



# Lewknor Church of England Primary School PE Policy



**November 2022 – Review November 2025**

## **Christian Vision**

Building strong foundations for a happy and successful life

Like the wise man who built his house on rock (Matthew 7: 24-27), we seek God's wisdom to enable us to nurture our school community so that all can flourish and achieve their best in every aspect of school life.

## **PE Vision**

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 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 'The Daily Mile'. Each lunchtime Sports Captains, with the assistance of House Captains, run different sport activities each day. This is designed to improve stamina and promote the benefits of exercise.
- School also runs a lunchtime football club one day a week and an after-school sports club. The after-school sports club is led by professional coaches.
- Teaching staff run after-school cross-country club and netball club in the autumn and summer terms.

## **Swimming**

Swimming is taught in Upper Juniors in the autumn term and Lower Juniors in the summer 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.

## 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 should do PE in bare feet 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, tape/plasters will be applied when equipment is in use.
- In the case of swimming, the child will not be able to participate as medical tape or plasters are not allowed in the pool.
- 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. A list containing the names of all First Aiders is displayed throughout the school.