



For the love of learning, friendship and faith

MELLING (ST. WILFRID) CHURCH OF ENGLAND PRIMARY SCHOOL

PHYSICAL ACTIVITY POLICY

1. POLICY SYNOPSIS

The children follow the National curriculum for Physical Education. We encourage our pupils to adopt a healthy lifestyle through regular exercise and healthy eating.

2. PHILOSOPHY

Physical education aims to develop control, co-ordination and mastery of the body. It is concerned primarily with learning through doing. This practical experience leads to knowledge and understanding of the principles of movement. Additionally this participation can develop appreciation of the aesthetic qualities of movement.

"Participation in physical education can develop self-confidence through understanding one's own capabilities and limitations as well as those of others".

3. AIMS OF PHYSICAL EDUCATION

Throughout physical activity, the children will aim to fulfill all the aspects of P.E. and develop:-

- a) An enjoyment of movement and involvement in a wide variety of tasks.
- b) Physical abilities through skill and fitness.
- c) Subject knowledge of work covered.
- d) Appreciation of self and others through social interaction.
- e) An awareness of safety in all aspects of Physical Education.

The children are encouraged throughout the school to plan, perform and evaluate their performance.

4. TEACHING GUIDELINES

4.1 Inclusion

Children with Special Needs are integrated within the whole class group for Physical Education and encouraged to develop their skills within their capabilities.

Specific programmes of study may need to be run alongside the main scheme of work in order to provide a "small steps" approach to achievement and progression for certain children.

Particularly gifted children who show an exceptional ability in a specific area of Physical Education will, through discussion with their parents, be encouraged to attend an "out of school" facility run by an external organisation to give the child the opportunity to develop their ability further.

Physical Education should be a worthwhile experience for all pupils. Every child shall be given the same opportunities to succeed irrespective of age, sex, religion or race. Staff will be sensitive to a child's religion regarding the changing of clothing for a lesson.

4.2 Clothing

Because of the vigorous nature of P.E. the children need to change out of their everyday clothing into shorts and t-shirt. For outdoor activities jogging trousers and a sweatshirt may be worn. The P.E. kit should be left in school during term time.

Appropriate swimwear will be worn for swimming lessons (no Bermuda shorts, etc.) Children with long hair must tie their hair back and wear a swimming cap.

Swimming goggles may only be worn if they meet the safety standards and the school receives a signed copy (by parent/guardian) of the letter approved by county for the wearing of goggles (copy attached).

4.3 Footwear

Plimsolls are worn for inside activities. For outside activities, appropriate footwear should be used e.g. trainers and changed before entering the school.

4.4 Jewellery

All items of jewellery, including watches and earrings **MUST** be removed for all aspects of P.E. Pupils are responsible for the safekeeping of their Jewellery during a lesson.

4.5 Hygiene

Safety and hygiene requires that hair should be appropriately tied back for P.E. lessons and a hat worn for swimming if necessary. The hygiene and safety rules at the swimming pool will be explained to the children and they will be expected to adhere to them. The children must be encouraged to shower or bath at home on the evening following P.E.

When the children enter the junior class we will endeavour to allow the boys and girls to change in separate areas.

5.0 ASSESSMENT

Assessment should form an integral part of all P.E. activities. It will help to identify learners' strengths, weaknesses and needs. Children will be given opportunities to evaluate their work. Reports to parents will highlight the children's progress throughout the year.

6.0 EXTRA CURRICULAR ACTIVITIES

In addition to the broad balanced P.E. programme within the curriculum, the school is involved in inter-school football, rounders, athletics, kwik cricket and a swimming gala.

An after-school swimming club is available at Hornby Swimming Pool on Monday evening for the children aged 4 - 11 years. This is run by the PTA in conjunction with Hornby Swimming Pool.

Letters will be sent to parents of children involved in out-of-school activities and a reply slip must be returned to school before the children can participate.

Children have a wide range of physical activities available to them during lunch and break times. These include the climbing frames as well as bats, balls etc.

7.0 OUTDOOR AND ADVENTUROUS ACTIVITIES POLICY

The School follows the guidelines laid out in the Lancashire County Council booklet: "Outdoor and Adventurous Activities Guidelines Key Stage 1 and Key Stage 2", with the following addendum:

"In situations where the Headteacher considers it is not appropriate or possible to follow the particular guidelines, these may be waived, provided that there have been consultations with, and approval by the Chairman of the Governors and one other Governor".

8.0 CONTINGENCY ARRANGEMENTS

It is intended that all pupils will take part in P.E. However, there may be odd occasions when a child is fit enough to attend school but unable to participate.

In some cases the child not participating may be able to assist the teacher, but if not, can be involved in topic related activities under supervision of their own teacher or another member of staff in the school.

Children who are not swimming will remain at school except in exceptional circumstances.

When the children are time-tabled for a P.E. lesson which will take place outside and is not practical because of inclement weather the children will work on a particular project incorporating some aspect of Physical Education as outlined in the School Scheme of Work. This could be an individual project or whole class activity.

9.0 EMERGENCY DRILL

In the event of an accident the child will be attended to by a member of staff. Other children will be supervised at all times. If first-aid is required the necessary procedures will be followed.

10.0 AT THE SWIMMING POOL

The Code of Practice for the pool will be followed.

11.0 ACCIDENTS AND INCIDENTS

The School Health and Safety Policy outlines the procedures necessary in relation to all accidents and should be followed in all cases.

Signed (Headteacher):

Signed (Chair of Governors):

Date: October 2016

Review Date: October 2020