



# Physical Education and Sport Policy

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April 2018

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Review Term: Spring 2021

## Physical Education

### Rationale

At Fielding, we believe that PE can create a great platform where our children can develop many of the school values which can help lead them to being happy and successful students. In PE, we use the SPORT acronym to refer to 5 key values; Self-belief, Perseverance, Optimism, Resilience and Teamwork.

We also know the impact regular physical activity has on a person's physical, mental and social well-being. Research has shown that taking part in regular physical activity can help to improve health, reduce stress and improve concentration, which can all positively influence our children's academic achievement across the curriculum. As such, we believe that the importance of high quality PE lessons should not be underestimated and should be a key part of our children's education.

### Curriculum Aims

PE at Fielding is planned to ensure that we meet the aims of the National Curriculum. As such our key aims are 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.

### PE Timetable

At Fielding we provide children from Reception to Year 6 with up to 2 hours of PE every week. All PE at Fielding is taught by a qualified Primary PE Specialist Teacher or Primary Specialist Sports Coach. At the beginning of each school year the PE Teacher will publish on the website a curriculum map detailing what will be taught in PE during each term.

In Reception, PE consists of lessons aimed at developing Physical Literacy and Fundamental Movement Skills.

At Key Stage 1, PE develops to include more focus on Gymnastics, Dance and Heath and Exercise in addition to non-sport specific games lessons.

Finally, at Key Stage 2, games lessons start to focus more on specific sports, whereas Gymnastics, Dance and Health and Exercise develop in complexity and intensity.

## **Teaching and Learning**

In order to ensure that we meet our curriculum aims, all PE lessons will contain the following elements;

- Clear Learning Intention and Success Criteria, given to children at the start of every PE lesson.
- Progression of activities from warm up/introduction to skill development to game/performance.
- Appropriate challenge for children of all abilities.
- Sport/Dance/Gymnastics specific vocabulary appropriate to lesson.
- Opportunities for questioning to develop understanding.
- Opportunities for feedback and reflection where appropriate.

## **Swimming**

All children in Year 4 are given swimming lessons at Gurnell Leisure Centre by fully trained instructors. Children are encouraged to swim using recognised strokes, developing technique, speed and stamina. They have the opportunity to gain certificates for swimming various distances, water skills and water safety.

## **Assessment**

Children are assessed in PE against a set of aims and objectives for each area of study. The aims are organised into developmental levels so that pupils and teachers can clearly see the progress that they make in PE as they go through their school careers.

In Key Stage 1, this assessment process happens without much input from the children but is recorded by the PE teacher and then goes towards end of year reports.

In Key Stage 2, the assessment criteria for each area of study is shared with the children at the start of each half term. Children are encouraged to read through the objectives so that they can see how progression can be made and asked to set themselves an attainment goal. Children are then assessed on a best fit basis depending on which objectives they are able to meet in the different developmental levels.

In Reception, children are assessed against the physical development points on the Early Learning Goals in collaboration with class teachers.

## **Intra-School Sport**

At the end of every half term, every child from Year 1 to Year 6 takes part in an intra-school Constellation Tournament as a culmination of that half terms learning. As with PE lessons, in Key stage 1 the competitions are not sport-specific but include a range of competitive activities which encourage the children to use the skills they have been developing over the half term. In Key Stage 2, the competitions are sport specific where children take part in competitive sport while representing their constellation. In Year 3 and 4, the rules of the game are often slightly modified to make the games easier for the children to access whereas in Year 5 and 6 the games are in line with those used at inter-school competitions.

Children earn points for their constellation during these tournaments based on performance, attitude and work ethic. The points are added up across Year groups so that after all Year groups

have competed we have an overall winner each half term. These points are then added up throughout the year so that at the end of the year we are able to crown one constellation as Constellation Cup Champions.

This means that over the course of the school year, every child will have taken part in at least 6 competitive, intra-school Constellation tournaments with the final one being a sports day.

## **Sports Day**

At the end of each year of competitive intra-school sport, children will take part in a traditional sports day/athletics day with each year group competing on a different day during Sports Week.

As with every other Constellation tournament, children earn points for their constellation with the aim of being crowned champions.

## **Behaviour**

As with other subjects in the curriculum, the school behaviour policy is adhered to in all PE lessons. As such, we focus on the good and bad choices that children make within lessons and encourage children to understand the consequences of those choices. Expectations are high in PE and so staff adopt a positive and assertive approach, where clear boundaries are set and enforced consistently, fairly, calmly and firmly.

Please refer to the 'Behaviour for Learning' Policy for more detail.

## **PE Kit**

All children should attend school on the day that they are timetabled to do PE already wearing their PE kits. Official Fielding PE kit is compulsory and consists of;

- Fielding blue PE T-shirt
- Dark grey/Black jogging bottoms/shorts
- Fielding blue Fleece/Jumper/Cardigan
- Dark grey/Black trainers

In the event of cold weather, children are permitted to wear hats and gloves during outdoor lessons. Scarfs or snoods are not permitted. Coats are permitted only with permission of the PE Teacher/Sports Instructor when weather is particularly cold.

All children with long hair must have hair tied back so that it doesn't obstruct vision for all PE lessons. Children must not wear any watches during PE lessons. Children must remove or cover all jewellery during PE lessons.

## **Accidents/Injuries/Illness/Medical**

Each class should have their class first aid box with them for every PE lesson. Any Epipens/inhalers/medication required by children in each class should be inside the first aid box.

PE staff are qualified first aiders and will deal directly with minor first aid issues in lesson. If children require further attention they will be sent to the School Welfare Assistant.

Children with minor bumps and bruises will be encouraged to continue to take part in the lesson where appropriate.

In the event of any injury above the shoulder, the school's 'Head injury procedures' will be followed.

In the event of any major injuries, the PE staff will perform first aid and stay with the child whilst awaiting the School Welfare Assistant or member of SLT. Emergency services will be called immediately if deemed necessary.

In the event of an accident resulting in injury, parents and class teacher will be informed and it will be recorded on MARS via Laser.

If a child visits the School Welfare Assistant, the nature of their visit will be recorded.

In the event of any child needing to use an inhaler or epipen, parents will be informed and the child will be monitored in school. Emergency services will be called immediately if deemed necessary.

With regards to illness prior to a PE lesson, in most cases it is expected that if a child is feeling well enough to be in school they are well enough to take part in all lessons, including PE.

## **Inclusion and Equality**

All pupils have the right to access a broad and balanced PE curriculum, which meets the specific needs of individuals and groups of people. As such lessons will be adapted where appropriate to ensure that children with SEN, disabilities, EAL or G&T are still able to make progress within lessons and throughout a unit of work. This will be achieved through effective lesson planning, a reflective approach to delivery and using support staff and adapted equipment where necessary.

Children who cannot in the short term be physically active such as those with injuries or long-term illness etc. should be involved in the non-performance aspects of the activity. This could include working with individuals or groups to evaluate progress towards learning intentions of lessons, officiating in tasks or games or analysing activities or tasks within the lesson.

## **External Providers in PE**

Fielding often uses external providers to assist in the delivery of curriculum PE or Sports Clubs. To ensure activities remain safe and to a high standard these staff should:

- Provide recent DBS to school office
- Be qualified or working towards a national recognised qualification for the appropriate sport/activity.
- Adhere to the Physical Education and Sport policy at all times.

## **Sport**

### **Inter School Sport**

Competitive sport is very important at Fielding as we strive to ensure that all of our children take part in competitive sport through our Constellation tournaments in PE lessons. However, we feel that it is very important to recognise the difference between intra school sport (within a PE lesson or school setting) and inter school sport (representing the school against other schools). We make it clear that every single child has the same opportunities to represent the school in competitive sport, regardless of gender, race, ethnicity, social or cultural background etc. However, selection for competitive squads is based mainly on ability, attitude and behaviour shown during trials (where trials are possible). The PE Teacher or Sports Instructor make this judgement, sometimes in collaboration with external coaches where that is appropriate. In instances where trials are not possible, selections will be made based on ability shown during PE lessons.

## Going off site

Prior to going off site with pupils, either to competition or other PE or Sport related trip the PE Teacher will ensure the following;

- Risk assessment has been completed and signed off prior to leaving school.
- Every child has signed consent form (either hard copy or electronic) from parents stating permission to leave school.
- When travelling via parent's cars, explicit consent from parents of all children must be obtained that they are permitted to travel in another parent's car. Children must travel on an appropriate car seat.
- All parent volunteers who will be alone with children (e.g. driving a group of children) must have DBS check completed through Fielding.
- Drivers of cars must have a full UK driving license, tax and insurance, this information will be collected from the driver in advance.
- Group leader has list of names of pupils, including emergency contact numbers, medical conditions and pick up arrangements.
- School office has the same list of names, including emergency contact numbers, medical conditions, pick up arrangements, address of visit, contact number of group leader.
- Group leader informs the school office of any changes regarding arrival time back in school. Where possible parents will be updated via laser or schools Twitter page.

## The Governing Body

Governors will monitor the implementation of the PE & Sports policy through its Pupil and Achievement committee, and the PE & Sports grant through the Resources Committee. Link governor visits will review the PE & Sports strategy and its impact during school visits.