



# 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	April 2021
Next Review Date	April 2022
* 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
12.9.19	2	Amended PE to PESSPA	Based on the AFPE safe practice book.
12.9.19	3	Included PE assessment under our PE Curriculum.	Policy review
12.9.19	3	Removal of daily mile and adapted how we promote being physically active.	

12.9.19	4	Included taking PE kit home and children who persistently forget kit.	
12.9.19	4	Removal of statement regarding parents contributing to swimming sessions.	
12.9.19	5	Included AFPE page numbers for SEN referencing.	
12.9.19	6	Included AFPE page numbers for extra information regarding PPE.	
15.04.21	3	Change from REAL PE to GETSET4PE	Change based on staff feedback
15.04.21	3	Included Progressive sports in the assessment paragraph.	
15.04.21	3	Included the use of PE floorbook pages	
15.04.21	4	Rewording of statement linked to lunchtime adult led sessions.	
15.04.21	5	Removal of Year 2 swimming.	
15.04.21	7 and 8	Covid Addendum added	Government guidance linked to Covid-19 restrictions.

At Nova Primary School we know that physical education, school sport and physical activity (PESSPA) 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 and skills progression document, kept on the school network, indicates the activities that children are involved in during each term and what skills need to be taught. Both lessons use GetSet4PE planning (which all teachers have access to). One lesson is taught by the class teacher and the second by PE specialists - Progressive Sports.

### **- Assessing our PE Curriculum**

When appropriate, class teachers should carry out formative assessment, in each lesson, to help pitch the learning activities, based on the lesson objective, and to accurately meet the needs of all pupils.

Summative assessments are made by the class teacher and Progressive Sports at the end of each unit of work (usually the end of each half term). The statements, outlined in our Skills and Knowledge Progression Document, should be highlighted to show coverage. Teachers will also complete a PE Assessment Grid each term to determine which children are working towards expectations, working at the expected standard and working at greater depth. Videos and photos will also be uploaded on our shared T drive or a 'PE floorbook' page (in our class curriculum floorbooks) will be shared after each unit for moderation purposes.

## **3. Physical Breaks and Activities**

At Nova, we believe that being physically active throughout the day is important. Pupils are given opportunities for physical breaks (when appropriate for the class) and lessons are encouraged to be physically active. During lunchtimes, pupils are also given the opportunity to participate in adult-led physically active session.

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.

#### **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.

PE kits should be taken home at the weekend and in the holidays for washing.

Those who forget their PE kit will be required to wear spare PE kit. Spare PE kit will be provided by the school. For those that persistently forget, they should be reminded of the importance of PE and a letter should be sent to their parents asking for their co-operation (available from the PE Subject Leader). Each class should note relevant PE days in their termly newsletters.

#### **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 year 4, for half a year, with qualified swimming instructors.

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.

The SEND chapter in the afPE Safe Practice document, pages 228-248 is an excellent reference tool for specific information and staff are aware of this section.

## 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

AfPE Safe Practice document- chapter 2/Section 11 pages 183-190 provides further information on PPE.

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 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.





## Addendum 1- April 2021

This addendum is designed to be a temporary guide with regards to COVID-19 and is in addition to our whole school Covid-19 risk assessment and the above PE policy.

Key principles for supporting safe PESSPA include:

- Keeping pupils in consistent groups
- Maximising distancing between pupils
- Prioritising outdoor PE
- Thoroughly cleaning PE equipment between each use by different individual groups
- Avoiding contact sports/activities

### **3. Physical breaks**

As above however, the use of outdoor space in encourages whilst avoiding mixing year group bubbles.

### **4. PE kits**

The PE kit requirements remain the same however due to current guidance spare PE kit will not be provided.

### **6. Swimming**

The latest government update has stated swimming pools can begin to open and Swim England has produced a number of documents to support [returning to pools](#). At present, we, as a school, do not feel that our risk assessment allows for the use of external trips/visits and therefore swimming will only resume once our risk assessment allows this.

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

As above however clubs are run in year group bubbles and fixtures have been suspended. The Government has published The [Return to Recreational Team Sports Framework](#) for sport governing bodies to action. We will be monitoring the advice from sporting governing bodies and AfPE, but at present ESCC advise that sporting fixtures and tournaments should be suspended for the time being.

### **13. Weather conditions**

Outside PE lessons should be prioritised where possible. If this is not possible, opt for larger indoor spaces. Indoor spaces need to be regularly cleaned in line with government guidance. The activity needs to be appropriate for the space, ensuring social distancing between pupils and windows must be open for ventilation.

### **PE Equipment**

Sports equipment can be used as long as there is a system to ensure it is thoroughly cleaned between each lesson. Any equipment that cannot be cleaned needs to be removed from use for

72hrs. Students should avoid sharing equipment where possible. Students and staff should sanitise their hands at the start and end of each lesson.

### **Team sports**

Each NGB (National Governing Bodies) has developed guidance under the principles of the government's guidance. At Nova, we will ensure we are following what each NGB sets out, however in all sports it is advised that:

- No handshakes
- No goal celebrations
- No team huddles
- No shouting
- Sanitise hands at intervals and breaks in the game.
- No spitting