



St. Mary's
Catholic Federation

St. Mary's Catholic Federation, Carshalton

Learning, playing and growing together in the love of Jesus

PE Policy (Non Statutory) (Bi-Annual)

This policy is to be read in conjunction with the following policies: *Safeguarding, Assessment, Teaching and Learning, Special Educational Needs, Equal Opportunities, Inclusion, Physical Activity, Health & Safety and School Curriculum Statement.*

Author: PE Curriculum Leads: Miss Bryant & Mrs Birch
Committee: SLT
Date Prepared: February 2022
Date Approved: March 2022
Date of Review: Jan 2024

Approved by Full Governing Body on Date:

Chair of Governors.....
St Mary's Catholic Federation, Carshalton

Safeguarding Statement

This school takes notice of and adheres to all the national and local policies and guidance in regard to Safeguarding Children and Young People.

Lead Safeguarding Person Junior School: Mrs M Kenny

Lead Safeguarding Person Nursery & Infant School: Mrs M Quinn

Safeguarding Deputies (Junior School): Mrs S Hulme, Mrs F Black & Mr S Pratsis, Safeguarding Deputies (Infant School): Mrs S Hulme & Mrs E Heath

Governor designated safeguarding officer: Mr T Richmond

"St Mary's is committed to being a Rights Respecting School to inspire and support the children, parents and school governors in school and the wider community."

Subject Intentions Statement - Developing pupils' love of physical activity, for life.

PHYSICAL EDUCATION

Intent

To adopt a PE curriculum that is ambitious (inclusive and providing broad opportunities) and designed to give all pupils the knowledge and cultural capital giving confidence to be able to succeed in life. It aspires to create a culture which encourages all pupils to succeed and excel in competitive sport, physical activity and offers the knowledge to understand their own health and fitness.

Implementation

Teachers create an environment that allows pupils to focus on learning. The teaching materials used reflect the school's ambitious intentions for PE and support the intent of a coherently planned curriculum. The 'create' development cogs (creative, physical, social, personal, health and fitness and cognitive) sequence towards cumulatively sufficient knowledge and skills for future learning and employment.

Impact

Pupils develop detailed knowledge and skills across the curriculum and, as a result, achieve well.

GUIDANCE

TIME MANAGEMENT

The curriculum

- Pupils take part in 2 hours of PE per week in KS1 & KS2 and 1 hour of PE per week for EYFS. Our long term planning reflects the required subject content for the national curriculum. We currently offer the children 1 PE lesson per week following a progressive sports focus with 'Sports Active Coaching.' The PE leads Leaders work alongside the coaching company to ensure coverage that complements the REAL PE scheme of work.
- Swimming is taught across the year groups in the Junior school. The allocation of times to different year groups varies each year depending on pool availability and strategic planning. Enough time is given to ensure all children leave at the end of KS2 being able to swim 25m.

THE LESSON

PE lessons should include a combination of the following elements:

- Warm Up
- Skill
- Skill Application
- Personal Best Challenge
- Cool Down / Review

All resources should be checked and prepared prior to the children starting their PE lesson.

N.B. PE lessons should never be used as a sanction unless it comes within the area of safeguarding eg. Not following instructions.

Resources - storage

All staff resources will be kept in a cupboard in the hall. There are sports leaders in Year 6 who are responsible for the maintenance of the PE cupboard (overseen by the PE coordinator). At the Infants school there is a shared responsibility to maintain the equipment and PE cupboard with opportunities for children to support this within the lesson.

Gymnastic Equipment

- Gymnastics equipment (Juniors) is stored in the designated P.E. cupboards connected to the school hall.
- Gymnastics equipment (Infants) is arranged in the PE cupboard.
The Gym mats are stored in upright matt trolleys.
- When using high apparatus, mats are to be used as part of the apparatus and necessary as a landing area.

Games Equipment

- Hall cupboard in the school hall contains bags and baskets of equipment i.e. selection of beanbags, balls, bats, markers, bibs, posts, quoits, foam athletics equipment. The range of equipment allows differentiation during the lesson and for flexibility of lesson development.

Safe use of school grounds

- All staff take First aid bags to all PE lessons. Emergency cards to be kept inside.
- Prior to each lesson staff are responsible for checking grounds and the school hall to ensure the surface is safe for activities.
- Outdoor games are played on the field at the infant site.

Swimming

- Ensure risk assessment is completed, agreed and signed by Head teacher prior to leaving school grounds.
- Lead teacher is support for the children to follow the instructions of Westcroft staff in the event of an emergency.

- Years 3 and 4 children will change in the single sex group changing rooms, with staff waiting outside to receive children once changed.
- Year 6 and 5 children will change in groups of no less than 2 in smaller cubicles, staff waiting outside to receive children once changed.
- Whilst in the changing rooms, only school staff are to help the children.
- See separate provision for children with additional needs while swimming. These children will have their own risk assessment in line with intimate care and toileting policy and may also have their own individual health care plan or EHCP.

CLASS MANAGEMENT

PE kit

Pupils should understand the hygiene and safety requirements of wearing appropriate clothing and footwear for PE.

Gymnastics - blue shorts with white t-shirts tucked in, bare feet (shoes or trainers for travelling to and from hall). Hair should be tied back and no jewellery including stud earrings and watches.

Dance - As above

Games - As above with trainers. During cold weather navy tracksuit bottoms and a plain grey sweatshirt (without a hood) may be worn.

Swimming(Juniors) - swimming hat, navy/black swimsuit (one piece costume, trunks or jammers) due to safety implications.

During PE, t-shirts must be tucked in and hoodies or cardigans are not allowed.

Parents of children who do not have a PE kit in school will require verbal communication from the class teacher promptly to ensure the situation can be sorted and learning time isn't compromised - if the concern continues - the conversation will be followed up with a letter

Staff PE Kit

Following the AfPE guidance it is the minimum expectation that staff wear appropriate footwear during PE school sports and physical activity (PESSPA). However all staff should endeavour to change into appropriate clothing before each session. This includes the removal of lanyards and large earrings.

Non Participants

Pupils may only be excused from the lesson with a signed letter from a parent. A medical certificate must cover repeated requests. Pupils unable to participate actively should be involved through:

- Planning - assisting with decision making
- Evaluating - observing in order to help another pupil improve, using learned feedback approaches
- Positive attitudes - acting as a referee, choreographer, coach, supporter
- Safe practice - observing for safety

Safeguarding

Pupils must change in the classroom with the class teacher or LSA present. The blinds must be put down and the classroom door closed (Reception - Year 4). In upper KS2, the boys and girls will change in separate areas.

When taking photos or videos of children during PE for evidence or displays ensure children for whom we don't have photo permission, are not visible.

Year 6 PE on St Philomena's Grounds

- TA must be present during PE lesson whilst at St Philomena's
- Teacher must take their own phone which is to be kept in their own bag and only used in cases of emergency.
- First aid bag and emergency card to be taken to St Philomena's grounds.

Emergency

In the event of an emergency the teacher remains with the class and sends two pupils or TA to the school office with the appropriate emergency card, which is kept in the emergency bag. Each class teacher should have a plastic wallet containing a class list and emergency card.

In the event of an accident, any teacher who has followed the guidelines fully would have the full support of the school and the governing body.

Role of the Teacher

- To have appropriate knowledge, skills and understanding to deliver the PE programme and to differentiate for individuals
- To be a positive role model i.e. suitably dressed, enthusiastic and interested in the activity.
- To position self for safety, observation and ease of intervention -i.e. at the edge of the activity area, keeping all children in view as far as possible.
- To use voice effectively for encouragement, commentary and control.
- To continually assess pupils progress through out each lesson.
- To manage pairs, groups and equipment efficiently and effectively.

Special Educational Needs and Less Active Children

All pupils are accommodated through differentiation strategies unless medical evidence specifically precludes this.

All sports clubs are open to all children in the school, inclusive of SEND. As part of their physical education, all children, inclusive of SEND are encouraged to participate in intra-school competitions and these opportunities are available in every year group (specific Risk Assessments apply to these activities).

Children who are SEND or less physically active are personally encouraged to take part in extracurricular sports clubs. Whilst teachers will work with them to identify clubs that

would most interest them. This is referenced in our school SIP and ensures liaison through our SEN Coordinator.

Funding

Schools receive PE and sport premium funding based on the number of pupils in years 1 to 6. This funding must be used to make additional and sustainable improvements to the quality of PE and sport we offer.

We use the premium to:

Develop or add to the PE and sport activities that we already offer;

Build capacity and capability within the school (staff CPD) to ensure that improvements made now will benefit pupils joining the school in future years.

There are 5 key indicators that we should expect to see improvement across:

The engagement of all pupils in regular physical activity - the Chief Medical Officer guidelines recommend that all children and young people aged 5 to 18 engage in at least 60 minutes of physical activity a day, of which 30 minutes should be in school;

The profile of PE and sport is raised across the school as a tool for whole-school improvement;

Increased confidence, knowledge and skills of all staff in teaching PE and sport;

Broader experience of a range of sports and activities offered to all pupils;

Increased participation in competitive sport.

As part of the funding criteria we are required to publish details (on our website) of how we plan to spend the monies and a review of the impact on pupil outcomes.

Physical Activity

In line with government recommendations, it is expected that all teachers endeavour to give all children 30 extra active minutes during the school day. This can be done through Teach Active Maths and English, Daily Mile, Cosmic Yoga, Go Noodle (and any other online guided exercises or mindfulness) and other short skill related activities.