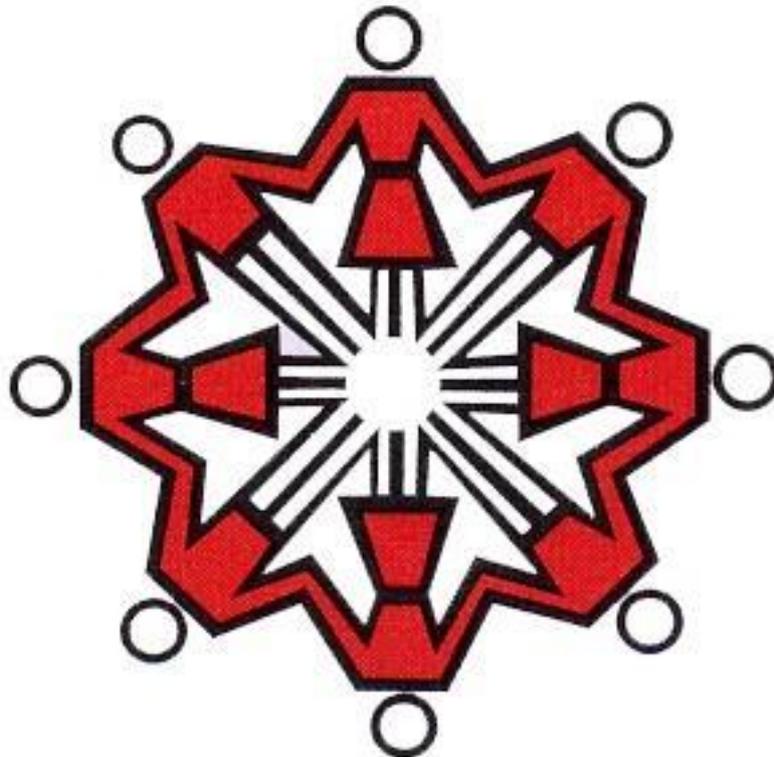


# ST BENEDICT'S PRIMARY SCHOOL

## PHYSICAL EDUCATION AND PHYSICAL ACTIVITY POLICY



## Policy for Physical Education at St. Benedict's Primary School

St. Benedict's Primary School is a Rights Respecting School and the United Nations Convention on the Rights of the Child is at the heart of everything we do.

"Enjoying our rights and fulfilling our dreams"

We believe that by understanding their own rights, children learn to respect and value the rights of others.

We aim for our children to be:

- Ambitious-To have a strong desire to achieve
- Resilient- To have the ability to withstand and bounce back from difficult life events
- Respectful- To behave in a way that shows you care about your own rights and the rights of others, the local and global community and environment.

The following articles underline our Aims;

Article 3

"The best interests of the child must be a top priority in all our actions."

Article 29

"Education must develop every child's personality, talents and abilities to the full. It must encourage the child's respect for human rights, as well as respect for their parents, their own and other cultures and the environment."

We provide a curriculum that offers a range of opportunities for pupils to improve their mental health and wellbeing, promotes physical participation, enables pupils to fulfil their physical and emotional potential and allows pupils to become physically confident supporting their health and fitness.

We aim to provide this through;

- building self-confidence and esteem
- learning to cooperate as a team
- displaying leadership skills
- motivating and enthusing children to be actively involved
- being proud of our achievements
- providing quality opportunities for children outside of school time
- ensuring a safe and stimulating environment
- promoting fair play and respect.

We intend for our pupils to develop a lifelong love of physical activity and competitive sport. We aim to help ensure a positive and healthy physical and mental outlook in the future and help our pupils to develop essential skills like leadership and teamwork.

### SCHOOL VISION

At St Benedict's Primary School our vision is to ensure that PE plays an important role in the development of our children. By providing a broad range of opportunities we aim to improve the health and wellbeing of

all children, to promote active participation of all and lifelong learning for each child to fulfil their physical development.

We aim to provide this through:

- building self esteem
- learning to co-operate as a team and displaying leadership skills
- motivating and enthusing children to be actively involved
- being proud of our achievements
- providing quality opportunities for children outside of school time
- ensuring there is a safe and stimulating environment
- promoting fair play and respect for others.

## AIMS OF POLICY

All staff have a responsibility to help pupils to establish and maintain lifelong habits of being physically active. Promoting a physically active lifestyle among young people is paramount because:

- of the positive impact on mental and physical health and how it can help increase students capacity for learning.
- Physical activity has substantial health benefits for children including favourable effects on endurance capacity, muscular strength, body weight and blood pressure.
- Positive experiences with physical activity at a young age help lay the basis for being regularly active throughout life.

Therefore, this policy promotes practices within the school to reinforce our vision, and to remove or discourage practices that negate them.

## OBJECTIVES

- To participate in at least 1 hour of curricular P.E (2020 – 2021) in which a broad and balanced programme is provided.
- To ensure P.E planning shows links to the 4 strands of P.E (Acquiring and developing skills, Selecting and applying skills, Evaluating and improving performance and Knowledge and Understanding of fitness and Health) and to the 10 outcomes of High Quality P.E.
- To make sure there is training for staff and all those involved in teaching P.E.
- To provide a range of extra curricular activities and ensure the views of the children, parents and staff are considered when choosing them (when appropriate 2020 – 2021).
- To manage the use of outside agencies to help with the running of clubs, workshops, activities etc (when appropriate 2020 – 2021).
- To promote the celebration of sporting events (when appropriate 2020 – 2021).
- To promote inclusion
- To encourage children, parents and staff to keep fit in daily life by encouraging walking to school and healthy eating.
- To encourage Early Years staff to participate in physical activity by taking an active part in daily Wake and Shake routines.

## PROVISION OF PHYSICAL ACTIVITY AT ST BENEDICT'S PRIMARY SCHOOL

Physical Activity at St Benedict's Primary School is provided through the following:

- School ethos
- Physical Education lessons

- Active lessons
- Extra curricular physical activity
- Travelling to and from school
- Before school, break and lunchtime activities
- Afterschool clubs

## STAFF DEVELOPMENT

The PLT along with the head teacher is responsible for identifying training needs within the school and organising any relevant training opportunities for the whole school staff. Training may be carried out by PLT or by other training providers. The PLT also has the responsibility to keep up to date with current initiatives and relay this information to all staff through training days and INSET sessions.

Teachers are responsible for teaching their own class for PE although some specialist teachers may be used to teach particular areas of the curriculum e.g. Dance.

NQT's receive training on P.E throughout their NQT year and this is provided by the PLT. New staff receive an induction where they are asked to familiarise themselves with the policy and reminded of Health and Safety issues.

## CURRICULUM

At St Benedict's Primary School, we provide a P.E programme which is broad, balanced and fully inclusive suiting the needs of all the pupils. We strive to achieve 1 hour of curriculum time for P.E each week (2022 – 2023). The school uses 'Complete PE' as a basis for planning P.E. Teachers are advised to assess against National Curriculum objectives using the complete PE assessment tools.

The curriculum plan for P.E is carried out in 2 phases: long term and short term.

The long-term plan maps out the P.E covered in each term during the key stage. This is provided by the P.E leader and gives links with the schools themes from Cornerstones.

Short term plans are provided by the class teacher or coach and accessible for all staff on the common drive. Each lesson provided step by step actions, resources, visual aids and differentiation points.

Progression sheets have been created to show the overall progression in the different areas of P.E.

All children take part in health and sport weeks throughout the year which enhance the skills taught in P.E. Some children will get the chance to go on residential breaks where physical activity skills are challenged further.

## FOUNDATION STAGE

We encourage the physical development of our children in the foundation stage as an integral part of their work. As part of the 'foundation stage' of the National Curriculum, we relate physical development of the children to the objectives set out in the Early Learning Goals, which underpin the curriculum planning for children aged 0-5. We encourage children to develop their confidence and control in the way they move and the way they handle tools and equipment. We give all children the opportunity to undertake activities that offer appropriate physical challenge, both indoors and outdoors, using a wide range of resources to support specific skills.

## OUT OF HOURS LEARNING

The school aims to provide a variety of clubs to a range of children in school. Out of hours learning (OOHL) is offered to children in the form of after school clubs and lunchtime activities. All non-school based professionals are checked for relevant qualifications.

The P.E leader is responsible for organising all physical activity OOHL and should ensure parental consent and registration procedures are in place. The staff leading the activity should be responsible for keeping a register of children attending after school clubs and ensuring health and safety measures are in place.

## ADULTS OTHER THAN TEACHERS (AOTT'S)

(Also see chapter 3 – Baalpe Guidelines 2020)

TA's with little or no initial teacher training should undertake appropriate professional development before being able to teach the full range of physical activities. The head teacher must be satisfied that all AOTT'S required to teach P.E are able to do so in a safe environment with a sound understanding of children's needs and development. See Baalpe Guidelines 3.1.8.

TA's should not take a full class for P.E on her/his own. If a teacher is not available there should always be 2 TA's at any time for a full class.

## SAFETY

At St Benedict's Primary School, all safety issues are referred to in Baalpe Guidelines 'Safe practice in PE' 2022. All staff must follow these guidelines and be aware of its relevance and implications. This document can be found with the P.E leader. If a staff member is unsure of any health and safety issue they should refer to the Baalpe Guidelines or discuss further with the head teacher. All final decisions should be made by the head teacher. Teachers should also familiarise themselves with the school 'Health and Safety policy'.

## APPARATUS AND EQUIPMENT

Annual equipment checks take place by a professional equipment engineer for all large fixed and portable equipment. Any small equipment found to be faulty should be discarded or removed. All staff should assess set up of equipment for Health and Safety issues or risks. Children should not be allowed to move large apparatus without supervision. See Baalpe guidelines for moving equipment. Mats should only be placed where the children are expected to jump or roll. Mats should not be placed around climbing equipment or under benches.

## APPROPRIATE P.E KIT

Children will wear P.E kits to school (t shirt, black jogging bottoms or leggings, trainers and school jumpers). Footwear should NOT be worn for dance or gymnastic activities inside. Outside, pumps or trainers must be worn. Headscarves should not be worn for P.E. No jewellery, hooped earrings, necklaces, bracelets, watches are to be worn in PE. Children and parents may remove jewellery themselves or the child may have to be excluded from P.E lessons.

## WAKE AND SHAKE – Early Years

Teachers should ensure children push their chairs fully under the table and the children are spaced well around the room. The classroom should be checked regularly for hazards and teachers should monitor sessions and join in at all times.

## FIRST AID

All staff should familiarise themselves with first aiders and how they can be contacted during physical activity sessions. First aid procedures should be followed during P.E lessons as well as play/lunchtimes.

## RESOURCE PROVISION

### FACILITIES

All P.E equipment can be found in the hall, clearly labelled. This equipment should not be taken outside for playtime or dinner time.

P.E leader is responsible for all P.E equipment but any resources that are faulty should be reported. If you find faulty resources it is your responsibility to remove it or report it.

Updated by: T.Noor

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