

**Mawgan in Pydar School**

**Physical Education & School Sport Policy**

**November 2018**

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To be reviewed in November 2019.

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## **1)Introduction and Rationale**

Physical Education is a foundation subject in the National Curriculum. This policy outlines the purpose, nature and management of the teaching and learning of Physical Education at Mawgan in Pydar School.

The school believes that physical education is a unique and vital contributor to a pupil's physical development and well-being. A broad and balanced physical education is intended to provide for pupils' increasing self confidence in their ability to manage themselves and their bodies within a variety of movement situations. We aim to ensure that the pupils at Mawgan in Pydar are provided with opportunities to become physically confident in a way that supports their health and fitness.

Children's experience of P.E. and school sport has a strong impact on their levels of physical activity throughout life and therefore it is vitally important that we provide a positive experience and understanding for them to carry into secondary school and adult life.

In order to do this, we aim to deliver high quality P.E. lessons throughout the school to all children, as well as providing a wide range of opportunities for children to partake in extra curricular sport on a regular basis.

The emphasis is on giving all children a range of experiences whilst also providing for talented children to progress to their full capabilities in a safe and fun setting.

Each year group will develop on previous learning and understanding to work towards achieving their own personal best. By the time children leave Mawgan in Pydar, all pupils will have developed the range of skills, stated in the 2014 National Curriculum, so that they are equipped to use their bodies to their full potential:

- Develop competence to excel in a broad range of physical activities
- Are physically active for sustained periods of time, as well as an understanding of how and why they should look after their bodies.
- Engage in competitive sports and activities
- Lead healthy active lives

## **2)P.E. Curriculum**

The school follows the Primary National Curriculum Framework (2014) and adapts planning from the Rising Stars Champions Schemes of Work to suit our children and space. This scheme of work ensures that progression is clear through the year groups. Each Term an element of Sport, Health and Fitness will be addressed. Some units are enhanced through additional resources provided by the National Governing Bodies of individual sports.

The aims of the P.E. National Curriculum are to ensure all children:

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time

- engage in competitive sports and activities
- lead healthy, active lives.

The curriculum includes work in the following areas:

- Dance
- Invasion Games
- Net and Wall Games
- Outdoor Education
- Striking and Fielding
- Swimming
- Fitness and Health activities

Elements of gymnastics will be incorporated throughout all of our PE lessons. In KS1 this includes developing balance, agility and coordination.

In KS2 children will have opportunities to develop flexibility, strength, technique, control and balance.

In years 3-6 each pupil will have an opportunity to experience outdoor activities at residential centres.

### **Swimming**

Year 3 and 4 pupils have 10 weekly swimming lessons in one term of the school year. Any child not achieving the National Curriculum aim of swimming competently, confidently and proficiently over a distance of at least 25 metres; using a range of strokes effectively and performing safe self-rescue in different water-based situations, will have the opportunity to continue these sessions into year 5 and 6.

## **Early Years Foundation Stage**

We encourage the physical development of our children in the reception class as an integral part of their work. As the reception class is part of the Foundation Stage of the National Curriculum, we relate the physical development of the children to the objectives set out in the Foundation profile, which underpin the curriculum planning for children aged three to five years of age. We encourage the children to develop confidence, control of the way they move, and care in the handling of tools and equipment. We give all children the opportunity to undertake activities that offer appropriate physical challenge, both indoors and outdoors, using a wide range of resources to support specific skills.

## **Assessment**

Assessment is through teacher judgement of the pupils' capabilities in relation to achieving the learning objectives. Assessments of the units of work covered through Rising Stars Champions Framework is ongoing and should be recorded at the end of each term. Children will be deemed as

- Working towards the learning objective
- Meeting the learning objective
- Working beyond the learning objective

Reporting to the parents about achievement in PE should be included in the annual reports.

### **3) Timings**

Each week children will take part in at least one quality P.E. session plus regular 'heart-raising' sessions throughout an active curriculum involving activities such as regular outdoor learning sessions and Wake and Shake. We also consider ourselves as a 'Walking School', allowing children opportunities to enjoy our surroundings, walking to the beach at Mawgan Porth or into the woodland that surrounds the school. This gives all children a minimum of 120 minutes of timetabled P.E. per week.

### **4) Kit**

Wearing the correct kit during P.E. sessions is essential, both for safety and health reasons.

#### **P.E. Lessons**

All children should have the following kit in school every day so that it is available for all P.E. sessions.

Dark Green Mawgan in Pydar t-shirt

Black Shorts

Trainers

For colder weather, children may wish to have tracksuit trousers to wear over the top.

#### **Swimming**

When swimming, incorrect kit can hinder the progress of a child and therefore, having the correct kit is important to ensure they achieve their best.

Boys should wear a pair of swimming trunks or shorts. Baggy shorts with pockets can restrict the movement of the leg and therefore should not be worn.

Girls should wear a one-piece swimming costume.

Children may wish to wear swimming goggles and swimming hat.

### Spare Kit

If children have not got their kit in school for any P.E. session, they will be provided with spare kit when available. The school has a small amount of spare kit for these occasions.

It is important that children learn to be responsible for remembering their own kit, and therefore if they forget their kit on three consecutive occasions, a letter will be sent home. If no kit is available, the child will participate in a non-physical role, on health and safety grounds.

### Clubs

Generally, children should wear their school P.E. kit for clubs. However, some clubs may require children to have additional equipment, for example studded boots and shin pads for football. Parents should be informed of any additional kit the children may need to participate in a club at the start of each term.



## Adults

Adults involved in delivering P.E. and School Sport should dress appropriately for the activity, including wearing their Mawgan in Pydar Kit

## **5)Non-Participation**

Children should only miss a physical education lesson if they are injured or unwell. If this is the case, the parent should write a letter to the teacher stating why their child cannot participate. If a letter is not received, the child may be asked to join in with the lesson.

Children who are not participating in the lesson physically will be given a task to do, for example coaching or refereeing. This will allow them to still be a part of the lesson and can give them valuable experience to enhance their understanding.

## **6)Out of Hours Learning Activities**

Pupils across both key stages have the opportunity to participate in after school clubs. These vary each term, but will include the following:

- Cross Country Running
- Netball
- Football
- Athletics
- Multiskills
- Yoga
- Zumba

## **7) Competition**

Taking part in competitive sport is an experience that has a great positive impact on children when delivered in the right way. Children can experience the feeling of being part of a team by representing their school with pride and developing their sportsmanship - being graceful in victory and defeat.

We aim to provide the experience of competition to as many children as is possible and also encourage all children to take up the opportunities they are offered.

Pupils will compete in numerous competitions during the year which are organised through the Newquay Sports Partnership and the Aspire Academy. It is our aim to involve participation by as many pupils as possible. Many of these competitions are Cornwall Schools Games Qualifying events, but others are participation festivals also.

Pupils at Mawgan in Pydar have inter house competitions throughout the year, as well as an annual competitive sports day.

## **8) Health and Safety**

All Physical Education activities should be enjoyable, safe and challenging. The ideals associated with fair play and good sporting ethos will be encouraged at all times.

Baalpe's "Safe Practice in Physical Education", provides the framework for health and safety policy within the school.

A risk assessment for sporting activity is available and regularly reviewed.

Accidents should be recorded in the school's accident record book, kept in the secretary's office.

When engaging in Physical Education activities, pupils are expected to undertake their own risk assessments and are encouraged to discuss safety implications concerning themselves and others.

Children who require inhalers should have them easily accessible during a PE lesson.

All children must change into PE kit for PE. Trainers should be worn.

Watches are to be removed for PE.

Long hair should be tied back in an appropriate fashion.

New parents are informed of the dress requirements for PE and the details are set out in the school brochure.

Safe use of equipment will be encouraged at all times. Children are trained to handle, move and store equipment in a safe manner. Equipment is checked by the teacher before it is used by the children.

Any damage to the equipment is reported to the PE coordinator who also carries out regular checks and audits of equipment. PE equipment should not be used during playtimes.

