FMS - Supertato	KS1 - Y2 FMS Playground games in the 20th Century	Year 2 - OAA - The Great Outdoors	KS1 - Y2 Athletics	KS1 FMS Kicking Unit
Year Three	Year 3/4 OAA - Trust and Trails	Year 3/4 Creative Games - Tag and Target	Year 3 Invasion Games - Netball	Year 3 Invasion Games - Rugby	Year 3 Invasion Games - Handball	Year 3/4 Striking and Fielding Games - Rounders
	Year 3/4 Dance - Rock and Roll	Year 3 Gymnastics Activities 1	Year 3/4 Games - Net and Wall Unit Core Task 1	Year 3 & 4 Health Related Fitness	Year 3/4 Athletic Activities	
Year Four	Year 4 Invasion Games - Basketball	Year 4 Gymnastic Activities 1	Year 4 Gymnastic Activities 2	Year 3/4 Games - Net and Wall Unit Core Task 2	Swimming - Summer 1	Swimming - Summer 2
	Year 3/4 OAA - Team Work & Problem Solving	Year 3/4 Dance - Sparks Might Fly	Year 3/4 Creative Games - Tag and Target	Year 4 Invasion Games - Handball	Year 3/4 Athletics Activities	Year 3/4 Striking and Fielding - Cricket
Year Five	Year 5/6 Invasion Games - Netball	Year 5 Orienteering	Year 5 Gymnastic Activities 1	Year 5/6 Invasion Games - Hockey	Year 5/6 Athletics	Year 5/6 Striking and Fielding - Rounders
	Swimming - Autumn 1	Swimming - Autumn 2	Year 5/6 Dance - Earthlings	Year 5 Gymnastic Activities 2	Year 5/6 OAA	Year 5/6 Invasion Games - Rugby 2
Year Six	Year 5/6 Dance - Heroes and Villains	Year 6 Gymnastic Activities 1	Year 5/6 Invasion Games - Netball	Year 5/6 Invasion Games - Hockey	Year 5/6 Striking and Fielding Games - Cricket	Year 5/6 Striking and Fielding Games - Rounders
	Year 5/6 - Creative Games	Year 6 Gymnastic Activities 2	Year 5/6 Badminton	Year 5 Orienteering	Year 5/6 OAA – Teambuilding	Swimming - Summer 2