

Lewknor C of E Primary School
PE policy
March 2016 – Review March 2019

PE Vision

Through the employment of specialist coaches we aim: to deliver a high-quality Physical Education curriculum which inspires all pupils to succeed, increase participation for all and excel in competitive sports and other physically demanding activities. We owe pupils the opportunity to become more physically confident which will support their health and fitness and encourage the children to choose to adopt a healthier lifestyle and attitude towards sport.

Objectives

- To deliver a PE curriculum programme that has a broad and balanced content that challenges and extends the children past their current attainment.
- To develop positive attitudes and behaviours, as well as creativity in competitive and non-competitive situations.
- To maximise the overall amount of time spent in being physically active.
- To organise specific events which promote and raise the profile of sport, including competitions within the local community.

PE Lessons

- PE is delivered through two weekly PE lessons. The children are taught both indoors and outdoors throughout the changing seasons. Cold weather does not limit our curriculum; indeed we encourage the children to get outside as often as they can.
- Children participate in a range of activities across the year, receiving a broad and balanced curriculum which teaches balance, control, coordination, stamina and which builds on skills year upon year. Different skills and sports are taught each term and each year group. All PE lessons are designed to deliver vigorous activity and to improve fitness. Children are also encouraged to increase their general fitness through 'Wake Up – Shake Up' every morning before school. This is designed to improve stamina and promote the benefits of exercise.

Swimming

Swimming is taught in Lower Juniors during the last term. This ensures that the children are given plenty of opportunity to develop their swimming and water safety skills. Children are expected to attend sessions with an appropriate costume; goggles may be worn with written consent from parents.

Safety

All staff delivering a P.E. lesson are required to do the following:

Equipment Safety

- The apparatus must be checked before use to ensure that it is in good working order.
- Apparatus should not be placed too near the walls, radiators, etc. Sufficient space must be allowed for landing, etc.
- Pupils must be taught to handle apparatus correctly, although such handling must only take place with the teacher's permission, under the teacher's supervision, and be checked by the teacher prior to the apparatus being used.
- Ensure that all floors are clean, dry and clear of litter, etc.
- Check that the hall is adequately heated and well lit, and that the surrounding chairs, tables, objects are safely stored. Fire exits should be kept clear at all times.

Pupil Safety

- All participants should wear appropriate 'kit'.
- Children may do PE in bare feet or plimsolls when appropriate for indoor PE.
- For outdoor PE a tracksuit may be worn during the winter months with trainers.
- All long hair should be tied back.
- During PE lessons no jewellery should be worn. In the event of a child having an ear pierced and studs worn which cannot be removed by the child, a note must be received from the parent / guardian to give the teacher permission to apply tape.
- Teachers should be aware of any children with medical conditions, e.g. asthma.
- Teachers should know the school's 'First Aiders' and where they can be found.