

# St Barnabas' C.E. Primary School

## PE Policy

St Barnabas' Primary School recognises the vital contribution of physical education to a child's physical, social, cognitive and emotional development. We aim to provide a broad and balanced P.E. curriculum to aid children's increasing self-confidence in their ability to manage themselves and their bodies within a variety of movement situations.

Through a balance of individual, paired and group activities, co-operative when appropriate, we aim to cater for the different strengths, needs and preferences of each child, using differentiated activities where appropriate. We plan a range of activities that aim to provide children with a broad base of movement knowledge, skills and understanding, which they can refine and expand throughout their primary school years. Children with interest and ability in sport are encouraged to join clubs, including those run after school.

We encourage children to develop their creative and expressive abilities, through improvisation and problem-solving. Children will be taught to appreciate the importance of a healthy and fit body, and begin to understand those factors which affect health and fitness. This work is closely aligned with our policy on personal, social, health and citizenship education.

Through the Government Funding, where possible, the school will provide opportunities for pupils to work with PE specialists. The funding will support PE training for staff and an opportunity to work alongside specialist teachers.

We offer outdoor education opportunities for children throughout the school. Different experiences for different age groups ensure all will get a range of appropriate challenges as they go through the school.

### Aims

#### Physical development

- To develop knowledge, skills and understanding, and the ability to remember, repeat and refine actions with increasing control and accuracy.
- To promote fitness and a healthy lifestyle by understanding the effects of exercise on the body, and an appreciation of the value of safe exercising.

#### Social and emotional development

- To develop the ability to work independently and communicate with, and respond appropriately towards others.
- To develop confidence in their own skills and abilities.
- To promote an understanding of safe practice, and develop a sense of responsibility towards the safety of themselves and others.

#### Cognitive development

- To develop decision making and problem solving skills.
- To develop reasoning skills and the ability to make judgements.
- To develop an increasing ability to select, link and apply skills, tactics and compositional ideas.
- To improve observations skills, the ability to describe and make simple judgements on their own and others' work, and to use this knowledge and understanding to improve their own performance.

## **Safety**

As with all physical activity, it is important that certain procedures are followed to minimise the risk of injury.

- Children should dress in sensible shorts (no long shorts or turn ups) or, tracksuit bottoms and t-shirts.
- Children will work in bare feet for all indoor and apparatus work.
- Muslim children may wear tracksuit bottoms and bare feet.
- Plimsolls or trainers are worn for outdoor games, together with tracksuits if it is cold.
- Jewellery is not to be worn. Watches should be kept safely in a container in the classroom.
- Long hair should be tied back and rigid headbands should be removed.
- Children will be trained to lift and carry any apparatus sensibly into position under adult supervision. The teacher will check it before use.

## **Safeguarding**

All adults working with children in school are to be checked for appropriate CRB clearance. This includes coaches working for a term at a time as well as staff working on a one off basis or with clubs. Children in Year 5 and 6 are not expected to change together. We offer boys and girls appropriate facilities to change for physical education.

## **Differentiation**

The School Sports Partnership recommends using the principle of STEP for adjusting lesson activities for differentiation. Some children with particular needs may require different activities, for example with a particular focus on fine motor skills if hand to eye coordination is an issue.

S = change the space available

T = change the time allowed

E = change the equipment, e.g. softer or larger balls, different sized bats, etc

P = change the people, e.g. size of the groups

## **Swimming**

It is the Oxfordshire County Policy that all children should swim by the age of twelve. Therefore, swimming lessons are compulsory for all children. At St. Barnabas, children learn swimming in Year 4 with qualified swimming coaches and school staff who have some training in swimming. Hats should be worn but goggles are not recommended unless a doctor's or parent's note is provided. The County guidelines recommend appropriate swimwear i.e. a one piece costume for girls and trunks (not shorts) for boys.

PE Co-ordinator: Dani Cameron

Date agreed by Staff: December 2015

Date agreed by Governing body:

Date for review: December 2020

Amended June 2017 – just Year 4 to go swimming.