



The Oaks Primary School
Bringing Learning to Life

Physical Education Policy

Physical Education at The Oaks aims to develop the knowledge, skills and capabilities necessary for mental, emotional, social and physical wellbeing in our children. At The Oaks we believe that each child is entitled to fully access physical education, regardless of aptitude or ability. Physical fitness is a key part of leading a healthier life style and making educated choices. It teaches self-discipline, encourages resilience and determination and promotes self-belief that anything can be achieved.

Intent

We aim to deliver high quality teaching and learning opportunities that inspire all children to succeed and build a love for physical activity. We want to teach children how to cooperate and collaborate with others, as part of a team, understanding fairness and equity of play to embed life-long values. In line with the national curriculum we ensure that all children:

- Develop competence to excel in a broad range of physical activity
- Are physically active for sustained periods of time
- Engage in competitive sport and activities
- Lead healthy, active lives

Implementation

The Physical Education curriculum at The Oaks is an area of learning in its own right, as well as integrated where possible with other curriculum areas. High quality PE and sporting activities are taught for 2 sessions per week. The aim of every lesson is to ensure that the children have been active and found enjoyment from their learning. They will have gained an insight into the activity being developed and found an understanding of the 'how's' and 'why's' related to the activities taught.

Our PE progression of skills throughout the school incorporates a variety of sports to ensure all children develop the confidence, tolerance and the appreciation of their own and others' strengths and weaknesses. We provide opportunities for all children to engage in extra-curricular activities before, during and after school, in addition to competitive sporting events. This is an inclusive approach which endeavours to encourage not only physical development but also well-being.

At the Oaks a qualified sports coach teaches in 5 classes. One session per week. Teachers follow the progression of skills and games document which is in line with the national curriculum to plan creative lessons tailored to their cohort.

Non-participation

At The Oaks children are keen to get changed and get started with their P.E. learning. However, on occasions children are not well enough to participate. Parents/carers must request exemption from P.E. in writing. Children who are not well are expected to stay with the class for the lesson. The non-participant still takes an active role in the lesson, observing and analysing practice, taking notes of the rules, filming/taking photographs of children's performances, as well as umpiring/refereeing sports.

After-School Sporting Activities

After-school and lunch time sports clubs begin in September and continue all year round until the Summer. Children have access to a range of sports clubs throughout the academic year.

The school is involved in competitions with other schools in Bolton through Your School Games scheme. Inter School competition is predominately for children in Years 5 and 6, although some matches are organised for Years 1, 2, 3 and 4. The school is also involved in local cluster competitions.

Facilities

At The Oaks we have a well maintained grassed area currently used for football, orienteering, rugby, athletics, rounders and cricket. We have a trim-trail, climbing frame and tires for access at break times and dinner times in good weather.

On the playground we have Basketball nets, netball markings, as well as cricket training markings which, are linked to the Chance to Shine Cricket Program. As well as the school facilities we have access to Sharples High School AstroTurf, tennis courts, gym and swimming pool.

We also have an indoor facility for P.E. It is a medium sized hall with wooden flooring. The indoor hall is fitted with a wall mounted climbing frames. The pupils in Years 3 swim at Bolton One Leisure Centre in a 25-metre pool.

Equipment

The P.E. department at the Oaks is well resourced. The P.E. store room is located off the hall. Equipment to teach each skill is available alongside P.E mats which are kept there for fire safety reasons. The Physical Education team leader maintains equipment using a curriculum budget and invests in new equipment each year.

Training and development

Opportunities are provided for all staff to access relevant training in line with their individual needs and the needs of the school. The Physical Development team leader organises training in line with the SDP.

Clothing

All staff and pupils are required to wear appropriate clothing for the activities being undertaken. All children wear a blue polo shirt with a school logo and plain black shorts. **This new PE uniform will be phased in from September 20 – September 21** Children can also choose to purchase a blue hooded top with a school logo and name on, to wear for outdoor P.E activities. If they do not have a school hoodie, children should wear a dark coloured jumper and blue/black jogging/tracksuit bottoms for outdoor P.E. All children should keep both their indoor and outdoor kits in school all week. In year 5 and 6 boys and girls get changed separately. For swimming children wear a costume or trunks and a swimming cap. Goggles are worn at the discretion of the pool staff. For any sporting competition Children are provided with an Oaks kit. All kit should be named and be kept in a named bag. For all lessons, children have long hair tied back and if a child is wearing jewellery it must be removed and stored in the school office.

Any child who does not bring their P.E kit into school cannot take part in the P.E lesson and the child should not borrow P.E kit from another pupil. If a child misses 3 P.E lessons, a blue slip will be sent home to parents explaining that their child has missed out on their P.E lessons.

Health and Safety

A safe environment is maintained in line with schools Health and Safety policy.

Specific guidelines for teachers teaching physical education:

- Check to find out if children in your care have special medical requirements. Inhalers are taken to lessons both on and off site.
- When teachers are teaching in the outdoor areas they must take a walkie-talkie.
- Take all reasonable steps to create a safe working environment.
- Ensure pupils know how to behave when getting changed, in the hall, or outside and understand that following set instructions is important for their safety and that of others.
- Ensure the class is ready for the activities of the lesson – i.e. warmed up.
- If children do not have pumps to wear they must walk to and from the hall in their school shoes to avoid any accidents.
- In case of a fire bell the children must exit through the nearest fire door in the hall.
- If an accident does occur assess the situation and deal with it as appropriate. Inform a designated First Aider if necessary.

- If any accident occurs record this in the minor accidents book with the name and year of the child, date and time of the accident, witnesses to the accident, injury sustained and treatment given, and the signature of the person who dealt with the incident.
- For after school and off site events take a P.E. department First Aid Kit.
- At the swimming pool, know where the allocated First Aid Kits are, and abide by the specific safety rules on display on poolside.

Record keeping

- A register of pupils' attendance and participation in after school sporting clubs is kept by the teacher in charge of the specific activity. There is a three strike rule, whereby If children do not turn up to afterschool on three separate occasions without reason they will be replaced by another pupil on the waiting list.
- All sporting awards are displayed in the library or on display in the resource area

Assessment

Coverage of P.E is highlighted on the progression of skills and games documents in the curriculum folder ensuring that progression is made throughout school. Each class teacher will differentiate appropriately for each lesson. The children are regularly informed of the quality of their learning during a lesson. Pupils are also assessed by their peers through observation and critical analysis as well as through video analysis. Peer observations are then fed back to each other in order to help them improve performance.

Impact

Our curriculum aims to improve the wellbeing and fitness of all children at The Oaks, not only through the sporting skills taught, but through the underpinning values and disciplines PE promotes. Within our lessons, children are taught about self-discipline and that to be successful you need to take ownership and responsibility of their own health and fitness. Our impact is therefore to motivate children to utilise these underpinning skills in an independent and effective way in order to live happy and healthy lives.

Sophie Gill
January 2020