

Physical Education Policy



For I know the plans I have for you, plans to prosper you and not to harm you, plans to give you hope and a future.

Jeremiah 29:11

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Mission Statement of Nutgrove Methodist Primary School

Nutgrove Methodist Primary School strives to provide a caring environment in which every individual can achieve his or her full potential, without limits.

This is encompassed by our Bible verse For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future. Jeremiah 29:11.

To achieve this, we wish to create a happy, secure and purposeful culture throughout the school, which is conducive to learning and high standards, and is based on our Christian values, love, hope and respect.

Our school's motto and vision is 'My Best, Always, Everywhere' which is interwoven within our curriculum intent and design.

Safeguarding Statement

At Nutgrove Methodist Primary School we recognise our moral and statutory responsibility to safeguard and promote the welfare of all children.

We work to provide a safe and welcoming environment where children are respected and valued. We are alert to the signs of abuse and neglect and follow our procedures to ensure that children receive effective support, protection and justice.

The procedures contained in the Child Protection and Safeguarding Policy apply to all staff, volunteers and governors.

Introduction

Here at Nutgrove Methodist Primary School we provide a xxxx curriculum that promotes pupils' xxxx This policy should be read in conjunction with xxxxx (any relevant Policies)

Intent

At Nutgrove Methodist Primary School, we recognise our school context and have designed our curriculum with the intent that pupils build the secure foundations required to become successful and aspirational adults who seek opportunities, take responsibilities as moral citizens and gain life experiences that extend their horizons. We want children to leave school as 'well rounded and responsible' individuals.

The school motto 'My Best, Always, Everywhere' is interwoven within our curriculum intent and design. We have developed three curriculum drivers that shape our curriculum, bring about the aims and values of our school, and to respond to the particular needs of our community:

Culture - helping children develop a wider and deeper knowledge of the locality, society and the world around them, promoting a sense of awe and wonder.

Global Citizenship - Everyone no matter where they live are part of a global community.

Diversity — which helps children 'recognise differences are positive and that individual characteristics make people unique and everyone should love and be loved without limits.

It is our intent at Nutgrove to teach children life skills that will positively impact on their future. Children will learn that physical exercise and being active has a direct correlation with their mental and emotional health and well-being. We look to integrate our schools core values of Culture, Diversity and Citizenship into our curriculum and promote these values through Physical Education and display them in lessons. We aim to deliver high-quality teaching and learning opportunities that inspire all children to succeed in physical activities. We want to teach children how to cooperate and collaborate with others, respect themselves as well as one another as both teammates and opponents, understanding fairness and equality within sport to embed life-long values. We look to provide all children with the experience of representing Nutgrove in inter school competitions- building confidence, identity and passion for physical activity.

Implementation - Curriculum Design

At Nutgrove we follow a bespoke sequence of learning to meet the needs of all pupils. Pupils at Nutgrove participate in two high quality PE lessons per week. Our PE curriculum is designed to be systematic in that it progresses particular skills from one key stage to another.

Lessons are structured in order that they are in accordance with the national curriculum; they are designed to keep children active for sustained periods of time whilst learning and practising skills. Teachers will use a variety of teaching strategies to move children on from learning an isolated skill/movement to its application in a small sided game/performance during each lesson. Ultimately, within any PE topic our children will be building towards playing competitively or presenting a performance (in dance, for example) to illustrate what they have learnt.

Our curriculum is designed as such in order that children will have the opportunity to secure and build upon similar skills in each year group throughout their time at school. Our long-term plan looks to utilise both indoor and outdoor space, whilst aligning with inter school competitions throughout the school calendar. Planning is done by class teachers using the schemes of work available to go alongside our Long-Term Plan. Lessons can also be linked to topics being covered in class, integrating the wider curriculum into PE and finding ways to make other lessons more active.

Sports coaches are used to complement our curriculum and take advantage of their areas of expertise in their delivering of lessons to children, as well as providing CPD to staff through workshops and observations.

Physical Education will feature in classroom and wider school displays, showing how our school uses PE and sport to implement our core values. Children will then become familiar with vocabulary displayed and discussed in class regarding fairness and respect, and how these, alongside our school values, are embedded into our PE curriculum.

Teacher assessment (including assessment from Sports Coaches) is ongoing throughout the curriculum and informs teaching- highlighting areas of improvement for the children. Teachers use end of Key Stage statements from the National Curriculum to assess pupils attainment- not from an isolated assessment but from teacher judgement throughout a topic. This is recorded through a simple 'Traffic Light' system, looking at skills and objectives directly from the National Curriculum; record keeping is kept to a minimum yet acts as a reference point for future teaching and planning.

Lessons are designed in order to accommodate all pupils: differentiation of tasks will allow all pupils to experience success within PE. Our skills progression and learning objectives allow pupils the chance to reflect on their learning, whilst looking at strengths and areas of improvement of their own and other's performances throughout the curriculum. This develops children's self-esteem, tolerance of others as well as looking at mental well-being alongside physical fitness. We

provide a variety of extra-curricular activity throughout the school year- using both indoor and outdoor space for both Key Stages.

Children will attend swimming lessons in Year 4 and again in Year 6 at Nutgrove, with the opportunity for extra lessons in Year 5 for those who have yet to reach the Expected Standard in the National Curriculum- assessment is carried out by a qualified swimming instructor.

Impact

Through the teaching of Physical Education, we aim to help the children to improve and develop their mental wellbeing and physical fitness whilst at Nutgrove; this will be done through active school days, specific topics covered in PE, as well as the values and experiences gained through taking part in both individual and team sports and activities. Within our lessons, children are taught how to look after themselves (improving physical fitness, showing awareness of injuries, and warming up effectively etc) and how physical exercise and sport has a positive impact on the entire lives. We look to provide children with sporting opportunities and skills they may not otherwise experience and provide them with essential life skills through the National Curriculum's requirement for swimming. Through sport and physical activity, alongside our wider school values, our aim is to embed key values of respect and fair play, hard work, commitment, teamwork, and tolerance into the children of Nutgrove. Our impact is that they take this message as they move up through school and beyond.

Dress

Children should wear the appropriate dress for the activity (yellow t-shirt and blues shorts, jogging bottoms and hoodie for cold weather).

Long hair should be tied back, and all jewelry (except watches) should be removed during PE lessons.

If using the hall for Dance/Gymnastics, children are required to wear pumps or bare feet- under no circumstances should socks/tights be in contact with the floor. Trainers are not permitted during gymnastics as they are too heavy on certain apparatus and lack the flexibility for certain movements. If using the hall for Games, pupils can also wear trainers. During outdoor lessons, children can wear pumps or trainers.

For swimming lessons, boys are required to wear trunks/shorts (shorts must be shorter than knee length). Girls are required to wear a one-piece swimsuit. All long hair must be tied back.

Staff should also dress appropriately for physical activity when delivering PE lessons.

Safety

Children must be able to work and learn in a safe space during PE lessons, following the guidance laid out in our health and safety policy.

School safety procedures during PE

Children are expected to uphold the same standards of behaviour during PE lessons as in any other lesson as outlined in our behaviour policy.

All unnecessary furniture or objects must be removed from the working space of the children.

The surface of both outdoor and indoor lessons must be deemed safe by the class teacher (clear and dry if using the hall, no surface water on the ball pen).

Any markings used for games or boundaries during a lesson must be away from fencing or walls to prevent accidents.

Safe use and organisation on apparatus

All apparatus will be easily accessible within the hall and PE cupboard- only adults (or children under direct supervision of adults) are to use the PE cupboard at any time.

Children will be taught, as part of the PE curriculum, how to safely carry apparatus.

Children will be taught how to correctly hold/use apparatus such as bats/hockey sticks during games lessons, being made aware of potential dangers or accidents that could occur.

Accidents/injuries

For a minor accident during a PE lesson, the class teacher (or nearest first aider) will deal with it immediately.

If a more serious injury is sustained, another available member of staff who is also first aid trained will deal with the situation in the way they deem appropriate- (all qualified first aiders are on display throughout the school).

All accidents and injuries are recorded as per the school policy.

Safety at Swimming

Safety and emergency procedures are on display and carried out by staff at Parr Community Swimming Pool. Pupils are made aware during their first lesson of the rules and expectations and any emergency procedures during their first lesson.

Children are made aware of behaviour expectations by both school and swimming staff at Parr Community Swimming Pool- these expectations are to be upheld at poolside, in the changing rooms, and in and around the centre.

Children who have verrucas must wear a swimming sock for the lesson.

There will always be at least two members of staff present from Nutgrove at swimming- one of which will be a qualified swimming instructor and first Raider.

Non-Participant

All children are expected to participate in PE at Nutgrove. If a child is unable to participate a signed note from a parent or guardian is expected to be provided to school. Children will be encouraged to be as active as possible even if they cannot fully take part- either through refereeing or helping with equipment.

If a child does not have correct kit, each key stage has a spare kit box in which children can use. If this is the case, a letter will be sent home to parents to keep them informed. Staff will be responsible in ensuring this kit is clean for children to wear should they need it.

A letter will be sent out at the start of each academic year, informing parents/guardians of the required kit and days their child will be doing PE- this letter will also include information about spare kit provided by school.

If there are non-participants during swimming lessons, these children will stay in school. It has been deemed unsafe for them to attend swimming as they are not allowed poolside fully dressed and will therefore be unsupervised.

Children will go to another class and complete work set by the class teacher. Wet Weather

Our PE timetable is designed as such that wet weather should not interfere with pupils getting their 2 hours of PE per week. If an outdoor session is not possible due to wet weather, the class teacher will adapt their lesson and carry it out in the school hall.

If there are clashes and/or the hall is in use, opportunities for classroom-based learning are possible. This time could be used for evaluation or assessing children's knowledge of their covered topic.

Extra-Curricular Provision

A wide range of activities are available throughout the school year for both Key Stages at Nutgrove- both at dinner times and at after school clubs. These are provided by both staff members and external coaches/volunteers and change each half term.

Through St Helens Schools Games, a number of events and festivals are organised throughout the year, giving children the opportunity for competitive sport outside of the curriculum. When children are participating in events outside our school, a risk assessment is carried out and a suitable staffing is organised to make sure that activity is safe and enjoyed by all.

Equal Opportunities

Lessons are planned accordingly by class teachers and coaches to ensure that children of all needs/abilities are able to access the learning and engage in all physical activities. All children, regardless of age, race, gender and ability have the opportunity to fully take part in all PE lessons at Nutgrove.

As such, differentiation by teacher judgement will be applied to lessons to ensure tasks are open ended and challenging to all children- giving all children the opportunity to experience success in PE.

Inclusion Policy

During our weekly praise assembly, sporting achievements and performances will be recognised for each class. Each year, we also present the 'Steve Prescott' award which is designed for pupils who have displayed the sporting values that we champion throughout Nutgrove- it is awarded to the pupil in the school who has shown this consistently throughout the year.