



Physical Education Policy

Rationale

Physical Education develops pupils' physical competence and confidence and their ability to use these to perform in a range of activities. It promotes skilfulness, physical development and knowledge of the body in action. Physical Education provides opportunities for pupils to be creative, competitive, co-operative and face up to different challenges as individuals and in groups and teams. It promotes positive attitudes toward healthy and active lifestyles.

Pupils learn how to think in different ways to suit a wide variety of creative, competitive, cooperative and challenging activities. They learn how to plan, perform and evaluate actions, ideas and performances to improve their aptitudes, abilities, preferences and make choices about how to get involved in lifelong physical activity.

At St Mary and St Thomas Aquinas School we seek to provide a full, varied and interesting Physical Education curriculum which challenges, engages and excites staff and pupils alike. We see Physical Education as a vital part of the education experience as a whole.

Aims

Our overall aims and objectives at St. Mary & St. Thomas Aquinas are to:

1. Stimulate and maintain pupil interest and enjoyment in PE and to promote health and fitness for current and future lifestyles.
2. Enable pupils to be familiar with a body of knowledge, principles and vocabulary to relate to PE.
 - a. To enable pupils to see PE as:
 - i. A major feature in our lives, related to employment, leisure and culture.
 - ii. Part of a wider body of knowledge and skills, e.g. interpersonal and problem-solving skills.
 - b. To enable pupils to:
 - i. Understand and use safe practice and to appreciate its importance in PE.
 - ii. Understand the short and long term effects of exercise on the body.
 - iii. Understand the role of exercise in a fit and healthy lifestyle.
3. Enable pupils to develop a range of desirable personal qualities such as safety, awareness, politeness, perseverance, concern for others, initiative and independence. The establishment of self-esteem through the development of physical confidence is a major aim for the Physical Education department.
4. Enable pupils to work independently and as part of a group or team in varied activities so as PE contributes to the development of core skills such as communication by speech.



5. Employ teaching methods and resources that will allow all pupils to have equal access to PE and to experience success and enjoyment in their PE work.
6. Develop awareness in pupils of the implications of sport and physical activity (past and present) for the individual and local, national and international communities.
7. Allow pupils to develop informed opinions and be able to support them in reasonable argument.

Objectives

These objectives relate directly to the aims for PE at St Mary and St Thomas Aquinas and are intended to show how the aims are put into practice.

1. Staff will provide a variety of experiences and activities during the course of study and during a PE lesson where possible and appropriate, for example:
 - a. Games
 - b. Gymnastics
 - c. Swimming
 - d. Indoor and Outdoor activities
 - e. Individual and group activities
 - f. Problem Solving
 - g. Communicating PE ideas to others by means such as speaking
 - h. Listening and appraising.
 - i. Practising and refining skills
 - j. Using repetition in order to improve
2. The National Curriculum Key Stages 1 and 2 Orders are used as the basic core skills for the Schemes of Work. Rules, vocabulary and games skills such as attack, defence and fielding will be taught. Staff should encourage pupils to recall and apply their knowledge and skills in familiar and unfamiliar situations.
3. Staff should refer to work in other curriculum areas when appropriate:
 - a. Pupils should follow written and verbal instructions accurately.
 - b. Safety is further enhanced by emphasis on the following:
 - i. The need to wear correct clothes/equipment.
 - ii. The need to follow rules.
 - iii. How to lift, carry, move and place equipment.
 - iv. The need for warm-up and recovery period when exercising.
 - v. How to swim and be safe when around water.
 - vi. General safety rules when engaged in Outdoor Education.
4. Lessons should be conducted in a secure, supportive and disciplined manner that demonstrates mutual respect. Pupils should learn the rules, etiquette, laws and codes for various activities.
5. There should be opportunities for individual and/or group activities so as pupils can express their feelings verbally and learn how to work co-operatively as well as on their own.
6. Staff should encourage pupils to improve in a particular sport or skill over a period of time.
7. Staff should adhere to the school reward systems in order to encourage pupils to achieve their full potential and experience a feeling of achievement.



8. Pupils should be encouraged to share their experiences with others in order to enhance the quality of learning and to develop socially and inclusively.
9. Staff should attempt to show the enjoyment and benefits that PE and Sport have given us. This can be done by carefully phrased comments and well-chosen resources.
10. As a school working toward inclusion we will allow opportunities at various times for group discussion. At these times we can listen to each other's views and hopefully reflect upon them, particularly on health and fitness issues.

Health and Safety

The effective management of safety for St Mary and St Thomas Aquinas has four main components:

1. Risk Assessment and planning before a lesson.
2. Organisation of routines during and between lessons to include:
 - a. The use of appropriate kit.
 - b. Checking PE areas are free from hazards.
 - c. Location of safety equipment.
 - d. Reporting accidents.
3. Control to include:
 - a. Where to find safety information.
 - b. Regular safety checks.
4. Monitoring and Review – including procedures for reporting hazards/suspected hazards and those for reviewing risk assessments and safety in general.

Members of staff are responsible for the safety, well-being and conduct of all the pupils listed on their registers for the whole time they have been allocated to them for lessons. Pupils excused from participation due to illness or injury must remain under the supervision of a member of staff at all times.

Wet Weather Contingencies

If, due to wet weather or dangerous conditions lessons are unable to be taught outdoors, lessons will be switched indoors. In PE lessons, the decision to switch lessons indoors will remain with the teacher responsible for that lesson.

Whenever possible the lesson content should be maintained. If this is not possible then another practical activity should be undertaken suitable to the class/group size and composition.

Risk Assessment and Planning Before a Lesson

All staff are required to familiarise themselves with the Health and Safety policies of the school and department. Every activity should be assessed for risk, including the carrying of equipment. We attempt to balance the desire to minimise risk with the need practical activity. Risk assessments are carried out in accordance with the school's Health and



Safety policy and with reference to BAALPE's Safe Practice in Physical Education guidelines.

Before a lesson starts staff should:

1. Have procured any necessary safety equipment and undertaken any specific safety measures.
2. Know how and when to use any particular facilities and equipment.
3. Have identified the quantity and condition of the equipment to be used by pupils.

In identifying risk staff should:

1. Identify hazards.
2. Identify cause and effect.
3. Examine working methods.
4. Remove hazards where possible.

In case of emergency staff should:

1. Be familiar with evacuation procedures in case of fire or other emergency.
2. Know the location of, and when and how to use, fire fighting equipment.
3. Know the location and identity of members of staff trained in First Aid.

Teachers should be aware of:

1. Where to find information.
2. The LEA Safety File containing safety circulars from the LEA.
3. LEA Health and Safety Policy.
4. School Health and Safety policy and where to find it.
5. The procedures for reporting accidents, particularly those that constitute an emergency.
6. The school's behaviour and discipline policies.

Other

1. PE Equipment is annually checked by appropriate agencies.
2. Periodic safety checks of PE equipment are carried out by members of staff EG gymnastics equipment is checked before a unit of work commences.
 - a. Names of qualified staff First Aiders are displayed in the school office.

Inclusion

St Mary and St Thomas Aquinas School is committed to inclusion regardless of gender, colour, religion, ability or disability in accordance with the whole-school inclusion policy. However as Physical Education is by definition active, and some of the activities in PE have attached risks, there are occasions where inclusion is not appropriate for the safety and enjoyment of all participants. In this instance staff are referred to guidance offered in BAALPE's Safe Practice in Physical Education.

Inclusion will be implemented as follows:

- Standard activities and expectations as planned.
- Adapted activities and expectations in line with individual pupils'.
- Different activities planned in line with individual pupils' needs.



Inclusion issues will be considered and acted upon in consultation with parents, children, the school's senior management team and having sought guidance from BAALPE, the school's Inclusion policy and from the LA if necessary.

Extra Curricular Activities

St Mary and St Thomas Aquinas will run a variety of extra-curricular clubs on an open-access basis. Pupils are not penalised for non-attendance but sports teams will usually be selected from those who attend extra-curricular clubs.

Intra-House competition is offered in all year groups, often as an end of unit task.

Cross Curricular Links

Although the links are not always overtly displayed, staff will draw attention to them whenever the opportunity arises.

1. Science
 - a. Health and Fitness.
2. Maths
 - a. Speed.
 - b. Distance.
 - c. Time.
 - d. Measuring.
 - e. Recording.
 - f. Handling Data.
3. English
 - a. Speaking and Listening.
 - b. Subject-specific vocabulary.
4. Geography
 - a. Map-reading.
5. Music
 - a. Rhythm.
 - b. Tempo.
6. ICT
 - a. Use of stop watches.
 - b. Use of digital camera and digital video.

Assessment

St Mary and St Thomas Aquinas' School's Assessment Policy informs all areas of assessment.

The teacher will formally assess the progress of pupils at the end of each unit of work. Informal assessment is carried out on a lesson-by-lesson basis. In addition pupils will complete a self-assessment sheet.

It is expected that good quality data will form part of our Assessment Tracking.



PE Kit

Pupils are expected to bring their own kit to each physical education lesson. The agreed PE kit is listed below:

Indoors
White tee shirt
Blue shorts
Plimsoles
Plus for outdoors
Tracksuit/jogging bottoms
Tracksuit top/hoodie/sweatshirt
Socks
Suitable footwear trainers/plimsoles

When pupils are taking part in off-site activities they are expected to wear the appropriate clothing in accordance with the sport and facility. Teachers will provide guidance where necessary.

Pupils are expected to bring their PE kit to every lesson. If a pupil is unfit to participate in a PE lesson they are expected to bring a note from their parent/guardian. Staff will allow them to participate in an appropriate role, be it as coach, scorer, umpire/referee or peer evaluation.

Pupils who fail to bring the correct PE kit will, in the first instance, be given a task to perform linked to the lesson.
On the third occasion the pupil will be subject to an explanatory letter sent home to the parent/guardian

Registers of Attendance

Registers for non-participation in PE should be completed for the each lesson and should be completed as follows.

Letter from parent	
Absent	
No kit (1 st , 2 nd , 3 rd occasion)	