



PE Policy

1. Aims and Objectives

General Statement

At Holly Primary School, we recognise the importance Physical Education (PE) plays in the curriculum and are committed to providing all children with opportunities to engage fully in PE. PE should provide opportunities for all pupils to become physically literate and confident in a way that also supports their health and fitness. Children should acquire not only physical skills, knowledge and understanding, but also the awareness and importance of leading healthy, active lives as well as the values of sportsmanship, fairness and respect through the sports and activities they undertake.

We understand that the interests and skills cultivated during the time the child is at Holly will have a positive contribution to community, educational, recreational and cultural life. We are therefore providing the important foundations for the child's future involvement in physical activity.

Specific Aims

The consistent delivery of high-quality PE lessons which are exciting, challenging and enjoyable and provide many varied learning opportunities

- Develop knowledge, skills and understanding across a range of sporting activities.
- Engage in moderate to intense physical activity over sustained periods of time.
- Participate in competitive sports and activities.
- Lead healthy and active lives, picking up positive habits for their future lives.
- To compete in games and activities in a collaborative team.
- To develop Staff competence and confidence in the delivery of high-quality PE lessons
- To promote safe practice in all activities.
- To use sport to build pupils' self-confidence and self-esteem.
- To encourage involvement in extra-curricular sporting activities and develop community and club links
- Increase participation in competitive sports both in and out of School.
- To develop Staff competence and confidence in the delivery of high-quality PE lessons.

2. Health and Safety

We recognise that participation in PE and Physical Activities contains an element of risk. Staff are responsible for ensuring that they are familiar with safe practice to reduce the element of risk to the absolute minimum within their control.

- Staff are aware of pupils who have special needs with regards to physical activity and make special provision for needs where appropriate e.g. physical disability, asthma
- Staff know about the safe practices involved in moving and using apparatus
- Pupils wear appropriate clothing, remove jewellery and tie back long hair. If the removal of jewellery or studs is not possible, they should be securely taped and the teacher is confident this strategy is effective. Our School provides a spare PE kit for all children and does not discriminate based on gender, race, disability, sexual orientation or belief.
- Pupils may be asked to remove shoes when participating in indoor activities such as gymnastics.
- Correct use of equipment is taught along with any potential hazards, including completing a risk assessment for each area/ space that PE and school sport takes place in
- Equipment and apparatus is stored safely at the end of each lesson.
- Pupils are taught to consider their own safety and that of others at all times.
- School shoes are not permitted to be worn for PE

Staff teaching PE should consider their own and their pupils' safety with regard to their own additional personal clothing, footwear and jewellery when involved in the teaching of any sporting activity.

We undertake an annual Risk Assessment of the school premises and areas where PE is taught and equipment including PE equipment (PE Lead) as necessary. Risk Assessments are in place for all school sporting trips.

3. Curriculum

Activities taught at Holly Primary School

- Dance
- Gymnastics
- Athletics
- Circuits
- Football
- Dodgeball
- Rounders
- Cricket
- Tennis
- Hockey
- Swimming

PE and Pupil Premium

PE and School Sports Premium funding is used in a number of areas relating to PE and sport at Holly Primary School. A breakdown of the funding can be viewed on the School website. Some of the money is spent on the Premier League Primary Stars scheme in partnership with Nottingham Forest Football Club. A NFFC coach comes into school on a weekly basis, will work alongside the class teacher to teach PE, and will work with every class and child throughout the year. This coach will also run an after-school club that happens all year round.

Swimming

In Year 5, during the Summer term, children will have the opportunity to go to the Rebecca Adlington Swimming Centre for two weeks of lessons. These will take place in each afternoon and the Year 5 teachers will organise transport and adult supervision.

Physical activity outside of the curriculum

A range of after-school clubs is available to children at Holly and these will be regularly reviewed to ensure that they meet the interests and needs of the pupils. The headteacher and PE co-ordinator also organise a range of different inter-school tournaments and leagues throughout the school year.

4. Participation in PE

We aim for full participation in every PE lesson and aim to do this by:

- Providing PE kit for all children if kit is forgotten.
- A wide range of imaginative resources and teaching strategies are used to actively engage pupils in participating in lessons.
- Our curriculum takes into consideration the range of pupils' needs to ensure continuity and progression in learning is provided and PE lessons will be suitably differentiated in order to support and challenge pupils.
- Staff ensure that pupils of all abilities are able to access the PE curriculum by providing alternative or different resources to develop new skills and ensure a positive relationship with physical activity from an early age.
- Pupils who are unable to participate in a PE lesson are engaged purposefully with other roles such as observation, feedback, video recording, evaluation, coaching, umpiring and refereeing. Students should change into suitable footwear. Parental notes should be received if a child is excluded for any short or long-term health reason.

Facilities available for PE

- Hall
- Playground
- Grass pitch
- Hard-court
- Rebecca Adlington Swimming Centre