



# Physical Education Policy: 2022-23

Oldhill Community School recognises the vital contribution of physical education (PE) to a child's physical, cognitive, social, and emotional development, as well as the role it can play in relation to a child's spiritual, moral and cultural development. PE is an integral part of the curriculum to be enjoyed by all children. It is a real opportunity for both teachers and children to consolidate and work on the values that underpin every aspect of school life.

## The objectives of PE and physical activity

- To ensure that all children have access to one hour of Physical education every week.
- To provide a broad and varied curriculum relating to games, gymnastics, dance, swimming, athletics and outdoor & adventurous activities.
- To provide the opportunity for children to develop a range of social experiences by competing and co-operating with tolerance.
- To meet individual needs through relevant progressive experiences.
- To encourage and promote an active and healthy lifestyle.
- To link P.E. with the wider curriculum.

## 1. Planning and delivery

- We aim that all children will take part in one hour of PE every week, which will be timetabled. All year groups will be allocated a time slot in the appropriate hall, and weather permitting outside in the MUGA
- Children will be taught a broad and varied curriculum which includes;

### KS1

All children must be taught the following units- Dance, Gym and Games

### KS2

As well as the KS1 units, children must also be taught Swimming, Athletics and Outdoor adventure activities.

- Teachers/coaches use plans from The PE Hub which the PE coordinator has chosen specifically to ensure lessons meet all objectives from the National Curriculum.
- Lessons will be taught both indoor and outdoor to ensure children are able to experience a range of activities and access the full curriculum.
- Children also access a range of outdoor activity through the provision of organised sports and playground games at break times and in after school clubs.

## 2. Swimming

- Our curriculum allows for children in Year 4 to receive weekly swimming lessons in line with the aims of the national curriculum. These are led by a qualified swimming coach supported by the class teacher.

## 3. Health and safety

### The learning environment

- It is the responsibility of the teacher/Badu coach to ensure that the learning environment is safe and suitable for the teaching of the lesson. It is also their responsibility to ensure that any equipment used is safe for use. Any unsafe environment or equipment should be reported to the relevant co-ordinator and site manager.
- The relevant staff member's has a duty of care to ensure that they deliver all lessons safely and do not place their children in any unnecessary danger or risk of injury.
- It is the relevant staff member's responsibility to ensure that any equipment used is appropriate for the age and ability of the children they are teaching.
- All heavy and large equipment should only be handled by the teacher/Badu coach.
- Children should be actively taught to use equipment sensibly and safely.



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## 4. Jewellery

- Jewellery is removed for all PE lessons - this includes all sleepers and studs. If the removal of studs is not possible they should be securely taped and the teacher/coach should be confident if this strategy is effective.
- Pupils with newly pierced ears are unable to participate in the practical aspects of the lesson but may be involved in the planning and evaluative aspects of tasks.
- Religious and cultural artefacts should be removed and negotiation with parents takes place if there is a problem relating to this.
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*N.B. It is important that staff should consider their own and their pupils' safety with regard to their own personal clothing, footwear and jewellery when involved in the teaching of any activity.*

### Hair

- Long hair should be tied back and made safe. Negotiations may be necessary with parents where hair is beaded.

## 5. PE kits

- All children must come into school wearing their full PE kit in order to participate in PE lessons
- Footwear must be suitable and appropriate for the participation of physical activity. This includes trainers or plimsolls. Inappropriate footwear includes: shoes, boots or high-top trainers
- Bare feet are suitable for Dance and Gymnastics activities and will be at the discretion of the teacher/coach.
- Children who are not wearing suitable kit will be provided with a kit by the school to be worn for that lesson only. If kit is not available, then the child may be involved in the planning and evaluative aspects of tasks.

## 6. Non- participation

- Children can only be excused from participating if a valid reason is provided by the parents. Valid reasons include:
  - Current Illness or injury
  - Recovery from illness or injury
  - If a parent has a valid reason for why their child cannot participate, it must be communicated in writing and presented to the class teacher in advance.

## 7. Behaviour

- It is the teacher/coaches responsibility to ensure that they fully brief their children on the safe and appropriate use of the equipment.
- If the teacher/coach deems that a child's behaviour and conduct during the lesson is placing the safety of themselves or the other learners in danger, then they may exclude them from participating for an appropriate period of time.
- If they continue to act in a dangerous or reckless way, then the teacher/coach may exclude them from participating for the remainder of the lesson. This may be recorded in line with the school behaviour policy.

## 8. Equal opportunities

All children shall have access to, and be provided with a full curriculum regardless of their age, race, gender or disability, without discrimination.

- The teacher/coach must ensure that all lessons provide provision for every child to learn, progress and succeed within their individual capacities.