



Health and Safety in P.E Policy

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School Aims and Implementation

It is the primary aim of our school that every member of the school community feels valued, respected and that each person is treated fairly. We are a caring community, whose values are built on mutual respect for all in line with our equality policy.

Moorside Community Primary School aims to provide children the opportunity to develop towards their full potential; academically, emotionally and socially:

- Providing the highest standard of education to enable children to acquire the skills, knowledge and concepts relevant to their future.
- Promoting an ethos of care, mutual respect and support, where effort is valued and success celebrated.
- Enabling children to become active, responsible and caring members of the school and wider community.

The school works towards these aims by:

- Promoting high quality learning and attainment.
- Providing a high quality learning entitlement and environment.
- Valuing each other and ourselves.
- Working in partnership with parents and the community.

Aims and Objectives

Physical education develops the children's knowledge, skills and understanding so that they can perform with increasing competence and confidence in a range of physical activities. These include dance, games, gymnastics, swimming and water safety, athletics and outdoor adventure activities.

Physical education promotes an understanding in children of their bodies in action. It involves thinking, selecting and applying skills, and it promotes positive attitudes towards a healthy lifestyle. Thus we enable the children to make informed choices about physical activity throughout their lives.

The objectives of teaching PE in our school are:

- To enable children to develop and explore physical skills with increasing control and coordination.
- To encourage children to work and play with others in a range of group situations.
- To develop the way children perform skills, and apply rules and conventions for different activities. To show children how to improve the quality and control of their performance.
- To teach children to recognise and describe how their bodies feel during exercise.
- To develop the children's enjoyment of physical activity through creativity and imagination.
- To develop an understanding in children of how to succeed in a range of physical activities, and how to evaluate their own success.
- To teach a P.E programme that fulfils the requirements of The National Curriculum.

Broad Guidelines

To ensure all of the above we will:

- Provide resources that can be used in a variety of ways or support specific skills
- Provide sufficient space, indoor and outdoor, to set up relevant activities
- Give sufficient time for children to use a range of equipment
- Use activities that provide physical challenges
- Provide out of school hours clubs (OOSH)
- Ensure 2 hours of P.E. per week
- Ensure safe practice, appropriate clothing, equipment and behaviour
- Include all children
- Provide opportunities to participate in organised adult led activities during lunch and break times

The Foundation Stage we encourage the physical development of our children in the Nursery and Reception classes as an integral part of their work. As the reception class is part of the Foundation Stage of the National Curriculum, we relate the physical development of the children to the objectives set out in the Foundation profile, which underpin the curriculum planning for children aged three to five years of age. We encourage the children to develop confidence, control of the way they move, and care in the handling of 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.

Key stage 1 Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Pupils should be taught to:

- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin 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

Key stage 2 Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Pupils should be taught to:

- use running, jumping, throwing and catching in isolation and in combination
- play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
- develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- perform dances using a range of movement patterns
- take part in outdoor and adventurous activity challenges both individually and within a team
- compare their performances with previous ones and demonstrate improvement to achieve their personal best

Swimming and water safety

All schools must provide swimming instruction either in key stage 1 or key stage 2. Swimming will be provided for all Yr4 and Yr5 children, where children do not attain the national standard by the end of Year 5- extra sessions will be planned.

Pupils should be taught to:

- swim competently, confidently and proficiently over a distance of at least 25 metres
- use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]
- perform safe self-rescue in different water-based situations

Health and safety

Health and Safety are of paramount concern in PE. All staff taking part in PE either as the lesson leader or as support should be aware of the H&S issues relevant to the activity being undertaken.

- All staff responsible for physical activity must ensure that basic rules regarding behaviour are established and adhered to.
- Rules regarding clothing, footwear, jewellery are adhered to during school PE lessons and out of school hours learning.
- Safe and effective exercise procedures are adopted in all physical activities including warm ups and cool downs.
- Children are taught to handle and move apparatus safely and appropriate and reasonable care will be taken when children are handling any equipment.
- Staff follow the correct procedures for the assembly and storage of all equipment
- Staff to ensure that all equipment is correctly erected before pupils are allowed to use it.

Special H&S requirements are relevant to Swimming and outdoor visits and all staff should ensure that they are familiar with these and comply with them in their activities including signing the guidance to prove that they have read and complied with it.

When out of school instant access to a mobile phone is required.

The British Association of Advisors & Lecturers in PE (BAALPE) Safe Practice in physical education book is kept in the staffroom.

SUITABLE CLOTHING (shorts, t-shirts, jogging pants and jumpers for outside activities and trainers or pumps. Flat shoes/boots are not suitable)

CHILDREN are required to wear suitable clothing for all physical activities :

- Suitable safe footwear should be worn at all times except for gymnastics where bare feet are often needed to refine movement. All footwear should be fastened
- Clothing should not restrict movement, neither should it be so loose that it is in danger of catching on equipment and causing accidents
- Long hair should be tied back to allow for unrestricted vision
- **JEWELLERY SHOULD NOT BE WORN** – It is parents responsibility to ensure that any child with newly pierced ears is able to participate in lessons. School will not be held responsible for any broken or lost jewellery or injuries occurred during PE lessons due to the wearing of jewellery
- Kits should belong to each individual child and sharing or borrowing of kit should not be encouraged
- Should a child not have their kit, parents must be informed and encouraged to bring one in as soon as possible. When this does happen those children should be involved as much as possible and expected to listen and verbally participate to ensure they learn
- Children should be changed for all PE activities

STAFF should :

- Change into suitable footwear for lessons
- Wear clothing which allows them to move quickly or climb upon equipment if necessary.
Each adult should model expected suitable clothing

ORGANISATION OF LESSONS

- Games lessons should, whenever possible, be taught outside. The curriculum overview ensures outside teaching is possible.
- Two hours of PE should be taught to every child, every week
- All pupils are responsible for their equipment and should be taught how to move all equipment safely
- Pupils are allowed into the PE store in a safe and controlled manner ie: only one 'monitor' to be allocated to being in the PE store to self serve equipment to the class.
- All pupils must experience the 'big' equipment i.e. the wall bars, within their gymnastics modules
- To ensure safe practise with regards to behaviour in PE lessons and ensure a productive environment it is desirable to have two adults within the lesson whenever they are timetabled to that class.
- From Year 5 upwards, wherever possible, efforts will be made for boys and girls to have the opportunity to get changed separately while being under the supervision of a member of staff.
- Teaching of PE should not be disturbed by adults/children walking through the hall and all the school community should be mindful of this.

Conclusion

Children's physical development is inseparable from all other aspects of their development because they learn through being active and interactive. Some pupils excel in physical activities rather than academic subjects and in our school we are providing opportunities for all children irrespective of their talents and abilities