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**Totley All Saints  
Church of England Primary School**

**PE  
Policy**



*“I have come that they may have life,  
and have it to the full.”*

**John 10:10**

**Subject Leader: Emily Hill**

**Reviewed: Spring 2020**

**Approved by Governors: Summer 2020**

**Date of next review: Summer 2022**



## Introduction

At Totley All Saints, we aim to provide a caring environment where every child can thrive and is supported to achieve their unique & amazing potential as a child of God. As such, this means that we want all of our children to be able to have a wide range of sporting experiences, exert their physical talents as well as be happy & healthy.

At our school, we aim to provide a broad and balanced P.E. curriculum to improve fitness, develop fundamental movement skills and to develop sportsmanship and positive values.

We provide a range of lessons and opportunities that aim to provide children with a broad base of movement skills, knowledge and understanding, which they can refine and apply throughout their primary school years. All children are encouraged to join clubs and develop their interest and involvement in sport.

Children are taught about the importance of a healthy and fit body, and begin to understand those factors which affect health and fitness.

Through the PE and Sports Premium funding, where possible, the school will provide opportunities for pupils to work with PE specialists and for staff to receive high quality CPD to develop the quality of teaching and learning in PE. The funding will support PE training by providing opportunities for teachers to work alongside specialist teachers.

Documentation on how the PE and Sports Premium funding has been spent and the impact that this had can be found on our school website.

## Aims

Totley All Saints Primary School will:

- Follow a broad and balanced PE curriculum fulfilling the demands of the National Curriculum.
- To promote a healthy lifestyle by providing opportunities to take part in physical activity during lesson times and in after school clubs or lunchtime activities.
- Aim to ensure every child moving on to secondary school can swim 25m and has basic water skills.
- Ensure every child has the opportunity to take part in competitive events
- Aim to develop the fitness of the individual, by ensuring a high level of sustained activity in PE lessons
- Make cross-curricular links where possible, such as Maths or Computing
- Meet the needs of all the children, providing equal opportunities for all pupils and differentiating where necessary
- Take part in intra and inter-school competitions and city-wide competitions, such as the Points Learning Network Games
- Ensure children wear appropriate P.E. kit. for all lessons (*See Safe and Consistent Practice below*)

- Promote good sportsmanship and positive and respectful attitudes
- Follow *Safe and Consistent Practice* (see below) and adhere to current Health and Safety guidelines

### **National Curriculum and PE Lessons**

Each class has 2 hours of timetabled physical activity per week and lessons follow the National Curriculum.

#### **KS1**

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

#### **KS1 pupils should be taught to:**

- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
- participate in team games, developing simple tactics for attacking and defending
- perform dances using simple movement patterns. (New National Curriculum)

#### **KS2**

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

#### **KS2 pupils should be taught to:**

- use running, jumping, throwing and catching in isolation and in combination
- play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis, and apply basic principles suitable for attacking and defending
- develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- perform dances using a range of movement patterns
- take part in outdoor and adventurous activity challenges both individually and within a team
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.

### **Swimming and Water Safety**

All schools must provide swimming instruction and at Totley All Saints Primary School this is provided in Y4 as part of their timetabled PE lessons. Lessons take place off-site.

- Swim competently, confidently and proficiently over a distance of at least 25 metres
- Use a range of strokes effectively
- Perform safe self-rescue in different water-based situation.

## **Safe and Consistent Practice at Totley All Saints**

### **Expectations of Good Practice**

<b>Regulations</b>	<b>Actions</b>
<p><u>PE Kit</u></p> <ul style="list-style-type: none"> <li>• FS2 – Y6 pupils are expected to change into PE kit.</li> <li>• Totley All Saints has a school uniform PE kit. This should include white t shirt, black shorts for indoor PE (Dance and Gymnastics) and black jogging bottoms, black leggings, black pumps or any standard trainer for outside. Please note pupils should have separate trainers for PE outside.</li> <li>• If a child has forgotten their kit, the child is to wear spare kit (Spare kit kept in a bag in each classroom – clearly labelled as ‘spare’)</li> <li>• When a child has forgotten PE kit a reminder slip will be sent to remind parents/ carers know that the child needs their PE kit in school. After 2 reminder slips, a formal letter is sent home to remind parents/carers of the expectations.</li> <li>• If, after the formal letter a child does not bring their kit refer to PE coordinator or member of SLT</li> <li>• Games – pupils wear pumps/trainers (fastened securely no loose laces).</li> <li>• Dance/Gymnastics – pupils are barefoot (to ensure grip on apparatus and for aesthetic reasons see Safe Practice AfPE)</li> <li>• Ensure children’s safety at all times. Remove loose/‘flappy’ items and disallow clothing which could get caught.</li> </ul>	<p><i>Letter to go home, kit to be named by parents</i></p> <p><i>Class teachers</i></p> <p><i>Reminder slip and formal letter on x-drive</i></p> <p><i>X: Letters - standard for PE Uniform Earrings etc</i></p>
<p><u>Jewellery</u></p> <ul style="list-style-type: none"> <li>• All jewellery (studs and watches) must be removed. Newly pierced ears to be covered by plasters for 6 weeks brought from home. If pupils are unable to remove their studs themselves, studs must be covered with microporus tape.</li> <li>• Glasses can be worn if assists child with access to the lesson, must be worn securely and lenses shatterproof</li> </ul>	<p><i>Letter to include reminder to get ears pierced at beginning of Summer holidays, in Summer 2</i></p>
<p><u>Long hair</u></p> <ul style="list-style-type: none"> <li>• Long hair must be tied back – keep a stock of hair ties in spare PE kit bag. Staff may assist if a child asks.</li> </ul>	<p><i>Supply of hair ties in spare PE kit bag</i></p> <p><i>All staff</i></p>

<p><u>Changing</u></p> <ul style="list-style-type: none"> <li>The PE lesson starts in the classroom when children get changed. <i>All children to change in silence</i> Y1- Y4 5 minutes changing time</li> <li>Y5 – 3 minutes changing time</li> <li>Y6 -2 minutes changing time</li> <li>Separate changing for Y6 girls and boys – use of cloakroom and classroom classrooms.</li> <li>Entering into hall must be quiet and the children must be engaged in activity as soon as possible</li> </ul>	<p><i>Timer to be used. Silence to be insisted upon by all staff</i></p> <p><i>Y6 teacher</i></p> <p><i>All staff</i></p>
<p><u>Learning Environment</u></p> <ul style="list-style-type: none"> <li>The floor in hall must be of a standard to allow children to carry out PE lessons in bare feet) and after the dinner staff have spot mopped the floor, the floor must be checked for greasy patches and remaining food</li> <li>The teaching space must be fit for purpose</li> <li>Brushes for cleaning the hall floor must be kept behind the tables and not in the PE equipment area</li> </ul>	<p><i>Class teachers to ensure space is safe</i></p> <p><i>Midday supervisors and caretaker</i></p>
<p><u>Swimming</u></p> <ul style="list-style-type: none"> <li>Swimming is a PE lesson and part of their National Curriculum (and therefore statutory). Reasons for children not attending swimming lessons must be referred to KS.</li> <li>Children must not go to another class while their class are swimming. The issue must be resolved.</li> <li>Changing must be supervised if possible. If this is not possible, staff to position themselves by changing room door and to remind pupils of appropriate and safe behaviour before entering changing room.</li> <li>The journey to swimming and the changing rooms are the responsibility of school staff. Once on poolside children are the responsibility of swimming staff although it is expected that school staff are fully engaged in the lesson.</li> </ul>	<p><i>Y4 Teacher</i></p>
<p><u>Squash</u></p> <ul style="list-style-type: none"> <li>Changing must be supervised as other adults use the changing rooms.</li> <li>Teacher taking their class to squash to ensure that a male member of the staff at the squash club who is CRB checked, supervises the male children in the changing room and stays with them until all of the children are changed and have left the changing room.</li> </ul>	<p><i>All staff who take classes to squash</i></p>

<p><u>New Pupils</u></p> <ul style="list-style-type: none"> <li>• Admissions meeting with parents to include discussion on PE kit, Jewellery, Swimming if relevant.</li> </ul>	<p><i>HT</i></p> <p><i>School prospectus kept up-to-date</i></p>
<p><u>Particular Needs</u></p> <ul style="list-style-type: none"> <li>• Class teachers to inform PPA teachers of new pupils, SEN, medical information at the start of the year or as new pupils enter the school</li> <li>• Hand over information as a summary on a class list (to include use of inhalers, epipens, epilepsy, etc. – all issues which teachers left in charge of a class must have knowledge of)</li> </ul>	<p><i>All class teachers</i></p> <p><i>Medical list in class file, located in each classroom</i></p>
<p><u>Equipment</u></p> <ul style="list-style-type: none"> <li>• All equipment to be returned to the correct place (in PE cupboard, dining room, outside storage boxes or storage container as soon after the lesson as physically possible)</li> <li>• All master copies of schemes of work (apart from FS2) to be kept in Staff room for all to use as reference.</li> <li>• All classes to have their own PE file with all relevant schemes of work for that year group</li> <li>• No <u>PE lessons</u> at a Primary school level should include full games (as adults would play). <b><u>Games at a Primary level should be small group games</u></b> to ensure that pupils are active and developing skills. (e.g. a class should not play a full game of rounders or basketball)</li> <li>• If you play a game (e.g. 1 class v another class) children must understand that this is not a ‘PE lesson’ and stands outside the 2 hrs of PE delivery per week</li> <li>• Mats are for indoor PE use and bare feet only and must not be taken outside or used for children to sit on</li> <li>• If mats used in after school club need to be in bare feet</li> <li>• Handling of equipment – children must be taught to carry equipment correctly and safely. Adults are there to teach and supervise but not put the equipment out for the children. (Large scale wall apparatus is to be put out by a competent adult)</li> <li>• Children are not allowed in cupboards under any circumstances without a member of staff</li> <li>• Coloured KS1 boxes to be kept tidy and replenished with appropriate equipment every year. PE boxes to be kept in low hall cupboards for children to access safely</li> </ul>	<p><i>All class teachers</i></p> <p><i>Each class teacher to ensure their year group PE file is kept safe, intact and up-to-date</i></p> <p><i>Please ask the PE coordinator if you are unsure what this means</i></p> <p><i>After school clubs to be informed</i></p> <p><i>All class teachers to teach their class how to handle and move equipment safely.</i></p>
<p><u>Timetables</u></p> <ul style="list-style-type: none"> <li>• A PE timetable is in place. 2hours per week, per class</li> <li>• Termly timetable changes by agreement with other staff only to make use of external coaches,</li> </ul>	<p><i>Teachers to include PE day on their termly overviews sent out to parents.</i></p>

<ul style="list-style-type: none"> <li>• PE co-ordinator informed of permanent changes so PE timetable kept up to date</li> <li>• Inform parents /carers at the start of each term when each class's PE lessons are</li> </ul>	
<p><u>Children exempt</u></p> <ul style="list-style-type: none"> <li>• All children are entitled to PE lessons. This includes both SEN children and children with temporary medical issues which prevent them from taking part physically</li> <li>• Staff to ensure they are included by using roles such as observer, coach, scorer, reporter. They must not be at the side of the hall uninvolved or sent to another class unless for inappropriate behaviour</li> <li>• Where a child is exempt from the physical part of the lesson – a written note and reason from the parents/carers is expected</li> </ul>	<p><i>Ensure PPA teacher receives note/relevant information before the PE lesson</i></p> <p><i>Class teacher</i></p>
<p><u>Planning</u></p> <ul style="list-style-type: none"> <li>• Long term Plans of PE to be reviewed annually</li> <li>• Planning for each unit of work to be available for cover or monitoring purposes.</li> </ul>	
<p><u>Staff</u></p> <ul style="list-style-type: none"> <li>• Staff to wear appropriate clothing/shoes for teaching PE</li> <li>• Staff to decide whether they change during the day or stay in kit</li> <li>• Staff to be confident in areas required to teach</li> <li>• Staff to listen and engage with CPD support</li> <li>• Staff to not take out children for interventions during PE time</li> </ul>	