

**ST NICHOLAS SCHOOL**  
**PE POLICY**  
**October 2020**



**Introduction**

At St Nicholas School, all pupils are included in all PE activities, taking part as appropriate to their own needs and the needs of the pupils around them. The PE Curriculum provides a variety of skills to enable our children to get the most enjoyment out of their physical activity. We have high expectations of all our children and promote an ethos in which they are valued and encouraged to reach their full physical potential.

The PE Co-ordinator is responsible for leading on physical activities in school. P.E. is led by the co-ordinator to all Key Stage 2 pupils and oversees the delivery of P.E. in Key Stage 1. We also have a lead PE T.A. who works with all the children across both Key Stages. They work closely with all other members of staff, including Physiotherapists, Speech Therapists and Occupational Therapists.

The role of the PE Co-ordinator is to:

- Take the lead in policy development and the production of schemes of work designed to ensure progression and continuity in PE throughout the school.
- Develop detailed lesson plans.
- Monitor progress in PE through assessment and record keeping activities.
- Take responsibility for the purchase and organisation of central resources for PE.
- Keep up to date with developments in PE and inform colleagues as appropriate.
- Provide clear leadership to develop and monitor physical activity.
- To oversee and support Key Stage 1 staff with the delivery of P.E.

**Intent**

Our aims in teaching Physical Activity are that all children will build upon their natural pleasure in physical exercise to:

- Experience a variety of types of movement and activity.
- Enjoy the development of physical skills.
- Encourage a healthy lifestyle and develop a positive attitude to being active, which may be carried onto adult life.
- Plan and make decisions in response to tasks.
- Develop confidence and a sense of achievement through maximum participation.
- Adopt appropriate roles and appreciate and evaluate performance both in themselves and of others.
- Learn how to cope with success and limitations in performance.
- Value others and appreciate fair play while working in co-operative and competitive situations.
- Develop knowledge and understanding of the need for rules.
- Encourage the development of teamwork skills.

- Understand and appreciate the importance of safety.
- Ensure that all pupils have quality PE and sport each week.

### **Implementation**

At St. Nicholas School PE is delivered for each class on a weekly basis. Children in Reception and Key Stage 1 follow the EYFS curriculum. In Key Stage 2, pupils follow an adapted curriculum based on the National Curriculum Physical Education Programme of Study. This Ensures we provide a physical activity programme, which is broad, balanced and fully inclusive, suiting the needs of all pupils.

Our curriculum is implemented through:

- A scheme of work that considers the differences in stages of development; previous movement experiences; age; and fitness and skill levels.
- A variety of equipment that enables us to make tasks more/less challenging as needed
- Using a range of teaching approaches that makes physical activity interesting and fun
- Using signs and symbols to support children in their understanding
- Being flexible in our groupings of children e.g. Small group work; mixed ability; matched ability as appropriate
- Skills being taught through demonstration by the teacher and/or pupils
- Children being taught individually, in pairs, in groups or as a whole class
- Ensuring that all pupils are aware of the need to exercise and know the importance of warming up and cooling down.
- Records of progress in PE being kept for each child in each area of activity. These provide on-going monitoring of PE lessons in order to ensure that high quality outcomes are achieved and previous skills are consolidated and built upon accordingly.
- Building and utilising relationships with outside organisations that provide targeted learning

### **Facilities and Resources**

- At St Nicholas School, we have an indoor hall equipped with wall bars and a range of good quality gymnastics equipment. We are resourced to deliver all areas of study for PE.
- We also have a full-sized trampoline with safety ends, to deliver Rebound Therapy to the pupils in Key Stage 2, by the PE team who are qualified instructors.
- We have a wealth of outdoor facilities, which include a trim trail and playgrounds for each Key Stage. Each area has markings and equipment suitable for each age group.
- We have a Multi Activity Games Area (MUGA) for all children to use.
- We have a large playing field, which is used by the whole school and is where our yearly Sports Day is held.

### **Raising the Physical Activity Profile**

Raising the physical activity is important to ensure all pupils are engaged with PE and understand the importance of the subject. The pupils are motivated to participate to the best of their abilities by:

- Dedicating a notice board celebrating pupil's achievement in sport using photographs and certificates etc.
- Giving a weekly certificate to celebrate a particular child's achievement in sport – P.E., Football and Multi-Skills.
- Giving a yearly certificate and award to the pupil who has shown exceptional achievement in P.E.
- Termly and celebrating achievements and promoting activity in assemblies by performance.
- Holding an annual sports day for all children in the school.

### Links and Extra Activities

- We are members of the Croydon Sports Partnership, which gives us many opportunities for outside coaches to be brought into school to deliver sessions alongside our PE team and to provide staff development in different areas of PE.
- We also are able to attend other sporting activities, events and competitions outside the school though our participation in the Croydon Sports Partnership.
- Crystal Palace Football Club runs 2 afterschool clubs for Key Stage 2 pupils to attend. These are a football club and a multi-skills club. We also attend events at the football ground.
- We have Healthy Eagles delivering a scheme to encourage our overweight pupils to get healthy and fit.
- Yoga is delivered to pupils who may need help to calm behaviours and relax. This is delivered by the PE assistant who is fully qualified.
- We deliver a lunchtime football club and in the summer term an additional lunchtime sports club is offered.
- On a weekly basis, Year 4 pupils visit the Hayes Primary School to have swimming lessons.
- We have links with local high schools where GCSE students are involved in working with our pupils.

### Impact

St. Nicholas School has a supportive ethos and our approaches help the children in developing their collaborative, resilience and independence skills. Throughout our physical education curriculum, we want our pupils to enjoy taking part in all physical activity and be motivated to improve their performance and evaluate and recognise their own success. We want to provide opportunities for pupils to become physically confident in a way which supports their health and fitness. We believe giving the pupils opportunities to take part and compete in sport and other activities will build character and help to embed values such as fairness and respect.

### Safety

All PE is conducted in line with the Health and Safety Policy. A systematic approach to risk assessment is adopted by the PE Co-Ordinator and those teaching PE. All fixed and large apparatus is serviced annually and checked immediately before pupil use.

All staff teaching PE must ensure that the rules below are adhered to:

- children should wear t-shirts, shorts and plimsolls or trainers. Tracksuit bottoms or similar can be worn for outdoor activities and trampoline
- children must not wear jewellery and long hair must be tied back
- earrings must be removed or taped over

All staff must be aware of pupils with physical and medical conditions. The PE assistant is a qualified First Aider.

### **Inclusion**

At St. Nicholas School we aim to provide an inclusive curriculum that will meet the needs of all pupils, where the teaching and learning, achievements and wellbeing of every child matters. All pupils have equal access to the curriculum regardless of ability.

### **Equal Opportunities**

All pupils have equal access to PE. We pay particular attention to ensuring there is no gender bias in activities. Any displays and references to PE in society, should demonstrate positive role models of gender, race, culture, ethnicity and disabilities.

### **Social, Moral, Spiritual and Cultural Development**

When teaching PE, we will emphasise that the knowledge and skills we use today are a result of human activity over a very long period of time and in many diverse cultures across the world.

### **Assessment and Record Keeping**

Assessment is an integral part of teaching and learning. It is the responsibility of the PE and class teachers to assess all pupils they teach. We are continually assessing pupils and recording their progress.

Where possible pupils should be involved in assessing their own work. This can be through discussions and feedback given to pupils about their own progress in PE. This:

- aims to help children learn, not to find fault, and to be positive and constructive in comments
- is often done while a task is being carried out through demonstration and discussion between children and teacher

Pupils achievements are recorded through photographic evidence.

### **Home/School Links**

Our relationship with parents is very important when supporting their child's PE skills. We involve parents in their children's learning by:

- Providing regular parents evenings which give them verbal feedback
- Providing an end of year report