



Parkroyal Community School

PE and Sport Policy

Review date - Autumn 2023

Updates and changes are highlighted

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Statement of intent

Parkroyal Community School aims to provide opportunities for pupils to become physically confident in a way which supports their health and fitness. At the school, we offer pupils the opportunity to compete in sports and other activities, in order to help build character and reinforce values such as fairness and respect.

PE lessons are taught with the following aims in mind:

- Meet the requirements of the national curriculum
- Promote a healthy and active lifestyle
- Encourage physical activity and exercise
- Develop competence to excel in a broad range of physical activities
- Build self-esteem, confidence and resilience
- Provide all pupils with access to the lesson
- Develop pupils' academic, social and physical ability
- Encourage good behaviour and respect amongst pupils
- Promote teamwork and cooperation amongst pupils

1. Legal framework

This policy has due regard to all relevant legislation and statutory guidance including, but not limited to, the following:

- The Workplace (Health, Safety and Welfare) Regulations 1992
- The Management of Health and Safety at Work Regulations 1999
- Health and Safety at Work etc. Act 1974
- DfE (2013) 'Physical education programmes of study – key stages 1 and 2'
- DfE (2013) 'National curriculum in England: PE programmes of study'
- DfE (2021) 'Statutory framework for the early years foundation stage'

This policy operates in conjunction with the following school policies:

- Health and Safety Policy
- First Aid Policy
- School Uniform Policy
- Intimate Care Policy
- Staff Code of Conduct
- Exclusion Policy

- Behaviour Policy

2. Roles and responsibilities

The **headteacher** is responsible for:

- Appointing an appropriate **PE coordinator**.
- Ensuring that appropriate procedures are in place for the reporting and managing of accidents.
- Ensuring effective health and safety procedures are in place, and that the appropriate safety measures are taken.
- Ensuring all necessary risk assessments have been undertaken.
- Ensuring that teaching standards are maintained and the effectiveness of the teaching of the subject is monitored.
- Liaising with the **PE coordinator** regarding the spending and impact of the PE and sport premium funding.
- Ensuring that the use of the PE and sport premium is effectively communicated to the governing board and through the school website

The **PE lead** is responsible for:

- The overall implementation of this policy.
- Ensuring the areas of the premises used for PE lessons are safe and clear of obstructions or other hazards.
- Creating an action plan at the start of each school year, identifying any areas of improvement within the subject which need to be addressed.
- Maintaining and replacing equipment.
- Monitoring the teaching of PE at the school, ensuring that high standards are consistently maintained.
- Ensuring that the details of any PE-related accidents are recorded with the school operations manager, including the action taken and the health and safety procedures followed.

The **PE coordinator** is responsible for:

- Liaising with staff members to develop an effective PE timetable.
- Producing a flexible and appropriate scheme of work.
- Supporting staff members in all aspects of the curriculum.
- Creating an action plan at the start of each school year, identifying any areas of improvement within the subject which need to be addressed.
- Maintaining and replacing equipment.

- Monitoring the teaching of PE at the school, ensuring that high standards are consistently maintained.
- Undertaking the necessary risk assessments.
- Ensuring that the details of any PE-related accidents are recorded with the school operations manager, including the action taken and the health and safety procedures followed.
- Attending any necessary training, in order to help inform future developments of the subject at the school.
- Keeping up-to-date with any changes in the subject area.
- Ensuring that the school provides extra-curricular opportunities to pupils, further developing the skills learnt during their PE lessons.
- Liaising with the **SLT** and other relevant staff members regarding the use of the PE and sport premium.
- Providing the headteacher with an annual summary report regarding the teaching of PE at the school.

Parents are responsible for:

- Providing their child with the necessary PE kit.
- Providing their child with appropriate footwear for PE classes.
- Ensuring that, where necessary, a doctor's note or similar evidence is provided when their child cannot participate in PE lessons.
- Communicating with school for attendance of their child at extra curricular clubs or attendance at sporting events/competitions.

Pupils are responsible for:

- Having their PE kit in school on the appropriate days.
- Coming to school dressed appropriately for PE on their timetabled PE day. This includes when pupils attend swimming lessons.
- Notifying their teacher of any reason why they should not participate in PE lessons and providing appropriate evidence, where necessary.
- **Adhering to the Behaviour Policy at all times.**

3. EYFS

Physical development will be encouraged as an integral part of work for pupils in the EYFS, teaching them how to control their movements and become competent movers.

Pupils' fundamental movement skills are developed during the EYFS, laying a foundation for future PE lessons. These lessons may be delivered by specialist teachers.

Particular areas of focus will include movement, balance and the use of PE equipment, including gymnastic apparatus, floor mats and sporting equipment, such as bats and balls.

Pupils' physical development will relate to the physical development objectives of the early learning goals (ELGs), which are set out in the DfE's 'Statutory framework for the early years foundation stage', including:

- Demonstrating strength, balance and coordination when playing.
- Negotiating space and obstacles safely, with consideration for themselves and others.
- Moving energetically, such as running, jumping, dancing, hopping, skipping and climbing.
- Participating in physical activities which enhance fine motor skills.

All pupils within the EYFS will be given the opportunity to undertake activities that provide appropriate physical challenge, both indoors and outdoors, whilst using a range of resources and equipment.

An EYFS profile will be completed for each pupil in the final term of the year in which they reach age five.

4. Curriculum

[PE curriculum Intent and Implementation doc](#)

During KS1, pupils will be taught to:

- Master basic movements, including running, jumping, throwing and catching, whilst developing their agility, balance and coordination, beginning to apply these in a range of activities.
- Participate in team games, developing simple tactics for attacking and defending.
- Perform dances using simple movement patterns.

During KS2, pupils will be taught to:

- Use running, jumping, throwing and catching in isolation and in combination.
- Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending, for example, through netball, football, hockey and tennis.
- Develop flexibility, strength, technique, control and balance through activities such as gymnastics and athletics.
- Perform dances using a range of movement patterns.
- Participate in outdoor and adventurous activities, both individually and within a team.

- Compare their performances with their previous ones and demonstrate improvement to achieve their personal best.

1.1. In relation to swimming, pupils within KS1 and KS2, will be taught to:

- Swim competently, confidently and proficiently over a distance of at least 25 metres.
- Use a range of strokes effectively, such as front crawl, backstroke and breaststroke.
- Perform safe self-rescue in different water-based situations.

5. Teaching and learning

All lessons will be planned and taught in line with the scheme of work, as developed by the PE coordinator, ensuring that potential for pupils' progression is planned into the scheme of work.

Our PE curriculum is planned and delivered through PE Passport (see PE curriculum intent and implementation doc and PE Passport APP).

Lessons and activities will build upon pupils' prior learning, developing their skills, knowledge and understanding within each activity area.

The school creates long-term, medium-term and short-term plans for delivery of the PE curriculum – see PE Passport APP

The PE coordinator is responsible for reviewing and updating long-term and medium-term plans, and communicating these to teachers.

Teachers are responsible for reviewing and updating short-term plans and building on the medium-term plans, taking into account pupils' needs and identifying the methods through which topics could be taught.

All relevant staff members are briefed on the school's planning procedures as part of their staff training.

Where appropriate, a sports coach will lead the lesson or teach alongside the teacher.

Pupils will be taught through a mixture of whole-class, group and individual activities, ensuring that tasks are suitable for pupils' abilities.

Pupils will be encouraged to evaluate their own performance, as well as the performance of others.

Pupils will be given the opportunity to both collaborate and compete with each other during lessons.

The PE coordinator will act as the first point of contact for staff members planning PE lessons or sporting events.

A variety of resources, including indoor and outdoor sporting equipment, will be used to provide a range of challenges for pupils.

Staff members involved in the teaching of PE will have access to PE resources at all times

Where a pupil is unable to participate in a lesson, the teacher will set them another related task, such as being score counter, taking photographs, officiating, peer to peer assessment or equipment manager.

6. Assessment and reporting

Pupils will be assessed through observations made during lessons. Plans will then be adjusted accordingly to meet the needs of ALL pupils.

Pupils will be assessed half termly against the unit of PE/sport that has been covered. This will be done through the PE Passport APP platform.

Pupils in Upper KS2 will self assess their progress and attainment against statements through the PE Passport APP platform

PE Passport will hold a Passport of each child as they progress through the school. This will record their progress in curriculum subjects/extra curricular clubs and participation in competitions and events.

7. Extra-curricular activities

The school provides pupils with the opportunity to participate in a range of extra-curricular activities in order to further develop their skills.

Extra-curricular opportunities are provided to pupils with the aim of allowing them to put into practice the skills they have developed in lessons, as well as foster a sense of cooperation among pupils, whilst introducing a competitive element to team games.

There are a variety of PE-related extracurricular activities for pupils to participate in outside of school hour

External sports coaches will lead activities and clubs, where appropriate.

At the **beginning of each term or half term**, parents will be made aware of the extra-curricular activities on offer at the school via the **School APP and through the completion of a Google form.**

The school participates in regular sporting events against other schools –pupils and parents will be made aware of these fixtures with due notice.

Participation and success of extra-curricular events, such as sporting competitions, will be celebrated during assemblies.

All teaching staff will actively encourage pupils to be physically active outside of school.

All records of pupils attending clubs or representing the school in competitions will be recorded in PE Passport and/or on Arbor.

Registers for every club are collated on Arbor and the teacher of the club is responsible for taking the register at the start of each session.

8. PE kit and changing arrangements

The schools will choose a PE kit which is practical, comfortable, appropriate to the activity involved and affordable.

During PE lessons, pupils are expected to wear the following:

Indoor

White T-shirt

Red shorts

Black pumps

Outdoor

White T-shirt

Red shorts

Tracksuit (own tracksuit/jogging trousers may be worn but should be grey or black)

Outdoor trainers

During cold weather, pupils will be allowed to wear their school jumpers, or coats, as appropriate.

During swimming lessons, pupils are expected to wear the following:

- One piece bathing suit
- Shorts/trunks
- Swimming cap
- Goggles (optional)

Staff members will lead by example by wearing appropriate clothing when teaching PE, such as trainers and joggers and where possible kit that is emblazoned with the school logo.

All potentially dangerous jewellery, such as earrings, will be removed before PE lessons. Jewellery which cannot be removed will be taped over.

It is the pupils or parents responsibility to remove earrings prior to PE lessons and/or put on/remove their own tape.

In relation to swimming lessons, if a child's jewellery cannot be removed, they will not be able to participate in the lesson.

Hair, shoulder length or longer, will be tied back securely at all times.

Activities such as gymnastics and dance will be undertaken in bare feet where appropriate.

During gymnastics lessons pupils will tuck their shirts in.

Fitness watches and/or trackers can be worn in PE lessons but are to be worn under a sweat band or something similar. However, it is encouraged that children remove these items to avoid any potential damage.

In the event that a pupil repeatedly forgets their PE kit, a phone call will be made to parents.

In upper KS2 pupils will get changed in single sex groups in separate classrooms.

Pupils who identify as transgender will be allowed to get changed in the facilities that correspond with their preferred gender identity. Alternative provision, such as toilet facilities or an empty room, are also made available where necessary.

Where a pupil who requires additional support needs assistance changing, the school will adhere to the Intimate Care Policy. All staff will be aware of any intimate care issues for individual pupils.

9. Health and safety

Staff and pupils will adhere to the Health and Safety Policy at all times.

Pupils will be taught about physical-activity-related health and safety, as well as sport-specific safety, as part of the PE curriculum.

Pupils are encouraged to consider their own safety, as well as the safety of others, at all times.

First aid boxes will always be accessible during PE lessons.

All staff members involved in the teaching of PE will undergo basic health and safety training as part of their induction.

In order to minimise risk during PE lessons, teachers will carry out informal risk assessments of every lesson planned.

Where pupils will be attending an off-site sporting or PE-related event, the PE coordinator or the member of staff attending is responsible for completing a risk assessment for the event.

Swimming lessons will always be taught by a specialist swimming teacher.

The PE coordinator will check the conditions and appropriateness of PE resources, restocking and replacing equipment as required.

Resources and equipment will be checked by staff members before use, with any faults or concerns reported to the PE coordinator.

Pupils will not have access to PE resources and sporting equipment unless appropriately supervised.

All PE equipment and resources will be safely stored, within a secure storage area, within the **green container**.

Pupils will be taught how to handle PE equipment and resources safely.

Pupils will help staff members to move and set up PE equipment.

In relation to swimming lessons or a lesson where bare feet are required, if a pupil has a verruca or wart, they must notify the staff member leading the lesson of this prior to the start of the lesson.

10. Behaviour

Pupils will act in accordance with the school's Pupil Code of Conduct and Behaviour Policy at all times.

Pupils will be made aware of the expected behaviour for handling PE equipment and resources.

Pupils will be made aware of how misbehaving during PE lessons and using equipment in the incorrect manner can be dangerous.

During PE lessons, pupils are expected to act in the same manner as any other lesson, showing respect to staff members and other pupils. Any pupils behaving in an inappropriate manner will be subject to the disciplinary measures outlined in the Behaviour Policy.

In the event of misbehaviour causing harm or serious disruption, the pupil's parents will be notified of the incident as per behaviour policy.

11. Equal opportunities

Teaching staff will work closely with the PE coordinator to ensure that planned activities for lessons are accessible to all pupils, including pupils with SEND.

All lessons will meet the specific needs of individuals, as well as of groups of pupils, including those with SEND and those who have English as an additional language.

Teaching staff will liaise with the SENCO or PE coordinator, where necessary, in order to meet the needs of pupils.

Pupils will not be grouped together based on gender, race or disability.

12. Monitoring and review

This policy will be reviewed on an annual basis by the PE Lead and PE coordinator, with any changes made to the policy being communicated to all teaching staff and the governing board.

The curriculum plan will be monitored and evaluated by the PE Lead and coordinator, including the planning, assessment and reporting arrangements in place.

The spending and impact of the PE and sport premium is monitored by the Local Academy Trust and the schools governing board.

