



# Physical Education Policy

Article 23 - You have the right to special education and care if you have a disability, as well as all the rights in this Convention, so that you can live a full life.

Article 24 - You have the right to the best health care possible, safe water to drink, nutritious food, a clean and safe environment, and information to help you stay well.

Article 29 - Your education should help you use and develop your talents and abilities. It should also help you learn to live peacefully, protect the environment and respect other people.

**Article 31-** You have the right to play and rest.

Nova Primary School Governor Information	
Model Policy	No
Local Changes	
Customisation*	
Originally Adopted	Autumn 2017
Last Review Date	
Next Review Date	Autumn 2018
* additions made to policy (eg local detail) but not a change to any policy structure	

History of most recent Policy changes – Must be completed

Date	Page	Change	Origin of Change e.g. TU request, change in legislation

At Nova Primary School we know that PE plays an important role in the development of our pupils. It can help children:

- Raise their achievement
- Excel in different areas
- Build self-esteem
- Learn to co-operate as a team and display Leadership skills
- Experience healthy competition - learn to cope with life's successes and defeats
- To be more responsible for themselves and others
- Develop a healthy lifestyle

Through PE children can develop Nova's values of: Trust, Friendship, Discovery and Success. We aim to encourage a lifetime love of sport and keeping fit and encourage children to be the best that they can be.

## **1. Aims**

### **Physical development:**

- To develop physical competence and confidence by acquiring and developing a range of fine and gross motor skills.
- To be aware of the different shapes and movements that can be made with the body.
- To develop knowledge, skills and understanding, and the ability to remember, repeat and refine actions with increasing control and accuracy.
- To promote fitness and a healthy lifestyle by understanding the effects of exercise on the body and the importance of developing strength, endurance and flexibility.
- To appreciate the value of safe exercising.

### **Social and emotional development:**

- To develop a love of physical exercise.
- To develop the ability to work independently and communicate with, and respond appropriately towards others using verbal and non-verbal communication.
- To develop confidence in their own skills and abilities.
- To promote an understanding of safe practice, and develop a sense of responsibility towards the safety of themselves and others.
- To realise that the right exercise for you can be fun and will give you energy for other things in life.
- To create and plan games and teach them to one another.
- To develop a sense of fair play.

### **Cognitive development:**

- To develop decision making and problem solving skills.
- To develop reasoning skills and the ability to make judgements.
- To develop an increasing ability to select, link and apply skills, tactics and compositional ideas.
- To develop the ability to communicate with others non-verbally using the body.

- To improve observational skills, the ability to describe and make simple judgements on their own and others' work, and to use this knowledge and understanding to improve their own performance.
- To understand that using the correct technique will improve accuracy and individual performance.
- To be able to evaluate performance and act upon constructive criticism.

### **Spiritual, moral and cultural development:**

- To develop a positive attitude to themselves and others.
- To experience a range of differing activities and realise that physical activity doesn't have to be about winning a competition - doing your best is as important.
- To be able to encourage others and give praise for their achievements so that when children perform they do not fear failure.
- To treat team members, the opposition and the referee with respect.
- To raise self-esteem through opportunities to celebrate sporting success

## **2. Our PE Curriculum**

At Nova Primary, pupils engage in two hours of high quality PE lessons each week. The medium-term planning document, kept on the school network, indicates the activities that children are involved in during each term. One lesson follows the REAL PE Scheme of work (skills based), while the other (games based) is planned by teachers using their knowledge of their pupil's abilities.

## **3. Daily Physical Breaks**

Every morning, each child has the opportunity to participate in 15 minutes of physical activity. This involves participating in the Daily Mile three times a week, (twice a week for KS1 children). On the days that children are not doing the Daily Mile, they spend their 15 minutes doing a variety of other physical activities.

At Nova, we believe that these 15 minutes of extra physical activity improves focus and concentration, behaviour in class, helps to maintain a healthy lifestyle, improves resilience and cardio-metabolic health and has the potential to raise attainment.

Pupils are required to change into a pair of appropriate shoes to run in. These need to be in addition to the shoes that they wear to school as there is a chance they might get wet.

## **4. PE Dress Code for Pupils**

It is expected that children wear the school PE kit during lessons. This includes:

- A green school T Shirt with the school emblem

- Plain black shorts
- Daps/ trainers – this is activity dependant but children should never take part in PE wearing just socks. It is recommended that when children take part in gymnastics this is in bare foot
- PE bag to store kit on pegs
- In outdoor PE lessons, when it is cold, tracksuits (no hoods) may be worn. No hats, gloves or scarves.

All items should fit comfortably, allowing for movement but not baggy as ill-fitting clothes can be dangerous.

Those who forget their PE kit will be required to wear spare PE kit. Spare PE kit will be provided by the school.

## **5. PE Dress Code for Staff**

Staff are required to change into appropriate clothing for teaching physical education or leading clubs and activities. There is a bare minimum requirement that staff should wear trainers.

## **6. Swimming Lessons**

As part of the National Curriculum, children should be able to swim at least 25m by the age of twelve. Therefore, swimming lessons are compulsory for all children. At Nova, children attend swimming lessons in Years 2 and 4, for half a year, with qualified swimming instructors. From September 2018 parents/carers will be asked to make a voluntary cost towards the transport costs of swimming.

There is an additional opportunity for Year 5 & 6 children who have not achieved 25m to attend these lessons.

### **Dress code:**

- Boys must wear trunks (not long shorts)
- Girls must wear a one piece swimsuit
- Swimming goggles and hats are recommended

## **7. Non Participation in PE Lessons**

Children only miss PE lessons on health grounds if this is requested by their parents /guardian either by direct contact with the school or in a note to the teacher/ PE Leader.

Children who forget their PE kit twice in a short term are reminded of the importance of PE and a letter is sent to their parents informing them that their child will be participating in PE and requires a PE kit.

## **8. Health and Safety**

As with all physical activity, it is important that certain procedures are followed to minimise the risk of injury. Detailed below is a general outline of safe practice in PE more detailed, subject specific guidelines can be found in the 'Safe Practice: in Physical Education, School Sport and Physical Activity' document.

- Appropriate clothing must be worn by pupils and staff (See dress code above).
- All jewellery, watches and religious symbols should be removed.
- Long hair should be secured as appropriate to the activity at all times.
- Nails need to be sufficiently short.
- Children will be trained to lift and carry any apparatus sensibly into position under adult supervision. The teacher will check it before use.
- The teacher must be aware of any medical condition which may affect physical ability (e.g. diabetes or asthma) and make the appropriate adjustments in planning and implementation of the lesson to allow pupils who suffer from any conditions to take part actively but safely.
- For Health and safety reasons, teachers may physically guide children during lessons in order to develop their skills. E.g. correcting a child's position during a gymnastics lesson.
- All forms of physical activity should begin with an appropriate warmup and end with an appropriate cool down.
- Teachers must carry out a visual risk assessment of all equipment before use and give pupils disciplined strategies for safe handling of the equipment whilst the work is in progress and safe storage when the work is complete.
- Children will work in bare feet during indoor gymnastic and dance lessons.

## **9. Safeguarding**

All adults working with children in school are checked for appropriate DBS clearance. This includes coaches working for a term at a time as well as staff working on a one off basis or with clubs. Children in Year 5 and 6 are not expected to change together.

## **10. Equality and Inclusion**

All pupils at Nova Primary School are given equal opportunities to access the PE curriculum regardless of race, sex, religion, ethnic group, culture or ability. Our well-balanced and planned PE Curriculum meets the physical and social needs of all pupils thus allowing all children across the ability spectrum to succeed.

## **11. Extra-Curricular Activities**

At Nova, we are committed to recognising the importance of physical activity for children outside the curriculum. We offer a variety of after school sporting clubs run by teachers and external coaches. Every other term children have an opportunity to change/ choose a different after school club to attend. Pupils are expected to commit to the club for the duration of the club. At all clubs the school's Behaviour Policy is applicable.

Pupils are given opportunities to represent Nova Primary School in various sporting events throughout the local community. Our PE Leader has the responsibility to organise and liaise with parents regarding events.

## **12. Personal Protective Equipment (PPE)**

According to 'Safe Practice in Physical Education' it is **recommended** that children participating in the follow sports wear PPE during PE lessons:

- Football- Shin pads
- Tag Rugby- mouth guards
- Hockey- shin pads and mouth guards

If a pupil participates in a competitive sports fixture organised by the PE Leader, shin pads are compulsory. Parents will be made aware of this when signing a consent form and it is their responsibility to provide this equipment.

## **13. Weather Conditions**

If, due to extreme wet weather or dangerous conditions, lessons are unable to be taught outdoors, lessons they will be moved inside provided space if available . In PE lessons, the decision to switch lessons indoors remains with the teacher responsible for that lesson.

During hot weather teachers monitor pupils and provide them with regular water breaks in the shade. Pupils are permitted to wear sun hats and advised to wear sun cream that is either applied before school or by themselves.

## **14. Monitoring and Review**

This policy has been written by the PE Leader who will be responsible for document ownership, reviews and updates.