

# Cavendish Community Primary School Physical Education Policy

## 1 Aims and objectives

Physical education develops the children's knowledge, skills and understanding so that they can perform with increasing competence and confidence in a range of physical activities. These include dance, gymnastics, swimming and water safety, athletics and outdoor adventure activities (OAA). Physical education promotes an understanding in children of their bodies in action. It involves thinking, selecting and applying skills and promotes positive attitudes towards a healthy lifestyle. Thus we enable them to make informed choices about physical activity throughout their lives. We will strive to meet the target of 2 hours quality P.E. provision within a school week, and exceed it where possible, although this may need to be averaged out over the course of a term/year.

## 2 P.E. curriculum planning

P.E. is a foundation subject in the National Curriculum. Our school uses the national scheme of work as the basis for its curriculum planning in P.E. We have adapted the national scheme to the local circumstances of the school. As required, we teach dance, games and gymnastics at Key Stage 1. In Key Stage 2 we teach dance, games and gymnastics, plus two other activities: swimming and water safety, and athletics. In addition, Year 6 have a fantastic opportunity to go on a residential OAA trip.

## 3 Teaching of P.E. to children with Special Educational Needs (SEN)

- At our school we teach P.E. to all children, whatever their ability. P.E. forms part of the school curriculum policy to provide a broad and balanced education to all children.
- Intervention through School Action and School Action Plus will lead to the creation of an Individual Education Plan (IEP) for children with special educational needs. The IEP may include, as appropriate, specific targets relating to P.E.
- Resources will be adapted for individual children as required.

## 4 Health and safety

- The general teaching requirements for health and safety apply in this subject and we follow the guidance in 'Safe Practice in Physical Education and Sport' published by the Association for Physical Education. We encourage the children to consider their own safety and the safety of others at all times. We expect them to change for P.E. into the agreed clothing for each activity area.
- Jewellery and watches must be removed for any sporting activity.
- If earrings cannot be removed, they must be covered up. In some cases, covering may not be adequate for the activity in which case, where possible, the activity will be amended. If it is not possible to amend the activity, the child will be deemed at risk and not participate in the lesson.
- Long hair must be tied back.
- If headscarves are worn for P.E., they need to be fastened securely, tight fitting, tucked in and made of material appropriate for the weather.
- Ideally, glasses will be removed but if they must be worn, they need to be securely fitted. If they need to be worn for the child to take part safely, then where possible the activity and/or equipment will be amended to enable the child to take part safely.

## 5 Clothing

### 5.1 Dance

Foundation, Years 1 and 2 - Remove shoes and socks.

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Years 3, 4, 5 and 6 - Plain white t-shirt and black shorts. If parents wish their children to cover their legs, the clothing must be close fitting to avoid tripping.

## 5.2 Gymnastics

All children are required to wear a plain white t-shirt and black shorts. The shorts should not have pockets and should finish above the knee and t-shirts must be tucked in. If parents wish their children to cover their legs, the clothing must be close fitting to avoid tripping.

## 5.3 Outdoor games/athletics

All children are required to wear a plain white t-shirt and black shorts. In addition, children must have socks and trainers/pumps to change into as it may take place in the rain. In colder weather it is acceptable to wear tracksuits.

## 5.4 Swimming

Boys must wear swimming trunks (tight fitting, not Bermuda style shorts) and girls must wear a one piece costume. The children also need a towel and a swimming cap if their hair is long or obstructs their eyes. Goggles will only be allowed for medical reasons and a doctor's note will be required.

## 5.5 Staff

Staff must wear footwear appropriate to the surface conditions and remove loose, dangling jewellery.

## 6 Strategies to support children who do not bring kit.

- 6.1 P.E is an essential part of the curriculum and to ensure that all children can participate in all areas, supplies of spare swimwear, shorts, t-shirts and footwear will be provided to each class. It is the teacher's responsibility to ensure that it is returned.
- 6.2 Children will only be excused from P.E. if a parent or carer has contacted school to explain why. A doctor's note will be needed for long term exemption.
- 6.3 If a child forgets their kit, names are noted by the class teacher and the following actions are used by staff.
  - Initially, the child will be given a warning.
  - If this doesn't work, a letter will be sent home with the child.
  - If there is still no improvement, the parents/carers will be contacted by the teacher.
  - Finally, if kit is still being forgotten, parents will be contacted by a member of the Senior Leadership team.

## 7 Gender issues

Single gender changing will be available when deemed appropriate.

## 8 The Foundation Stage

We encourage the physical development of our children in Nursery and Reception as an integral part of their work, through continuous outdoor provision and PE lessons. We relate the physical development of the children to the goals set out in the Early Year Foundation Stage Curriculum, which underpin the planning for children aged three to five years of age.

Signed:

Date:

To be reviewed: