



# PE and physical activity policy

Reviewed and updated March 2023

## **Our PE Vision**

To promote lifelong values in health and physical activity by providing enjoyable opportunities for all young people to participate in quality curriculum PE and school sport, whilst improving their self confidence therefore allowing them to achieve their potential in all aspects of school and community life.

## **Aims and objectives**

- To provide, irrespective of age, ability, race or gender, opportunities for participation, enjoyment and success.
- To provide opportunities throughout the school day to promote and encourage physical activity
- To inspire all pupils to succeed and excel in competitive sports and other physically demanding activities.
- To develop agility, balance, co-ordination and fitness through a range of physical activities.
- To be physically active for sustained periods of time
- To engage in competitive sports and activities
- To promote an awareness of the value and role of physical activity in order to lead healthy and active lives.

## **Entitlement & Progression**

At Highfield Primary School we aim to provide all of our pupils with at least 2 hours of high quality PE, sport and physical activity each week. Each class has a timetabled indoor and outdoor session. In Year 4 all children have a weekly swimming lesson for one term at a local swimming pool alongside another timetabled PE lesson in school.

PE coordinators will map out the long term plan ensuring a breadth of activity areas and skills.

Where possible units of work will feed into inter school competitions and festivals. Staff will follow the long term plan and are responsible for planning and delivering their own PE lessons based on the school adopted schemes of work, Real PE – Create and Val Sabin.

## **Physical Activity**

Opportunities for sport and physical activity are available every break time. Outdoor play areas are zoned to encourage a range of physical activity. All children have access to playground equipment including the climbing wall. In key stage two, every class has a timetabled football, basketball and running track slot. Every year group is involved in an annual fitness and wellbeing week.

In years 4 and 6, children participate in a range of outdoor and adventurous activities as part of the residential visits.

Our travel plan ensures that all children have access to the walking bus. Bike and scooter shelters are available. All year six participate in bikeability training to encourage safe cycling to and from school.

## **School Sport**

The school offers a wide variety of sports clubs, which are led by Highfield staff and coaches from local clubs. These include football, gymnastics, netball, rugby, running, and Tae Kwando. As part of a membership of Active Schools, children have opportunities for participation in a range of inter-school competitions and sports festivals. These sometimes feed into city and county wide competitions.

## **Swimming**

Children in year 4 are provided with a term of weekly swimming lessons. Children not meeting the expected level at the end of their term continue with lessons in the Summer term. If necessary an intensive course of lessons is also offered in Year 5 and 6 for those children who have not met the standard.



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## Assessment

Assessment of children's performance in PE is formative and carried out by teachers throughout the year. PE subject leaders have produced key skills and knowledge criteria based on the National Curriculum. This criterion supports teachers in making end of unit and end of year judgements. End of year judgements are recorded and shared with parents in the children's annual report.

## Safe Practice

All staff should be familiar with the Safe Practice in Physical Education & Sport (published by afPE, kept in the Headteacher's office) which provides guidance on every aspect of PE & sport.

All staff and children must wear appropriate clothing for PE

Pupils PE kit is recommended as follows:

Indoor – white T –shirt, green or black shorts

Outdoor – T –shirt, jogging bottoms, sweatshirt and trainers

Swimming – swimming costume/shorts and towel

Children will have bare feet for gymnastic and dance activities and wear trainers for games.

All jewellery needs to be removed. Religious jewellery and earrings must be secured/covered with medical tape if they can not be removed.

Long hair must be tied back and plasters/veruca socks are to be used over verucas.

Spare swimming kit will be provided for those who have forgotten appropriate kit.

From year 5 onwards girls and boys have separate changing facilities.

Teachers and teaching assistants must be dressed appropriately in order for them to be able to support children in PE. Staff should wear trousers or leggings with trainers/bare feet. All necklaces/bracelets & scarves should be removed.

Pupils must be taught how to take out and put away apparatus safely from an early age.

- apparatus should not be dragged across the floor
- benches, boxes, tables & beams should be carried by at least four pupils
- mats should be carried by at least four pupils in KS1 and 2 pupils in KS2.

Pupils must be taught how to lift and carry equipment from an early age. Correct technique and safe procedures must be demonstrated continuously as appropriate.

- lifting- using a straight back and bent knees
- carrying- pupils must look in the direction they intend to travel and must also be specifically reminded to be aware of others around them.

## Inclusion

The Physical Education curriculum is an entitlement for all pupils. All pupils will be given opportunity to fulfill their potential within PE regardless of ethnicity, culture, class, gender or SEND.

All pupils must take part in all PE lessons in accordance with their timetable. This includes dance, games, gymnastics, athletics, swimming and outdoor activities. If a pupil does not take part in the lesson, teachers must note the reason given. Pupils may only be excused if an appropriate letter has been given, or a parent/carer has been seen. Persistent non-participation without good reason must be followed up. If a pupil is unable to take part in the PE lesson, they must be supervised and, where possible, be involved in the session in some way (e.g. support, referee, observe & comment on activities). Pupils must not be sat at the edge of the lesson. If a child is present in school, they are expected to fully participate in the swimming lesson.

## Teaching Assistants

Where possible, teaching assistants should be used to support the teaching and learning of PE.

They should have a clear understanding of their role in the lesson and be made fully aware of safe practices in PE.

## Accreditation

School is committed to maintaining Healthy Schools status and the annual School Games award.