



NORTHSIDE Primary School

Physical Education Policy

Rationale

Physical Education aims to provide an enjoyable and balanced programme of physical activities which enhances the fitness and good health of all pupils. At Northside, children will develop competence and confidence in a range of physical skills including dance, gymnastics, games and athletics. This will strengthen the children's knowledge and capabilities necessary for mental, emotional, social and physical wellbeing. They will be encouraged to understand healthy lifestyle choices and how exercise supports this.

Key Principles

- To teach a wide-range of sporting skills and games to children.
- To promote the importance of positive mental health and physical fitness.
- To develop a sense of enjoyment and satisfaction in performing, evaluating and developing physical skills through practise.
- To recognise and describe how their bodies feel during and after exercise.
- To learn the importance of warming-up and cooling down within exercise sessions.
- To encourage children to adopt the necessary skills and requirements to lead a healthy life style.
- To encourage children to work and cooperate with others in groups and team situations.
- To understand the need for rules during P.E. sessions allowing all children to participate safely.
- To develop a passion for and appreciation of skill and sport activities.
- To take part in competitive and non-competitive competitions.
- To be exposed to and immersed in a variety of sporting activities, at levels which are appropriate to the children.
- To obtain lifesaving skills through the swimming programme.

In Practice

All children will cover games, gymnastics and dance.

Each year group will have 2 sessions of physical education lessons a week. All classes except Year 6 have these two sessions of activity in dance/gymnastics and games. In Year 6, we will provide 1 session of activity time at the Finchley Lido. The other session will provide one session of activity time for gymnastics or dance.



Extracurricular Opportunities

We provide all children with the opportunities to participate in a range of extracurricular sports activities. These are run by a mixture of teachers, support staff and outside agencies. The opportunities are open to children in KS1 and KS2 with a healthy turnover of activities on offer. The school plays regular sports fixtures against other local schools and are entered into Barnet netball, boys' football and girls' football leagues. This introduces a competitive element to team games and allows the children to put into practice the skills that they have developed in their lessons. These opportunities foster a sense of team spirit and co-operation amongst our children.

Annually a Sports Day will take place in the summer term. Activities will be organised by the PE co-ordinator and Sports Coach for all Key Stages including the Foundation Stage.

Swimming

In Year 6, children attend swimming sessions for the whole academic year supporting their development towards becoming competent and confident swimmers. Emphasis is placed on sensible behaviour and safety at poolside and in the water. Swimming instruction is provided by qualified coaches at Finchley Lido.

Resources

P.E. resources are checked regularly and updated where necessary. There are a wide range of resources to aid delivery of the P.E. curriculum. Equipment is kept in the P.E. cupboard. Children are not permitted inside the PE cupboard. The main hall contains a range of larger P.E. apparatus. Children are encouraged to set out and put away this apparatus where considered appropriate.

Health and Safety

We encourage the children to consider their safety and the safety of others at all times. Children are expected to wear appropriate clothing for P.E. They should be barefoot for dance and gymnastics. Children should wear training shoes or plimsolls for outside P.E. along with their shorts/tracksuit bottoms and Northside T-shirt. Additional clothing should be worn in colder weather. If children forget their P.E. clothing then there are procedures that must be taken:

Step 1 – Text home to parents/carers.

Step 2 – Phone call home by class teacher.

Step 3 – Phone call home by PE leader.

Step 4 – Phone call home by Head teacher.

Step 5 – Meeting with parents.

- **P.E kits** - children will wear a Northside t-shirt of their house colour and black shorts or Northside jogging bottoms. For outdoor work, plimsolls or trainers should be worn. Jogging bottoms are to be worn in cold weather or for religious reasons.
- **KS2 swimming kits** - this should consist of one towel and one swimming costume or trunks, preferably black. If a child has long hair a swimming hat must be worn.

All PE kits should be labelled clearly and in a named Northside PE bag, to be taken home periodically for washing.



Watches should be removed & given to the teacher prior to the lesson. Religious jewellery, if it cannot be removed, should be covered or taped and a letter of consent from the parents must be obtained. All earrings should be removed by the child. If this is not possible then it must be covered with medical tape. All long hair should be tied back for physical activities.

Teachers and/or staff should wear appropriate clothing and footwear for P.E. sessions. It is the responsibility of the teacher to check and prepare equipment needed prior to the start of each P.E. session. In the case of a significant event or injury it is important that children know their own class procedures. Teaching staff should have their own signal that the children need to be aware of. It is important that children are introduced to the signal as soon as possible and that they are aware how to respond. If required, a designated first aider should be sent for or the child/children involved sent to the office for treatment.

Medicines

Children should have access to medicines, such as inhalers, during PE lessons. The teacher should carry these out in a plastic wallet when children go swimming. Diabetics are to be tested by a trained member of staff prior to any activity.

Monitoring and Review

We are required to keep a record and post on the school website how 'Sport Premium' funding is allocated and used effectively to impact on sport and exercise. The P.E. leader attends regular meetings throughout the year to brief their line manager with regard to organisation and development of P.E. provision across the school.

Records are kept concerning extracurricular club involvement analysing gender, ethnicity, pupil premium and non-involvement. The impact and involvement of sporting activities is monitored and assessed throughout the year. Children have the opportunity through 'School Council' and 'pupil voice questionnaires' to give their opinions and views. An analysis of competition participation allows for a maximum range of children to be involved and experiencing competition alongside giving 'talented' athletes opportunities to extend their skills.

Assessment for Learning

The Sports Coach will make informed judgements as they observe participation during lessons and give the children next steps on how to improve.

At Foundation Stage 'Physical Development' is a prime area of the 'Early Learning Goals' curriculum, and up to date assessments and data are kept. Children access daily outside cross curricular activities as well as their weekly P.E.

