

Physical Activity Policy

1. Policy Statement and Aims

At Mount Pleasant Junior School, we aim to:

- stimulate all pupils' interest and enjoyment through a balanced PE programme
- promote health and fitness for current and future lifestyles

We believe that:

- Physical Education develops pupils' knowledge, skills and understanding, so that they can perform a range of physical activities with increasing competence and confidence.
(These include cricket, dance, gymnastics, athletics, games, swimming and outdoor adventure activities)
- We deliver the four curriculum aims of PE which are:
 - (a) select and apply skills
 - (b) acquire and develop skills
 - (c) knowledge and understanding of health and fitness
 - (d) evaluate and improve

2. Staffing

- Designated qualified teachers take PE lessons or hold a recognised coaching qualification.
Teaching Assistants are there at the teacher's discretion
- Supply teachers are asked to teach PE. Trainee teachers teach under the supervision of a qualified teacher.

3. Staff Development

We recognise the importance of staff development in improving standards of Physical Education. Staff development is provided through a variety of methods:

- INSET / Courses / Shared knowledge – Staff are advised of training as appropriate according to individuals' identified areas of development.
- Lesson Observation / demonstration – Constructive feedback is given to teachers following lesson observations. Team teaching and demonstrations may also be provided where possible.
- Specialist coaches deliver some sessions, supported where appropriate by school staff (eg. in cricket training)

4. Entitlement

- We have a commitment to the provision of 2 hours of PE and sport per week for every child in line with the Government's Public Service Target.
- The PE curriculum meets the requirements of NCPE 2000 through structured schemes of work.
- The curriculum map demonstrates a range of experiences across games (net/wall, striking/fielding, invasion), dance, gymnastics, swimming, OAA and athletics.
- Curriculum planning is in three phases (long term, medium term and short term). The long term map shows PE activities covered each term. The medium term plans, based on QCA units, provide details for each term. The LCP resource file provides short term planning.

- Lessons are delivered in blocks to provide consistency of delivery. Each individual teacher has lesson plans based on the learning objectives outlined in the plans.

5. Out of School Hours Learning

- We aim to provide a balance of OSH clubs for all pupils to encourage participation throughout the school. We currently provide cricket, football, dance, badminton as after school clubs.
- We send details of current club activities to parents at the beginning of each term. The school also plays regular fixtures and enters local tournaments to introduce a competitive element to team games.

6. Adults Other Than Teachers

- Any adult other than a teacher will be inducted to the school and checked according to the AOTT's policy.
- Whenever an AOTT delivers a session within the school, a teacher will be present wherever possible. The Headteacher has overall responsibility for ensuring appropriate supervision.

7. Safe Practice

(Please see separate sheet attached at the end of this policy, page 5)

8. Playtimes

Children have a range of equipment available for use at playtime. This equipment is stored separately and PE equipment is not to be used. Play Rangers have training in the Autumn term to ensure they know how to organise games. Lunchtime supervisors will also have training to help children to enjoy structured playtime games.

9. Walk to School

Most children walk to school and we run a 'walk to school' week to promote fitness.

10. Sports Day

As sports day is held once a year at St Mary's sports field, encouraging participation by all. 5 events take place on a competitive basis, and points are awarded for the house system. Lower school and upper school compete separately in mixed groups. The skills needed for the events will have been taught in the summer term during games lessons.

11. Cycling

Once a year there is some cycling proficiency training available for those children who have a bike.

12. Cross Curricular Issues

Physical Education has considerable potential to contribute to other areas of learning. Where possible cross curricular links are encouraged. For example, developing co-ordination/team skills
PSHE/Science understanding muscles and body parts.

13. Equal Opportunities and Inclusion

- In all relevant respects, the PE policy is governed by, and therefore reflects that of the school. (see school inclusion policy)
- In addition to the above, within PE, consideration must be given to provide differentiation according to the levels and abilities of pupils within the class. Teachers at all times provide learning opportunities that match the needs of all pupils. Differentiate is considered at all times.

14. Equipment and Resources

- The PE co-ordinator is responsible for the purchasing of equipment.
- All members of staff are responsible for maintaining and storing equipment appropriately and ensuring everything is returned at the end of each lesson.
- All equipment is stored in the PE cupboard or hall and the cupboard is locked when not in use.
- Class teachers each have a key. All pupils have access to the PE cupboard BUT MUST BE ACCOMPANIED BY AN ADULT WHO IS ULTIMATELY IN CHARGE OF THE EQUIPMENT

15. Monitoring and Evaluation of PE

- Assessment procedures are agreed and put in place.
- Observations - the subject co-ordinator or headteacher samples work in lessons by observing and talking to pupils. The evidence is compared to expected outcomes for the units of work.
- The PE co-ordinator provides the headteacher with a termly report evaluating the strengths and weaknesses in PE and indicates areas for further improvement. The co-ordinator can ask for specially allocated time to undertake observations, to order stock and to write any reports.

Policy Review Date

It is the responsibility of the PLT to review the policy on an annual basis in conjunction with the headteacher.

Mount Pleasant Junior School Safe Practice Guidance

- ◇ All staff work to the BAALPE document 2004 a copy of which is stored in the staff room.
- ◇ All staff teach safely to pupils before activities
- ◇ We provide guidance for transport to venues and what this means regarding insurance
- ◇ Risks assessments are carried out for every PA facility – taking into account the range of physical activities to take place and incorporating the equipment to be used
(see RA forms in office folder)

PE KIT

PE Kit is:

- t-shirt or sweatshirt
- shorts or trouser bottoms
- plimsolls or trainers
- a bag to carry these items in
- all items must be clearly labelled with child's class and name

If PE kit is forgotten:

- The class teacher will ask the class soon after 9.00 a.m. who has forgotten their kit. The class teacher will note this in the class book and ask the class LSA to make a phone call home. The LSA will also prepare the letters for the pupils who have forgotten their kit for them to take home.
- The LSA in the class will phone home to ask for the kit to be dropped at the school reception. If this is not possible, kit will be provided for the pupil to wear and will be washed straight afterwards. The pupil will drop off the worn kit to the washing basket located in the parent's room.
- On the first occasion when a pupil forgets their kit, it will be recorded in the class book and a letter will be sent home with the child for the parents.
- On the second occasion, the same procedure will apply but the child will also miss his/her breaktime and will spend the time in the classroom with the class teacher or LSA.
- On the third occasion, the headteacher will call the parents of the child and arrange a meeting with the parents to discuss the PE kit issue and the curriculum, organising a way forward together.

PE Kit Rewards:

- Class teacher will keep track of the pupils continually bringing in/wearing PE kit and will award them house points each time they do.
- Each class will work towards THE GOLDEN PLIMSOLL award half termly for the best kit-wearing class in the school. The best class will be awarded an extra half hour of Physical Activity in the last week of the half term as an extra award and incentive.

Jewellery:

- No jewellery (except watches) should be worn to school however if an item of jewellery such as ring, necklace, chain, bracelet is worn, it will need to be removed and put into a safe box for the duration of the physical activity. It is the pupil's responsibility if the item goes missing as the school will take NO responsibility for any missing item.
- Only stud earrings are permitted to be worn at any time during physical activity. If a pupil has on a hoop or dangly earring, this will have to be removed prior to the physical activity being undertaken and put into a safe box during the session. It is the pupil's responsibility if any jewellery item goes missing as the school will take NO responsibility for any missing item.
- If, for whatever reason the earring cannot be removed, the pupil will be taken to the office and Meditape will be applied to the ear to cover the earring and protect the ear lobe from damage.

Hair:

- Any pupil's hair that is longer than shoulder length will need to be tied back before any physical activity takes place. The pupil needs to provide his/her own tie back, if not the pupil will send to the office to get an elastic band to use as a tie back.
- Any turban or scarf worn on the head for religious reason can remain in place for the duration of the activity.

Footwear:

- Any pupil without the correct footwear for the activity will be seen to have not brought the whole of their PE kit on that day and the same procedure will apply (see: if kit is forgotten). Plimsolls will be provided that are sprayed with disinfectant after each wearing.

Carrying Apparatus:

- Refer to guidelines in LCP file as to the carrying of apparatus.
- Before each unit of gymnastics taught, children should be reminded how to carry, especially the mats, and how to put things away safely.

Working in Hall

- When working on apparatus in hall, it is expected that pupils will work IN SILENCE to allow for any emergency to be dealt with swiftly

Working in MUGA

- All pupils must wear either plimsolls or trainers in the MUGA

Water

- Water bottles are permitted to be drunk from during all physical activities and when not available, water fountains and small breaks in the activity to allow for drinking time is permitted

Hygiene

- It is expected that all pupils bathe or shower at home after their physical activity in school each day with older pupils (especially in Year 5 and 6) ensuring they use a suitable roll-on deodorant each morning before coming to school. It is not necessary to bring this to school as one application in the morning is sufficient.

Changing

- Year 3 and 4 children get changed in their classrooms.
- Year 5 children get changed in the changing rooms (boys and girls get changed in separate rooms)
- Year 6 children get changed in their classrooms (boys and girls get changed in separate rooms)

Wall bars

- See guidelines in LCP file
- Wall bars are given a safety check once a year by external agency as part of school health and safety policy.

Mats

- Mats should be carried by four children, one to each corner.
- Children should walk slowly across the hall.