



SKEGBY JUNIOR ACADEMY

Physical Education and Sport Policy

Introduction

The Skegby Junior Academy aims to give all children an outstanding preparation for life through offering a happy, fun and stimulating all-round education.

Physical Education is a practical subject which gives the children at the Skegby Junior Academy opportunities for participation, enjoyment and success. It teaches children about the importance of leading a healthy and active lifestyle, develops their enjoyment, confidence and skill in physical activity, whilst promoting personal, social, intellectual and physical development. It can also provide opportunities for all children, including those with SEND, to develop the key skills of communication, application of numbers, ICT, working with others, improving their own learning and performance and problem solving.

PE is about introducing children to a wide range of physical activities, combined with an enjoyment of exercise that will provide the foundations for a healthy, active adult lifestyle and how to use their body in a range of activities to extend their mental and physical capacities.

Promoting how to be Active and Healthy is at the core of everything we do, as can be seen through our key values here at the Skegby Junior Academy. Our SMART values:

Successful people

Motivated learners

Active and healthy

Ready to learn

Teamwork

At the Skegby Junior Academy we aim to ensure that:

- ✓ We offer our children a broad and balanced curriculum to inspire their physical development and to develop confidence, independence, resilience, and flexibility with an ability to take risks; where they aim for the highest success.
- ✓ Our curriculum and extra-curricular activities offer the opportunities for pupils to develop the knowledge and understanding of what makes a healthy lifestyle.
- ✓ All pupils have the opportunity to take part in festivals and competitions.
- ✓ Pupils can participate in sport beyond the school curriculum.
- ✓ Children enjoy sport and physical activity.

- ✓ Children can celebrate their success and achievements they have attained in sport, in and out of school.
- ✓ Children are offered a variety of physical activities during break time and lunch time.
- ✓ That we reflect the schools overall aims and ethos (SMART).
- ✓ We build upon the child's natural enthusiasm for movement, teaching them to use this confidently to explore and learn about their world and to acquire new subject knowledge and skills within a range of different contexts.
- ✓ We provide children with the opportunity to be competitive and to respond to a variety of challenges in a range of physical contexts and environments.
- ✓ We promote physical skilfulness, physical development through perseverance and determination to be active for sustained periods of time.
- ✓ We provide opportunities for and encourage positive attitudes towards physical activity, as individual participants, team members and spectators, i.e. to observe the conventions of fair play, honest competition and good sporting behaviour. To encourage acceptance of success and failure and to develop understanding of what it takes to persevere, succeed and acknowledge others' success.
- ✓ We provide opportunities to develop self-esteem and personal characteristics like initiative, self-reliance and self-discipline.

High Quality PE

We offer a wide range of sporting activities at the Academy to enhance and enrich our PE curriculum. Some of these are funded through the use of the Sports Premium and others are financed through other Academy funds. The following are examples of how we offer high quality PE opportunities in our Academy:

- ✓ All pupils have PE lessons in school. These cover the whole range of subject-movement, fitness, gymnastics, dance, games and athletics, OAA.
- ✓ Swimming takes place in Year 3. We have also implemented extra swimming sessions for Year 4 with the aim that more children will be able to swim at least 25 metres by the time they leave us and ensure they have sufficient safety in and around water.
- ✓ After school clubs take place throughout the year including football and Change4Life and we have an instructor in for two different types of dance clubs.
- ✓ We take part in local competitions and festivals as part of the Sainsbury's School Games calendar.
- ✓ Coaches come into the Academy to deliver additional PE lessons or specific skills.
- ✓ Throughout the year there are different events that the whole Academy takes part in to promote healthy and active lifestyles, whilst sometimes raising money for charities at the same time. For example, the Jump for Rope event, Sport Relief Mile, Multi-skills activity day and the Big Work Out.
- ✓ In the summer term, pupils in Year 6 have the opportunity to visit Kingswood Outdoor Education and Adventure Centre for a residential trip that offers a variety of adventurous activities.

- ✓ At lunchtimes we have introduced 'craze of the week' which offers ALL the children opportunities to try activities they may not have wanted to or had the chance to before. If the activities are popular, it will help us decide what equipment or activities we will offer on a bigger scale in the future, for example, whopper hoppers.
- ✓ The children complete an annual questionnaire about our Sports Provision which enables us to plan for the future regarding curriculum coverage, extra-curricular provision and equipment.

Teaching Strategies

Children will be given the opportunity to work:

- In whole class groups
- Group Work - size dependent on age/ developmental specific
- Paired work
- Individually
- Co-operatively
- Competitively
- Teams of various sizes
- Mixed ability groups

Children will have the experience and opportunity:

- to lead
- to make decisions/choices about their work
- to assess their own work and the work of others
- to praise the work of others and offer constructive advice
- to use accurate and appropriate vocabulary

Safety

Health and safety awareness is an integral part of children's learning in PE and Sport. The safety of children in PE and sport lessons is of paramount importance. As well as teachers and teaching assistants considering health and safety during PE lessons, the children should be taught to consider their own health and safety and that of others.

Equipment Safety

- ❖ The apparatus must be annually safety inspected and before use to ensure it is in good working order.
- ❖ Apparatus in need of repair should be marked accordingly and put away where it cannot be used until repaired.
- ❖ Apparatus should be carried from place to place rather than being dragged, thus preserving the apparatus, and minimising the risk of damage to the floor.
- ❖ Apparatus should not be placed too near to walls, radiators etc-sufficient space should be left for pupils landing, slowing down etc.

- ❖ Pupils must be taught to handle apparatus correctly, although such handling should only take place with the teacher's permission, under the teacher's supervision and be checked by the teacher prior to use.
- ❖ Ensure that floors are clean and dry and clear of litter etc. before starting a lesson.
- ❖ Check that the hall is adequately heated and well lit and that the surrounding chairs tables, and objects, etc are safely stored and well clear of any fire exits. Try to restrict the activity to one metre boundary from the surroundings.
- ❖ Children must be supervised when getting equipment out and putting it away but adults should get equipment out where possible.
- ❖ Equipment will be monitored regularly by the 'equipment monitors' to check it has been put away correctly and in the right place, to ensure we preserve the equipment and it is safe to use.

Pupil Safety

- ❖ All participants should wear appropriate PE kit, suitable to each activity. Children are expected to wear the Academy PE kit, consisting of a purple PE polo shirt with logo, black shorts with logo, socks and plimsolls or suitable training shoes.
- ❖ All long hair should be tied back.
- ❖ No jewellery should be worn.
- ❖ In the event of a child having newly pierced ears and studs which cannot be removed for six weeks, the child must arrive at school wearing micropore tape or a parent/carer must come and put the tape on before a PE lesson, as adults in school or other children are not permitted to do so.
- ❖ Gymnastics and Dance should always be done in bare feet.
- ❖ Teachers should be aware of any children with medical conditions, asthma etc. which should be noted in class register.
- ❖ All staff and pupils should be aware of school's First Aiders. Temporary or supply teachers should know where first aiders can be found before teaching a PE lesson.

Physical Education and SEN

Teaching PE to pupils with Special Educational Needs is an extension of good practice via differentiation etc. It is important that the children's abilities and needs, not disabilities, are emphasised. This will not only improve their skills but raise their confidence and self-esteem. The curriculum is designed to be wholly inclusive to meet all SEND/disabilities. At the Skegby Junior Academy children with SEND are successfully integrated into lessons and can be accompanied by support teachers if it is felt necessary.

Adults other than Teachers

Teaching Assistants employed by the Academy may sometimes assist in the delivery of PE, working either with individuals or small groups of pupils. They do so under the direction of the teacher.

Adults other than teachers who work with children in curricular or extra-curricular time or parents will have appropriate training to work with small groups or larger groups of children, are DBS checked and are covered by their own insurance.

PE and Equal Opportunities

All pupils are entitled to the same PE provision as their peers and adult support is provided so that this is possible. Boys and girls have the same opportunities.

Where appropriate, pupils are grouped by size or by ability for aspects of games lessons so that all might participate fully.

Upper Key Stage 2 boys and girls change separately.

If a request is made for younger pupils to change separately (e.g. for religious reasons) provision will be made by the class teacher, following a discussion with parents.

Cross Curricular Links/Health Education

Where possible, links are made between PE and other areas of the curriculum:

- Use of stop watches, number of beats, patterns (Numeracy)
- Digital camera (ICT)
- Fair play, consideration and respect for others (PSHE)
- Dance routines/rhythms (Music)
- Health and fitness (Science, PSHE)