

The Ribblesdale Federation of Schools



P.E Policy

Reviewed by: T Ward June 2021
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Executive Headteacher: T Ward
Chair of Governors: P Gibbons

The Ribblesdale Federation of Schools

PE Policy

Introduction

At The Ribblesdale Federation of Schools, we recognise the importance PE plays in the curriculum and are committed to providing all children with opportunities to engage fully in Physical Education (PE). PE should provide opportunities for all pupils to become physically literate and confident in a way which also supports their health and fitness. Children should acquire not only physical skills, knowledge and understanding, but also the awareness and importance of leading healthy, active lives as well as the values of sportsmanship, fairness and respect through the sports and activities they undertake, which will also improve their communication skills.

Aims:

The consistent delivery of high quality PE lessons, which are exciting, challenging and enjoyable and provide many varied learning opportunities

- Develop knowledge, skills and understanding across a range of sporting activities
- Engage in moderate to intense physical activity over sustained periods of time
- Participate in competitive sports and activities
- Lead healthy and active lives, picking up positive habits for their future lives
- Compete in games and activities in a collaborative team.
- Develop staff competence and confidence in the delivery of high quality PE lessons
- Promote safe practice in all activities
- Use sport to build pupils self-confidence and self-esteem.
- Build resilience and acceptance through learning to lose with grace
- To encourage involvement in extra-curricular sporting activities and develop community and club links
- Increase participation in competitive sports both in and out of School

Responsibility for PE at The Ribblesdale Federation of Schools

Mrs Jones (PE Lead Teacher) has overall responsibility for everything relating to PE, Physical Activity and the development, monitoring and review of the provision of PE and Physical Activity in consultation with the Executive Headteacher.

Staff who teach or support in PE should be aware of the Policy and consider how they can support it and staff who provide PE and physical activity should ensure that safe and effective procedures are adopted in all physical activities at all times.

External Providers

To increase opportunities and inspire children to be active, we regularly source outside providers to deliver activities, which would not normally be covered in curriculum time. Some activities which have been delivered include: Dance, Gymnastics, Dodgeball and Basketball. We also have strong links with Settle Cricket Club, in which Cricket Tuition is delivered during PE Sessions from May to July.

All visitors are expected to work within the framework of this policy.

All visitors/coaches are expected to have an up to date DBS and provide this with photographic ID (passport/driving licence) on arrival for their session.

Swimming

We recognise the importance of all children knowing how to swim and how to keep themselves safe in and near water. We work towards the National Curriculum aim for all Year 6 pupils to swim 25 metres unaided.

All children participate in swimming lessons for at least one block during the year.

Swimming lessons take place at Settle Swimming Pool and are led by qualified swimming instructors.

Swimming caps are optional for both boys and girls and all long hair, including hair that falls into the face, must be tied back. Goggles may be worn (children to take full responsibility for their own items if used at the pool during a swimming session).

Watches, jewellery and earrings should be removed before travelling to the pool.

Persistent unsafe behaviour in or around the pool or during travel to and from the pool will be reported to parents.

Health and Safety

We recognise that participation in PE and physical activities contains an element of risk. Staff are responsible for ensuring that they are familiar with safe practice to reduce the element of risk to the absolute minimum within their control. Health and safety measures apply to all children equally.

- Staff are aware of pupils who have special needs with regards to physical activity and make special provision for needs where appropriate e.g. physical disability, asthma
- Staff know about the safe practices involved in moving and using apparatus
- Pupils wear appropriate clothing, remove all jewellery and tie back long hair (away from their face)
- If the removal of jewellery or studs is not possible they should be securely taped before attending school and a letter sent to explain the circumstances
- Pupils may be asked to remove shoes when participating in indoor activities such as gymnastics. School shoes are not permitted to be worn for PE
- Correct use of equipment is taught along with any potential hazards, including completing a risk assessment for each area/ space that PE and school sport takes place in
- Equipment and apparatus is stored safely at the end of each lesson
- Pupils are taught to consider their own safety and that of others at all times

Pupils who do not have appropriate clothing, continue to wear jewellery or do not have their hair tied back safely will participate in lessons as an observer and parents will be informed.

Staff teaching PE should wear suitable clothing and consider their own and their pupils' safety with regard to their own footwear and jewellery when involved in the teaching of any sporting activity. Staff are expected to model school policy when teaching PE.

We undertake an annual Risk Assessment of the school premises and areas where PE is taught and equipment, including PE equipment, is checked as necessary. Risk Assessments are in place for all school sporting trips, which are logged on the Evolve database (NYCC).

PE and School Sports Premium Funding

PE and School Sports Premium funding is used in a number of areas relating to PE and sport at The Ribblesdale Federation of Schools. A breakdown of the funding can be viewed on the School website.

Curriculum

PE

Children from Reception to Year 6 have at least one hour of PE a week during curriculum time.

The curriculum at The Ribblesdale Federation of Schools covers the 2014 National Curriculum Programmes of Study in PE. Pupils develop physical skills, knowledge and understanding as well as learn about fitness, cooperation and fair play. Pupils are assessed by teachers to ensure progress is made and end of key stage expectations are met by all children.

Activities taught at The Ribblesdale Federation of Schools

- Dance
- Gymnastics
- Fundamental Movement Skills
- Games (Softball, Cricket, Basketball, Hockey, Tag Rugby and Football)
- Outdoor and Adventurous Activities – currently covered during the residential trips, pupils attend residential visits from years 3 to 6, which includes providers such as Nell Bank and High Adventure
- Athletics
- Health Related Fitness
- Swimming

Assessment & Recording

Assessment is carried out by the class teacher in relation to Age Related Expectations linked to the National Curriculum. Swimming will be assessed by swimming instructors at Settle Swimming Pool and a grade will be provided at the end of the scheduled swimming block.

Participation in PE

We encourage full participation in every PE lesson and do this by:

- A wide range of imaginative resources and teaching strategies are used to actively engage pupils in participating in lessons

- Our curriculum takes into consideration all pupil needs to ensure continuity and progression; PE lessons will be suitably differentiated in order to support and challenge pupils
- Staff ensure that pupils of all abilities are able to access the PE curriculum by providing alternative or different resources to develop new skills and ensure a positive relationship with physical activity from an early age
- Pupils who are unable to participate in a PE lesson are engaged purposefully with other roles such as observation, feedback, video recording, evaluation, coaching, umpiring and refereeing
- Students should change into suitable footwear. Parental notes should be received if a child is excluded for any short or long-term health reason

Facilities available for physical activity

On-site facilities include:

- Hall – climbing frames, gymnastics mats, balance benches, box, springboards
- Playgrounds– to be used during the day for play times, lunch times and PE, both in and out of school hours
- Fields both on site and within walking distance for games and athletics lessons
- Settle Swimming Pool for all swimming lessons

Clothing to be worn during physical activity (before, during and after school)

We ask that all pupils change for PE and wear a PE kit that includes:

- *Plain white polo t-shirt (long sleeve tops are permitted to be worn underneath and encouraged during winter months)*
- *Navy shorts (leggings underneath are permitted)*
- *Trainers or black PE pumps*
- *School shoes are not permitted to be worn*

The Ribblesdale Federation allow that plain sweatshirts can be worn on top of the t-shirt during autumn/winter months.

We will always endeavour to provide spare kit for pupils cannot access their own PE kit, to ensure that children do not miss PE lessons.

Physical activity outside of the curriculum

In addition to PE, there are a range of opportunities for physical activity throughout the school day.

Extra-curricular activities and clubs

We also offer after school sporting activity clubs via Kanga Sports and SportsCool Ltd.

Active playtimes

We promote different types of physical activity and relevant equipment is provided to engage pupils. School staff also offer different activities at lunchtimes, such as skipping.

Sports Day

We organise an annual Sports Day at the end of the summer term including a mixture of multi-skills challenges and traditional flat racing. Parents and carers are invited to attend and support their children. We have a wide range of sporting activities on the day to encourage participation and success for all children.

Involving parents and carers

We recognize the important part parents and carers play in encouraging children to participate in physical activity. Information about PE, physical activities and sporting competitions organised by the school and opportunities after school, are shared with parents/carers by means of specific PE letters from the PE Lead and through the School newsletter. Information about all areas relating to PE can also be found on the School website.

Monitoring and evaluation of physical activity

The PE Lead Teacher or member of The Ribblesdale Federation with responsibility for Monitoring is responsible for the overall monitoring of the quality of PE and physical activity provision.

We monitor PE in the curriculum through subject reviews and self-evaluation in order to provide an accurate perspective on how it is being delivered and how it can be further improved.

Physical Education is monitored and evaluated through:

- Lesson observations, including planning checks
- Monitoring of equipment
- Pupils assessment data
- Feedback from staff
- Pupil records of participation, focusing on different groups
- Feedback from pupils/school council about PE and general physical activity
- Pupil attendance and achievement in sporting competitions
- Attendance at after school sports clubs

When external providers are used to deliver physical activity, the PE Lead will observe to ensure that high quality lessons are delivered and assessed consistently.

Equal opportunities and inclusion

We comply with the Equality Act 2010 and are proactive in ensuring that all pupils, including those with special needs or disabilities are provided with a comprehensive programme of physical activity. For pupils with disabilities or health conditions we will adapt activities to suit their individual needs. Where appropriate, this may mean providing specialised equipment, differentiating activities, offering a parallel or separate activity or setting a challenge appropriate to their skill level.

Training and support for staff

We ensure relevant staff access high quality professional development on PE and physical activity to keep them updated on key related issues and ensure they are confident to teach the full breadth of the curriculum.

Dissemination of the policy

The policy is available to parents and carers and pupils via the school website. Parents and carers and pupils new to the school may be given a summary on request and there is a copy in the school reception area. The full policy is available to parents and carers and pupils on request and is also available via the school website.