Uxendon Manor Primary School

Policy on Physical Education

Introduction

At Uxendon Manor Primary School we believe that there must be a balance between the core subjects and the arts, humanities and physical education. There must be a range of opportunities that underpin everything we plan and deliver at school. There is strong and consistent evidence that doing regular, moderate-intensity physical activity provides a range of physical, intellectual and emotional benefits for everyone. At our school we recognise the importance of being fit and agile, as well as the effect they have on a child's health and wellbeing, their ability to learn effectively and achieve in school. As a healthy school we continuously work towards promoting participation in sport and physical activity and believe we have an important role in the partnership with the family and wider community in promoting physical activity and a healthy lifestyle.

Information on our P.E. curriculum, extra-curricular activities and how we use our Schools Sports Premium Funding can be found on our website.

Vision

At Uxendon Manor our mission is to improve and increase the quality and quantity of high-quality P.E. for all pupils, to show how P.E. can enhance pupils' attainment and achievement and to create pathways for them to continue to be active beyond school.

Aims of the policy

- To show how we promote fitness and a healthy lifestyle and how we provide a broad range of physical activity opportunities through P.E. lessons, sporting competitions, recreation and games and gives guidance to staff
- To give guidance to staff about their role in promoting physical activity
- To give information to parents and carers about what is taught and how they can support the policy
- To show how the school meets national guidelines for physical activity, including P.E. and sport

Our approach to promoting physical activity

The brain goes through a crucial development period in the early years of life and it has been show that this has a long-lasting influence on children and young people's future interests. Physical activity programmes that are fun, inclusive, educational, age and skill level appropriate help ensure early positive interest in physical activity and an increased likelihood of staying active throughout life.

Our policy aims:

- To provide pupils with the best possible physical activity opportunities and experiences for all pupils, both in and outside of the curriculum and throughout the school day, so as to encourage lifelong healthy lifestyles and a positive attitude to physical activity
- To provide a planned programme of two high quality P.E. lessons per week in the curriculum for all pupils in EYFS, Key Stage 1 and Key Stage 2. As well as additional opportunities to take part in a wide variety of physical activities before school, at lunchtime and after school.
- To provide a range of opportunities for all pupils to participate in intra- school sport through the introduction of a house programme of activities. We will also aim to increase

opportunities for as many children as possible to participate in inter-school sporting competitions and experience a range of sports. We participate in a wide range of sporting activities organised by Kingsbury Schools Sports association.

- To provide a supportive environment for enjoyable participation with high levels of sporting spirt in a wide variety of physical activities. We do not believe in a culture where winning takes over and creates an environment where children leave competitions feeling like a failure, and therefore drop out of participation due to their unpleasant experiences. Staff, as coaches, must model good behaviour and be supportive of all pupils. We do not expect to see staff screaming and shouting from sidelines or chastising children for making mistakes when participating. It is essential for pupils to have the freedom to express themselves when participating in competitions. Teachers/coaches must accept that we prepare children for participation with the understanding that making mistakes is part of the valuable learning process which can only help them/us in the future when lessons are learnt and guidance is given. Teachers/coaches must be willing to step back and watch what is happening in an effort to identify strengths and limitations which can be worked on during future lessons/training. This can be summed up by a 'let them play' philosophy, where the emphasis is on the pupils participating and achieving through their own success and failures whilst being guided positively by staff.
- To provide appropriate resources and facilities
- To enable pupils to understand how to keep themselves physically healthy and make informed decisions about participating in physical activity
- To identify specific groups/individuals with high need e.g. girls, pupils who are the least active with suitable opportunities to be physically active throughout the school day

Policy development

It is important that in developing this policy further we consult further and include all stake holders. This will help us in delivery of activities that the pupils want to participate in such as before and after school clubs, playground activities and lunch time clubs. This will help us identify any barriers to participation.

Below is a list of ways we consult others for the development of our P.E. policy:

- All pupils through the school council and the sports leaders
- Staff during inset time
- Parents/carers at a special meeting
- The curriculum group of the Governing Body
- School nurses
- P.E. and Sport consultant from Kingsbury's School Improvement Service

Links to other policies

This policy should be read in conjunction with these related policies; Health and Safety, Behaviour, Safeguarding, Emotional Wellbeing and Mental Health.

Responsibility for Physical Education

Jacklyn Merlin (P.E. subject leader) has overall responsibility for physical education and the development, monitoring and review of the provision of physical activity. Her role includes: ensuring annual health and safety checks of all P.E. equipment are carried out, supporting and training staff, liaising with external agencies to support the curriculum, developing, monitoring and reviewing the policy, and coordination of intra- and inter- school sporting competitions.

Jon Parry (Headteacher) has the responsibility for ensuring effective delivery and leadership as well as the overall management of P.E.

Lee Austin (Care taker) has responsibility to ensure annual health and safety checks of all P.E. equipment are carried out.

All staff should be aware of the policy and consider how they can support it and staff who provide P.E. and physical activity should ensure that safe and effective procedures are adopted in all physical activities.

External providers

To increase opportunities and numbers participating in extracurricular sport we hire sports coaches and whenever possible a P.E. intern to teach before school, lunchtime and after school clubs which complement the work of our classroom teachers in delivering sport and physical activities indoors, as well as any additional lessons when time is available. All visitors are expected to work within the framework of this policy and the Brent protocol for involving outside visitors. All visitors/coaches are expected to have an up to date DBS and provide this with photographic I.D (passport/driving licence) on arrival for their first coaching session.

This policy is made available to visitors and we ask them to consider the following questions in preparation for their visit:

- Does the visitor understand the school's physical activity policy?
- What will they offer that the teachers cannot?
- How will the visitor's sessions be integrated into the P.E. programme?
- What role will teachers take during the session?
- How will the session be followed up?
- How will the sessions be evaluated and pupil progress assessed?

Health and Safety

We recognise that participation in 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. We follow the advice contained in the AfPE (Association for P.E.) publication 'Safe Practice in Physical Education and Sport' 2016.

- 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 jewellery and tie back long hair. If the removal of jewellery or studs is not possible they should be securely taped and the teacher is confident this strategy is effective.
- Our school decides its uniform and does not discriminate based on gender, race, disability, sexual orientation or belief. Headscarves may be worn in P.E. (providing they are safely attached and unlikely to cause the wearer harm), and leggings can be worn under shorts.
- Pupils remove shoes when participating in indoor activities such as gymnastics,
- Correct use of equipment is taught along with any potential hazards, including completing a risk assessment for each area/ space that P.E. 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.

Staff also consider their own and their pupils' safety with regard to their own personal clothing, footwear and jewellery when involved in the teaching of any activity.

We undertake an annual risk assessment of the school premises and equipment including P.E. equipment as necessary. Risk assessments are carried out for all school sporting trips.

Curriculum

P.E.

All children from Year 1 to Year 6 have two lesson of P.E. a week timetabled during curriculum time; one hour of outdoor learning with the ISA coaches and one hour of indoor learning with their class teacher. Reception and nursery have a 30-60 minute indoor slot each week with their class teacher.

We are also privileged to have our own pool on the premises and all children participate in swimming lessons in the Spring 2, Summer 1 and Summer 2 half-terms. In addition to this year 4 and 5 pupils also spend 3 half-terms (Year 5 – Autumn 1, Autumn 2 and Spring 1, Year 4 – Spring 2, Summer 1 and Summer 2) swimming at Harrow Leisure Centre to further enhance their learning experience.

The curriculum covers the programme of study for P.E. in the national curriculum and pupils develop physical skills as well as learn about fitness, cooperation and fair play. Pupils' are assessed to ensure progress is made and end of key stage expectations are met by all children. Summative assessments are then reported to parents on an annual basis. Methods/criteria for assessment is currently being reviewed so that pupils are more aware of what they have to do to make progress.

Activities taught at Uxendon Manor Primary School

- Dance
- Gymnastics
- Games (fundamental skills)
- Games (e.g. rounders, tennis, cricket, football, basketball, tag rugby)
- Outdoor and adventurous – currently covered during the Gordon Brown and Kingswood residential trips
- Athletics

Participation in P.E.

- A wide range of imaginative resources and teaching strategies are used to actively engage pupils in participating in lessons.
- Our curriculum takes into consideration the range of pupils' needs to ensure continuity and progression in learning is provided and P.E. lessons will be suitably differentiated in order to support and challenge pupils.
- Staff ensure that pupils of all abilities are able to access the P.E. 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 P.E. lesson are engaged purposefully with other roles such as observation, feedback, video recording, evaluation, coaching, umpiring and refereeing. Students come prepared in suitable attire and 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 (school to include):

- Hall – apparatus, gymnastics mats, balance benches, box and springboards.
- Playgrounds (EYFS, KS1 and KS2 separate playgrounds) – to be used during the day for play times, lunch times and P.E.; both in and out of school hours
- Fields are used for break/lunchtime activities and curriculum activities

- Uxendon Manor Primary School pool is used for lessons in Spring 2, Summer 1 and Summer 2 half-terms
- Harrow Leisure Centre swimming pool is used for Year 4/5 pupils during the school day throughout the school year

Clothing to be worn during physical activity (before, during and after school)
We ask that all pupils come to school prepared for P.E. lesson on their timetabled lesson days wearing appropriate clothing that includes:

- Coloured P.E. house t-shirts (blue, red, green or yellow)
- Black shorts (leggings underneath are permitted) or tracksuit bottoms
- Trainers (outdoor) or plimsolls (indoor).
- Uxendon Manor Primary School jumper (black or blue) can be worn on top of the t-shirt if needed during colder weather

Only in exceptional circumstances will we provide spare kit for pupils who forget their P.E. kit.

Physical activity outside of the curriculum

In addition to P.E., there are a range of opportunities at Uxendon Manor Primary School for physical activity throughout the school day.

Extra-curricular activities and clubs
A range of after school clubs are available to pupils some paid for and some offered free of charge by the P.E. teacher. These clubs complement the curriculum, the interests of pupils and the local sporting opportunities. We have begun to analyse the attendance at clubs and will use this information to target pupils or groups to attend where we think it is appropriate to encourage participation. Should there be any groups that are under-represented we will consult to find out what the barriers are to attendance and work to remove them. Pupils are also selected to take part in a range of inter-school competitions, and intra-school sporting competitions throughout the year in a calendar of events. We are also looking to begin to make links with local sports clubs.

Active Travel to and from school
We encourage pupils and parents to walk, cycle or scoot to school and regularly promote walk to school or wheels to schools events including Walk on Wednesday and Walk to School Month. Safe storage facilities for bikes and scooters are provided to further promote active travel. We have a travel plan which is reviewed on an annual basis to identify where improvement planning can be undertaken. Where appropriate we will walk to venues for school trips or events to promote active travel. We provide road safety training in Key Stage 1 and 2 and cycle proficiency training for Year 6.

Active playtimes
We have zoned areas in the playground to promote different types of physical activity and relevant equipment is provided to engage pupils. Pupils are trained as playground leaders and sports leaders annually to further support physically active playtimes.

Sports Days
We organise annual Sports Day events separated by Key Stages at the end of the summer term. Parents and carers are actively involved in the day. We have a wide range of sporting competitions on the day to encourage participation from all pupils.

Fun Run
We organise an annual Fun Run to promote running for pleasure, overall physical health and to raise money for sports equipment.

Involving parents and carers
We recognize the important part parents and carers play in encouraging children to participate in physical activity. Information about physical activities and sporting competitions organised by the school and opportunities in the local area is given to parents and carers through the school website, newsletters and notice boards.

The school website also highlights how progress in P.E., physical activity and school sport can be supported through activities that pupils can do with their parents such as walking, swimming, park run, playing in the park, playing games with simple pieces of equipment such as bean bags or balloons.

Monitoring and evaluation of physical activity
The P.E. subject leader is responsible for the overall monitoring of the quality of physical activity provision. We monitor P.E. in the curriculum through subject reviews, pupil voice surveys and self-evaluation and improvement planning to provide an accurate perspective on how it is being delivered and can be further improved. ICT is used to support observations and support planning to further improve work.

Physical Education is monitored and evaluated through:

- Lesson observations
- Video evidence
- Annual P.E. subject review
- Monitoring of lesson planning
- Monitoring of equipment
- Feedback from staff
- Feedback from governor curriculum group
- Children questionnaires
- Parent and carer questionnaires
- Pupil records of participation, focusing on different groups
- Feedback from pupils/school council about P.E. and general physical activity
- Annual P.E. survey (organised by Brent LA)
- Pupil achievement in sporting competitions

When external providers are used to deliver physical activity we will ensure there is a procedure to ensure that high quality lessons are delivered 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.

Pupils who do not participate in physical activity on a regular and consistent basis will be encouraged to be involved through discussion with them and their parent or carer. Each lesson begins with a check of the children who are prepared for lessons in their P.E. kits. Those that are

not prepared for three consecutive lessons receive a letter home to inform parents of the expectations.

Training and support for staff
We ensure relevant staff access high quality professional development annually on P.E. and physical activity to keep them updated on key related issues and ensure they are confident to teach the full breadth of the curriculum. We participate in training and projects run by the LA and other organisations. New members of staff receive induction training on the teaching of physical activity as appropriate to their role.

Dissemination of the policy
The policy is available to parents and carers and pupils via the school prospectus and school website. Parents and carers and pupils new to the school are given a summary and there is a copy in the school reception area. The full policy is available to parents and carers and pupils on request.

Any outside contributors involved in physical activity receive a copy prior to teaching.

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To be reviewed – December 2024