



Easingwold Primary School PE Policy

Aims

- For **EVERY** child to take part in PE for two hours every week
- For **ALL** children to be able to take part in PE sessions
- For children to take part in PE lessons in a safe environment
- For children to develop a lifelong love of exercise
- For children to develop a sense of fairness, team spirit and competitiveness
- For children to understand the importance of a healthy lifestyle
- For teachers to make every effort to ensure that as many children as possible regularly take part in PE

Early Years

Children in Reception follow the Physical development section of North Yorkshire's Early Year Foundation Stage curriculum. Physical development is incorporated into all aspects of learning both in the classroom and in the outside area. The children do have a regular slot where they concentrate on aspects of gymnastics and apparatus, games skills and dance.

Time allocation

All children in Key stage 1 and 2 have two hours of physical activity a week. There are of course times such as restrictions upon the use of the hall and bad weather when it is not possible to do PE. It is the responsibility of the teacher to make sure that as much lost time as possible is made up.

PE Kit

Children should wear black or blue shorts and a plain white t-shirt for indoor PE and games in the summer. In the winter a tracksuit should be worn. Children should always wear something on their feet on the way to the hall and remove shoes during an indoor PE lesson as barefoot work is the safest whether on floor or apparatus because the toes can grip. Plimsolls should not be worn unless the child has a medical condition such as a verruca or athlete's foot. All footwear should be of correct size and correctly tied.

All jewellery should be removed for the PE lesson and any earrings removed. If items cannot be removed e.g. hearing aids etc. the adult in charge should take action to make the situation safe (e.g. adjust the activity for the individual pupil or group); In addition long hair should always be tied back to prevent entanglement and obscured vision. Nails need to be sufficiently short to prevent injury to self or others. Pupils should be consistently reminded of these requirements and a check carried out to ensure compliance before activity begins. Children should come into school wearing PE kits on their PE days; teachers will have a talk to parents if children persistently forget to come to school wearing kit.

Sickness

If a child is unable to take part in a PE lesson due to illness, the parent must send a letter requesting that their child be excused from PE that day. The child should make notes/drawings on the lesson and should take part in any discussion about performances/movements. Teachers are responsible for keeping records of children that miss PE and any patterns or regular sickness on PE days should be discussed with parents.

Resources

Large gymnastic equipment is kept in the hall. Smaller items are kept in the adjoining PE cupboard. During/after each lesson it is the responsibility of the teacher or teaching assistant to ensure PE equipment is put away carefully (not left in classrooms or other areas in school) Children in Year 5 and 6 can be responsible for getting out and putting away equipment if shown how to do it carefully and properly, However moving gymnastic equipment should always be supervised.

Equal opportunities

In accordance with the school's Equal Opportunities Policy PE lessons are planned so that they are motivating and beneficial to **ALL** pupils, regardless of gender, social background, race or disability. Children should never miss PE or sporting events as a punishment.

Special Educational Needs

PE offers pupils with learning difficulties opportunities to:

- ❖ Develop their skills of co-ordination, control, manipulation and movement
- ❖ Develop their personal qualities of commitment, fairness and enthusiasm
- ❖ Develop their thinking, appreciation and evaluation skills
- ❖ Develop their ability to express themselves and be creative
- ❖ Work individually and as part of a team
- ❖ Build their self-esteem and confidence

It is sometimes that children who experience limited academic success enjoy and perform well in PE lessons. Every effort is made to identify such cases and all successes are celebrated with the children.

Teachers take account of children's particular requirements in PE lessons and make appropriate provision where necessary. Lessons are planned to take account of children's varied abilities and levels of confidence. Some children are clearly gifted in one or many areas of PE. Teachers consider such children when they are planning lessons and where possible provide extra-curricular activities. These children are encouraged to pursue their gift by attending local clubs and joining teams.

Extra-Curricular Activities

In addition to the broad and balanced PE programme within curriculum time, many extra curricular activities are available for children at the school. The range of clubs varies according to the staffing and the season. During the year as a staple we offer boys and girls football, High 5 netball, kwik cricket, rounders, multi-skills and tag rugby. A variety of other sports is also offered seasonally. Year

6 children take part in a mini Olympics day at the local secondary school during the summer term. They visit Bewerley Park, a residential visit where they experience a range of outdoor and adventure activities. Year 4 visit East Barnby where they take part in a wide range of outdoor activities including body boarding and climbing. Some of these events have not taken place due to the pandemic, but we intend to get these clubs up and running as soon as it is safe to do so.

Sporting Fixtures

We hold two sports days each year in the summer term, one for children in Reception and Key Stage 1 and one for children in Key Stage 2. Currently, due to the pandemic we take part in virtual competitions through North Yorkshire Sport.

Safety

Great care is taken to ensure PE lessons are safe. Children in Key Stage 1 and 2 are taught how to assemble and put away apparatus safely. This is always done under the supervision of the teacher. Children do not go onto apparatus until it has been checked by the teacher. Children are taught how to work safely on each piece of apparatus e.g. four children must work together to lift a mat or bench and in Key Stage 2 it is two children to a mat.

Signed: Sarah Green (PE Lead) Date: Jan 2022 Review Date: Jan 2023