



**'BE THE BEST YOU CAN  
BE!'**

# **PHYSICAL EDUCATION (PE) Policy**

**Lead person responsible:**  
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## **Policy Statement**

At Roe Green Junior School, physical education is an integral aspect of the curriculum to which every child is entitled. It supports development of children's physical, mental, emotional and social talents. It respects and values the cultural diversities within the school, and ensures equal access for boys and girls.

Physical education provides opportunities for all our pupils to develop their abilities, concentrate, co-operate and interact as responsible and independent learners. Through enjoyable physical activities, pupils learn to extend and improve their body control, co-ordination, and physical performance, whilst developing an understanding of safe practice and the benefits of an active lifestyle. Our aim is to teach children lifelong habits including being physically active with a curriculum that they find both challenging and fulfilling.

## **Purposes of Physical Education**

Roe Green Junior School's objectives in physical education are:

- To deliver a program of study which complements the framework as set out in the National Curriculum.
- To enable each pupil to develop his or her own physical movement, skills and talents and to reach their full potential by allowing them to experience a wide range of physical activities and challenges.
- To encourage positive attitudes towards general health and fitness by actively presenting all physical activity as an enjoyable and healthy pastime that should be pursued throughout their lives.
- To foster a basic understanding of the benefits of exercise, and the importance of personal hygiene.
- To provide pupils with opportunities to develop social skills such as co-operation, compromise, mutual trust and tolerance, and understand and experience success and defeat within individual, team games and collaborative work.
- To develop the cognitive skills of problem solving, decision making, planning, observing, improving and assessing.
- To contribute to the health and well-being of pupils by fostering good self-esteem and a healthy, positive body image.
- To provide opportunities for pupils to develop their language skills through the use of P.E.- related vocabulary.
- To develop pupil awareness of the importance of safety, in relation to themselves and others, in all activities and in a range of environments.

## **Outcomes**

- Pupils will experience higher levels of weekly activity, with a minimum of 2 hours of timetabled P.E and exercise. Children are actively encouraged to increase this

through attendance of a wide range of out-of-school-hours clubs on offer at Roe Green Junior School.

- Pupils will demonstrate improving agility, balance and co-ordination.
- Pupils will experience increased opportunities to communicate and co-operate with others in a variety of situations.
- Pupils will show an increasing ability to plan, perform, evaluate and improve their and their peers' performance. They will show an understanding of how to problem-solve and make decisions based on their knowledge, skills and increasing experience.
- Pupils will identify and show increasing understanding of the benefits and impact of exercise on their own bodies.
- Pupils will understand how to move, organise and utilise P.E. equipment safely and responsibly.
- Pupils will be encouraged to appreciate and enjoy participation and involvement in P.E. and sport and not focus solely on winning and victory.
- Teachers will be able to plan and teach lessons using the agreed P.E. schemes of work. Teaching and learning will involve child-friendly learning objectives and will also involve warm up, main teaching activities as well as a cool down activity.
- Teachers will safeguard themselves and others by wearing P.E.-appropriate attire during P.E. Teachers will also ensure that children are appropriately dressed for P.E. 'Appropriate dress' is deemed by this policy as 'a complete change of garments' to the prescribed 'School PE kit'. The term, 'kit' may also be applied to a child's non-uniform tracksuit bottoms or sweatshirt, during the cooler months, and swimming trunks or suit to allow for swimming activities.
- Teaching will include an increasing variety of teaching approaches and learning styles. This will include, but is not limited to, the following approaches: direct instruction, guided discovery, child and teacher demonstrations, observation and reflection, peer assessment and self-assessment.

### **Monitoring the Outcomes**

- Short-term planning in P.E. is routinely monitored by the P.E. Leader. This supports the use of appropriate P.E. schemes of work, and the use of teacher assessments.
- Lessons are monitored by the P.E. Leader to ensure continuity and progression in P.E. across the key stage.
- Through colleague observation, examples of good practice can be highlighted to provide additional opportunities for the development of staff knowledge and confidence.
- Identifying staff concerns and professional development opportunities to increase the development of P.E. subject knowledge among staff and pupils.
- Achievement in curriculum time is monitored by the teacher and by pupil self-assessment.

- Persistent failure to dress in appropriate P.E. kit undermines the curriculum and should be recorded by the class teacher. In this situation class teachers need to inform parents and carers (standardised school letters).
- Teaching ensures that connections are made between developing, selecting and applying skills, tactics and compositional ideas and fitness and health.

## **The Curriculum**

Our aim is to provide a broad and balanced programme of physical education that is differentiated to cater for individual needs and ensures that P.E. and sport are accessible to all children. We hope to engage the children in activities that are fun and educational. We maintain that there are no barriers to access or opportunity based on race, gender, culture or ability.

## **Equal Opportunities**

The P.E. curriculum and O.H.S.L. offered at Roe Green Junior School is monitored and developed to reflect the needs of our children.

At Roe Green Junior School, all children are encouraged to develop knowledge and understanding and movement skills that ultimately inform a confident approach to P.E. and sport regardless of their gender, ability, religious or cultural/ethnic diversity.

When necessary, appropriate provision is made to include pupils who may need additional support to enable them to fully participate in P.E. lessons. This is managed through differentiated tasks.

All children are valued as individuals and teachers strive to create a learning environment in which children respect and value each other and themselves as members of the school community.

## **Facilities and Equipment**

The facilities available for physical education activities include:

- the front playground – netball courts, netball rings, basketball rings
- indoor hall (small) – extendable gymnastic wall bars and other gymnastics apparatus
- indoor hall (large) – 2 badminton/short tennis courts marked, stage
- use of Kingsbury High School field
- indoor swimming pool with changing facilities
- the court, multi-use games area
- line markings in all playgrounds to facilitate the playing of skills-specific games in all playgrounds.

## **Storage of Equipment**

Dance and Gymnastic equipment is stored in the small hall. Equipment used for games, athletics and outdoor education are stored in a central storage room in the front playground. Swimming equipment is located in the swimming pool.

P.E. schemes of work, books, manuals, CDs, etc. can be found in the staffroom. P.E. SoW is also found online [www.thepehub.co.uk](http://www.thepehub.co.uk)

Playtime equipment is managed by each year group. They have their own set of outdoor activity equipment for which they are responsible. This is checked and redistributed termly.

## **Care of equipment**

- The termly safety checks are managed by the Head teacher, P.E. Leader and Site Manager.
- All staff members are responsible for the safe use and storage of P.E. equipment and its neat storage in the appropriate storage area.
- Unsafe, damaged or lost pieces of small P.E. equipment should be brought to the attention of the P.E. Leader.
- Unsafe, damaged or lost pieces of large P.E. equipment should be brought to the immediate attention of the Head teacher and P.E. Leader.
- A safety inspection of the apparatus in the hall is carried out annually by an external maintenance firm.
- The swimming pool is maintained by the school Site Manager

## **Development and Management of Physical Education.**

P.E. at Roe Green Junior School is managed by the P.E Leader who is the Primary Link Teacher (P.L.T.)

It is the role of the P.E. Leader to:

- keep abreast of developments in P.E. through SSP and other means.
- plan for the strategic development of P.E. and school sport.
- lead and manage staff initiatives including staff insets and other appropriate training.
- monitor teaching and learning of P.E. in Roe Green Junior School.
- ensure effective development of staff skills and knowledge and appropriate P.E. resources.
- attend P.L.T. training and partnership meetings.
- keep the teaching staff of Roe Green Junior School aware of current issues in P.E.
- support teaching staff through lesson observation/feedback, to follow the devised P.E. curriculum, thus promoting the consistent delivery of a broad and balanced programme of P.E.

- encourage all staff to check that all P.E. equipment is stored safely and accessibly for other staff and children, and that any defective equipment is reported.
- liaise with the Head teacher regarding subject expenditure and links to agreed curriculum objectives.
- monitor assessment of children and address any developments required to improve children's participation and ability in PE and school sport as necessary.
- liaise with the swimming teacher to help develop swimming across the school and aim towards all children being able to swim 25m by the end of Key Stage 2.

### **Cross-Curricular Links**

At Roe Green, P.E. is a rich source of cross-curricular work via its core knowledge, skills and understanding.

P.E. offers pupils varied opportunities to develop their skills in literacy, numeracy, computing, geography and P.S.H.C.E.

P.E. has excellent potential as a medium for language development and should be used extensively to expand children's vocabulary.

Numeracy and computing are used frequently through score taking, timing, video, groupings, spatial awareness, angles and patterns.

Geography benefits from symbol interpretation and map reading activities.

P.S.C.H.E. benefits from discussions on health, hygiene, safety and emotional responses to achievement and failure.

### **Health & Safety**

Physical education provides pupils of all ages with an invaluable opportunity to test their own skills and to set themselves challenges. The teacher's role and responsibility with regard to health and safety in physical education is twofold:

- To support pupils in developing a sense of responsibility for their own safety and well-being and increasing awareness of the safety and well-being of others.
- To minimise potential risks through risk assessment and following procedures that reduce any foreseeable risk or harm.

The following guidelines are to be adhered to during lessons;

- Pupils are expected to participate and respond appropriately to the instructions, restrictions and expectations expressed by the teacher, as per the school's expectations and ethos.
- Jewellery cannot be worn during P.E. or School Sport activities. Small stud earrings or some religious jewellery, which cannot be removed, may be

- worn as long as it is tucked away and is not hanging loosely from the child's body.
- Trainers are appropriate for outdoor activities and should be securely tied up. Plimsolls or bare feet (no socks) are appropriate for Dance and Gymnastics.
  - During lessons, children with shoulder-length or longer hair should have their hair tied back away from the face. During swimming lessons, all children must wear a swimming hat.
  - Full School P.E. kit is to be worn during P.E. lessons.
  - Class teachers need to be aware of children with allergies or conditions that affect cardio-vascular well-being. These children should be monitored in an appropriate and sensitive manner. Class teachers need to be aware of the location of any prescribed medicine.
  - Teachers are expected to make 'common sense' assessments about the suitability and possible risks presented by the use of a particular learning space or equipment at the beginning of a lesson. Where relatively 'minor' risks are presented, teachers are enabled to take action to reduce potential risks. This may include the exclusion or removal of a piece of equipment, or the relocation of an activity. In this situation, the P.E. leader should be informed as soon as possible.
  - If a risk cannot be managed by 'common sense' action, or continues to undermine the health and safety of the group or school community, it becomes the teacher's responsibility to withdraw the group from the activity and immediately inform the head teacher and P.E. leader of the situation.
  - At Roe Green Junior school the ratio of teacher to pupils in the swimming pool is 1:15, as maximum.
  - The swimming teacher is in the water with the children during the lesson. In addition there must always be another supervisor present on the poolside. This may be a parent or LSA.

Children should be taught to:

- move and carry equipment safely.
- use the equipment safely.
- return equipment safely and tidily to the appropriate places.
- only enter equipment cupboards when accompanied by an adult.

## **Clothing**

- All children must change for PE using the classroom or other supervised rooms where appropriate. Year 5 and 6 girls and boys will change in separate rooms, whereas year 3 and 4 children will change in the same classroom.

- All teachers should at least change into appropriate footwear for the teaching of PE. It is preferable that teachers change into a PE kit.
- Suitable clothing for all children within the school is a RGJS yellow t-shirt; green shorts or jogging bottoms; suitable trainers or plimsolls. School jumpers can be worn.
- This PE kit should be a completely separate kit and clothing to what the child is wearing to school that day.
- No jewellery is to be worn in PE.
- All long hair should be tied back.
- All pupils should be barefoot for gymnastics and dance. All children should wear footwear to walk to and from the hall.
- Appropriate swim wear is to be worn for swimming, including hats. No goggles are to be worn until 'goggle license' has been achieved.

### **Non participation in PE lessons**

- PE is a compulsory lesson and requires all children to participate fully in physical education lessons.
- Children can be excused from lessons for medical reasons if a signed letter from their parent/carer or doctor is produced.
- If a child has forgotten his/her kit then he/she will be asked to complete a lesson observation sheet which is saved on the system. If this persists a letter should be sent home with a reminder (letter pro forma in main office)
- Spare kit is kept in the medical room. Children and staff must make sure this is returned after use.

### **Special Educational Needs**

Teachers are required, where appropriate, to plan differentiated tasks with special reference to the needs of the children in their care.

### **School Clubs and Organisations**

R.G.J.S. maintains links with:

- Brent School Sports Partnerships –Kingsbury High School.
- Roe Green Infants, Kingsbury Green, Fryent Primary, Oliver Goldsmith Primary School and St. Robert Southwell School.
- Sporting Opportunities For All (S.O.F.A)
- Harrow Gymnastics Club. (PT Coaching)

## **Out of School Hours Learning (OSHL)**

The following O.S.H.L. clubs have been offered to children at Roe Green Junior School. This is reviewed and adapted as necessary each term.

- Football
- Badminton
- Basketball
- Tennis
- Cricket
- Athletics
- Non-contact boxing
- Golf
- Gymnastics
- Dance
- Netball
- Multi-skills
- Yoga

In addition to extra-curricular clubs Roe Green Junior School offers the opportunity for pupils to compete against other schools in a variety of sports. For example, football and netball or through partnership festivals.

## **Assessment**

- One piece of work is selected each academic year for inclusion in pupils ROMA (Record of My Achievement.)
- At the end of a unit teachers will make judgements on pupil's ability in the different areas of Physical Education. These will be recorded and passed on to the following teacher.