

HILLINGDON PRIMARY SCHOOL



*“We want everyone at Hillingdon Primary School to be happy, caring and independent.
Our school is a place where we learn together, doing our best to achieve success.”*

PHYSICAL EDUCATION POLICY

At Hillingdon Primary School, Physical Education plays an important part in the physical and social development of every pupil. Pupils in both Key Stages participate in two hours of high quality Physical Education each week. In addition we provide a range of extra-curricular clubs, squads and structured play activities.

AIMS

We aim to:

- Develop pupils' physical skills and confidence in a range of physical education activities, in line with National Curriculum requirements.
- Select the most skilled and talented children to represent our school in inter-school fixtures and competitions. The selection process takes into consideration a child's performance in lessons, clubs and/or squads and their availability to attend the event.
- Develop pupils' stamina, suppleness and strength.
- Develop pupils' ability to use thinking and decision making skills when responding to creative, competitive and challenging physical activities.
- Give all children, regardless of ability, the opportunities and support to achieve success.
- Foster commitment to and enjoyment of regular physical activity, and an understanding of how this contributes to lifelong health and fitness.
- Develop perseverance in order to achieve success and the desire to improve on previous performances.
- Develop pupils' understanding of the principles of safe practice when participating in physical activity.
- Provide a range of extra-curricular clubs each year.
- Encourage pupils to participate in a range of extra-curricular PE clubs, squads and structured play activities.
- Provide opportunities for pupils' to participate in intra- and inter-school competitions.
- Inform and encourage parents/carers to support whole school PE events and inter-school competitions.
- Provide information about community clubs and encourage children to participate in physical activity outside of school.
- Give status to and recognise the value to PE, celebrating successes both within and outside school.
- Teach children the merit of competition and sportsmanship.

Teaching and Learning Style

PE lessons:

- Have clear learning objectives and success criteria which are shared with the children, are well paced and include a 'Warm Up' and 'Cool Down'.
- Show evidence of the 'Planning-Performing-Evaluating' process;
- Focus on quality and improving performance. Teachers draw attention to good examples of individual performance as models for the other children and we encourage the children to evaluate their own work as well as the work of other children.
- Give the pupils the opportunity both to collaborate and to compete with each other.
- Provide suitable learning opportunities for pupils of differing physical ability, by matching the challenge of the task to the ability of the pupil. Teachers are aware of and plan for the needs of gifted and talented children, as well as those with learning difficulties.
- Develop the pupils' understanding of the importance of safety issues.

Planning in Key Stages 1 and 2

Our school follows National Curriculum requirements in the delivery of PE. In Key Stage 1 we teach games, gymnastics and dance. In Key Stage 2 we teach games, gymnastics, dance, athletics, outdoor and adventurous activities and swimming.

The curriculum planning in PE consists of a Key Stage overview of the elements to be taught. Each teacher produces a termly plan drawing on schemes of work available within the school.

We plan the PE activities so that they build upon the prior learning of the children. While there are opportunities for children of all abilities to develop their skills, knowledge and understanding in each activity area, there is planned progression built into the scheme of work, so that the children are increasingly challenged as they move up through the school.

The Foundation Stage

We encourage the physical development of our children in the Reception class as an integral part of their work. We relate the physical development of the children to the objectives set out in the Early Years Foundation Stage Profile. We encourage the children to develop confidence and control of the way they move, and the way they handle tools and equipment. We give all children the opportunity to undertake activities that offer appropriate physical challenge, both indoors and outdoors, using a wide range of resources to support specific skills.

Resources

There is a wide range of resources to support the teaching of PE across the school. We keep most of our small equipment in the PE shed, and this is accessible to children only under adult supervision. The hall contains a range of large apparatus, and we expect the children to help set up and put away this equipment as part of their work. By so doing, the children learn to handle equipment safely. The children use the school field for games and athletics activities and the local swimming pool for swimming lessons. The PE coordinator is responsible for maintaining and extending resources according to the budget available.

Health and Safety/Uniform

- We encourage the pupils to consider their own safety and the safety of others at all times.
- All pupils are taught how to handle PE equipment safely. They are encouraged to get out and put away larger gymnastics equipment and are aware of the fixing characteristics of equipment.
- During P.E lessons each pupil should wear a white t-shirt/polo shirt and navy blue shorts or navy blue/grey/black tracksuit bottoms during colder weather. They should have a pair of black plimsolls for outdoor use. For all P.E lessons inside children must be barefoot, unless there is a medical reason.
- For swimming lessons, children should wear a costume or trunks (not shorts) and a cap.
- Long hair should be tied back.
- Pupils should remove all jewellery before participating in physical activity. It is the pupil's responsibility to remove any jewellery themselves; staff are not permitted to do this. It is advised that pupils' leave these items at home on P.E days.
- For squads representing the school, pupils should wear a white polo shirt and navy blue shorts, unless there is a team kit available from the school. A deposit will be required for the loan of a school team kit. If an item is not returned, parents are responsible for the cost of replacing the item.

Monitoring

The progress and achievement of each pupil will be monitored and assessed during the school year. This will be achieved through:

- Discussion of pupils' work
- Informal observations of pupils during lessons

- Self assessment by pupils
- End of year reports
- Monitoring of planning and lessons by the PE coordinator
- At the end of a school year, information will be passed on to the next teacher during transition meetings.

Staff Development

Teachers will be encouraged to extend their skills and knowledge in this area through:

- Opportunities to plan and teach lessons with support from our School Partnership Leader/sports coaches
- Opportunities to attend INSET courses
- Support from the PE coordinator
- Staff meetings

Extra-Curricular Activities

- The school provides a range of PE-related activities for children during lunchtimes and at the end of the school day. Details of the range of clubs available are posted on the school's Fronter network each term.
- Each year we participate in Netball and Football leagues, cup events and rallies. During the year we compete in other inter-school sporting competitions including Sportshall Athletics, Cross-Country, Swimming and District Sports events.
- The range of clubs we offer depends on staff expertise and coaches provided by the Sports Partnership.

Club Procedures

All parents of those children who wish to participate in an after or before school club will receive a letter, to include a permission slip, prior to joining the club. The letter will provide the following information to parents;

- Club timings (to include a note about children being collected punctually) and dates of forthcoming events/fixtures that, if selected, the child will need to attend
- Where children should be collected from
- Details of any kit required

The letter will also ask for commitment and support from parents and children; specifically asking parents to notify the school if their child is unable to attend the club and ensure that their child will be available to participate in any additional squad activities/team events if selected.

Parents will be required to complete the permission slip and provide the following information to club leaders;

- Two contact telephone numbers, to include a mobile phone number (if available) and a land line number
- The names (and relationship to the child) of anyone authorised to collect their child from the club
- Confirmation of whether their child has permission to walk home alone
- Details of any medical conditions

The following procedures are followed:

- A permission slip must be returned before a child joins a club
- A list is compiled of those children attending the club; to include contact numbers, details of how the child will get home and any medical conditions
- This list is retained by the club teacher and kept with him/her throughout the duration of the club
- A copy of this list is also held centrally by the office, and an additional copy provided to welfare
- A register is taken at the beginning of each session and every child checked off the register as they are collected

- The teacher ensures that he/she has an appropriately equipped first aid bag at the club and that any child requiring an inhaler has it with them
- The teacher ensures that he/she has a mobile phone on their person throughout the duration of the club in case of an emergency
- All children are seen off the premises at reception and handed over to an authorised person (unless written permission has been given for the child to walk home alone)

Club teachers will ensure that a letter is sent home to parents advising them of their child's participation in and expected commitment to a lunch time club. The letter should include information about the timing of the club and any kit/uniform required. A register must be maintained of those children attending the club, to be copied to the office and welfare for information. Welfare will provide first aid cover for all lunch time clubs.

We endeavour to confirm all sporting fixtures at least a week in advance whenever possible, and communicate this information to parents in writing.

Cancellations

The club leader is responsible for confirming all sporting fixtures with opposing schools by lunchtime on the day of the event. The club teacher will immediately advise the senior administrator of any cancellation. In the event of a last minute cancellation, the office will assist with notifying parents.