



North Walsall Primary Academy

P.E Procedure

Updated: July 2021

Review Date: July 2022

PE Lead: Miss Pritchard

Deputy PE Lead: Mrs Allen

Our Mission

To provide the absolute best education for all pupils and the highest level of support for our staff to ensure every child leaves our academies with everything they need to reach their full potential.

We promise to do everything we can to give pupils the very best education that gives them the best opportunity to succeed in life.

Since 1994, swimming and water safety has been a statutory element of the national curriculum for physical education in England. As such at North Walsall, we have ensured Swimming at KS2 is an integral part of our PE provision.

North Walsall Primary Academy recognises the importance of physical education to a child's development. We aim to provide a broad and balanced PE curriculum to support children's increasing self-confidence and their ability to achieve through sport. A range of activities are planned and delivered, to provide all pupils with the knowledge, skills and understanding, which is developed over time.

Pupils are taught to appreciate the importance of a healthy body and the impact this has on a healthy mind, and begin to recognise factors, which affect health and fitness. This includes the teaching of a healthy balanced diet, which is further supported through our healthy school meals and packed lunch policies.

PE is part of the National Curriculum; therefore, it is statutory for all pupils to take part in all PE sessions.

1. Aims

- To develop skilful use of the body, increasing abilities and confidence in their own skills.
- To develop an understanding of the effects of exercise on the body, and an appreciation of how to keep ourselves safe when exercising.
- To develop teamwork skills, taking the lead and learning to work with others.
- To provide equal opportunities for all pupils to reach their full potential.
- To develop a love of exercise and sport.

2. SMSC

- To develop decision making and confidence.
- To improve independence and communication skills.
- To develop positive attitudes to sport.
- To raise self-esteem through celebrating success.

3. Curriculum Planning Aims and Organisation

We aim to provide a well-balanced curriculum, which covers the statutory requirements for the PE National Curriculum.

Pupils should be taught to:

- Use running, jumping, throwing and catching
- Play competitive games
- Develop flexibility, strength, control and balance
- Develop fine motor skills and tactics
- Perform dances using a range of movement patterns
- Take part in outdoor and adventurous activities
- Compare performances with previous ones and suggest improvements

Each class is timetabled, so that they can complete 2 hours of PE per week. North Walsall Primary Academy are currently working alongside Progressive Sports to support in the enriched delivery of the PE Curriculum.

4. COVID 19 procedures

During the COVID 19 pandemic, the safety of our pupils and staff has been paramount. Therefore, strict procedures were added to PE lessons. Given the government relaxation of restrictions, many of these procedures have also been relaxed. However, to ensure maximum safety a number of procedures remain in place:

- firstly, all staff and pupils should wash/anti bac their hands before they handle any equipment.
- Throughout the lesson, children are encouraged to maintain a safe distance from both staff members and pupils where possible.
- Where possible PE lessons will take place outdoors, where this is not possible, maximum ventilation will be utilised.
- Pupils will continue to come to school in their PE kits on PE days, irradicating the need for pupils to change in confined spaces.
- At the end of the PE lesson, all staff and pupils will once again wash/sanitise their hands.

5. **Assessment Recording and Reporting**

The assessment of PE will now be tracked through Fisher Family Trust (FFT). This programme allows members of staff to accurately monitor the progression of all pupils. This information can then inform future planning and tracking as they move throughout the years, here at NWPA. Teachers assess achievement in physical education through observing ability groups of children, listening to pupil's answers, discussions, and evaluations etc. to inform their planning.

When pupils attend out of school competitions, matches and events, certificates will be issued and presented during celebration assemblies. Pupils may also be issued with rewards; such as stickers, medals and badges. Afterschool clubs form part of NWPA's extended school program and will feature a minimum of 1 sports club per week.

6. **PE Kit**

Indoor PE kit is as follows:

- School logo white crew neck or polo t-shirt
- Black shorts
- Black pumps

Outdoor PE kit is as follows:

- School logo white crew neck or polo t-shirt
- Plain Grey or Black tracksuit (no logs, names, or coloured bands)
- Plain Black Pumps

Swimming Kit is as follows:

- Plain Black/Navy Swimming costume
- Plain Black/Navy Swimming trunks/shorts
- Plain Black/Navy wet suit/Burkini for pupils wishing to uphold religious practices
- A Blue swimming cap or Green for pupils with Asthma - These are compulsory and can be purchased through school money

- Goggles are optional but highly recommended

Jewellery

In the interests of safety, all jewellery should be removed for PE. Ideally children should leave their jewellery at home on PE days.

Children with newly pierced ears will still be asked to remove their earrings as such we suggest children have their ears pierced during the 6-week summer break. Also, under no circumstances must the jewellery be removed by a teacher or another child, without the parent's explicit consent. It may also be noted that it is not the teacher's responsibility to look after valuables.

Hair

In North Walsall Primary Academy, safety and hygiene is especially important. All children with hair that is long enough to tie back should do so with a hair band during PE lessons. During swimming lessons, children must wear swimming caps. Please see the school office for swimming caps.

Please refer to the school's uniform procedures for further details and visual examples of acceptable PE attire. Under **NO** circumstances are trainers permitted.

7. Non-Attendance

All pupils must take part in PE & Swimming upon allocation. If pupils are fit enough to attend school they should be able to participate in PE. Again, pupils may only be excused for valid medical reasons.

Consequences for not having the correct PE/Swimming kit

- **1st time:** Pupil to receive an orange card. Parent to be notified by the class teacher. Pupil to take an active role in PE by observing, providing feedback, and reinforcing skills.
- **2nd time:** Pupils will receive a further orange card. Parent to be contacted via telephone by the Class Teacher. Again, child to take part in lesson, as above.

- **3rd time:** Pupil to receive a red card. Parent will then be contacted by the PE lead to discuss support moving forward.

Consequences for Orange and Red cards can be found in the school behaviour policy, on the school website.

8. **Swimming**

At North Walsall Primary Academy, swimming lessons are provided to Years 4, 5 and 6 with each class taking part in swimming lessons for a term. They have a 1-hour swimming session taught by a qualified swimming instructor, that will enable them to achieve swimming badges. Children must wear a swimming cap for swimming lessons, for health & Safety and hygiene reasons.

We now have two members of staff that are trained swimming instructors, and where possible these members of staff will accompany each class on their swimming lessons.

- Miss Pritchard – Level 2 Swimming Teacher
- Mrs Allen – Level 1 Swimming Assistant

Swimming is the only sport to be included explicitly within the national curriculum physical education program of study. All primary schools must provide swimming and water safety lessons in either Key Stage 1 or 2.

By the end of Key Stage 2, in order to meet the National Curriculum criteria, each pupil must to be able to do:

- Perform safe self-rescue in different water-based situations
 - Swim competently, confidently, and proficiently over a distance of **at least** 25 metres
9. Use a range of strokes effectively, for example, front crawl, backstroke, and breaststroke. **Injuries**

Injuries will occur in PE, simply because pupils are active and often moving at speed.

Staff need to be aware of the following procedure:

- Stop all activity immediately and get the pupil to sit down quietly
- Assess the situation as the majority of injuries are minor. If an accident is more serious staff will radio to the office to ask for assistance. The majority of classes have at least one member of staff who are First Aid trained.

11. The Extended Curriculum

Throughout the school year, children will have opportunities to take part in after school clubs and to represent the school in competitions against other local schools. The school provides a range of after school clubs as part of its extended school provision, at least one of these each week will be a sports club. A first aid kit and any medication needed for individual pupils should be taken with a member of staff to the events.

12. Sport Premium

The government have announced a continuation of schools Sports Premium funding for the academic year of 2021-22. Full details of how schools can and how North Walsall plan to spend this money, can be found on the Sports Premium Strategy on the school website. Schools must spend additional funding on improving their provision of PE and sport but have the freedom to choose how they do this.

13. SEN

All pupils will have access to a broad, balanced curriculum, which includes PE. The provision for SEN within PE is the class teacher's responsibility. Further details of SEN provision at North Walsall, please see the SEN policy, on our school website.

14. **Summary**

At North Walsall Primary Academy, we believe PE to be an essential part of the curriculum, to be experienced and enjoyed by all pupils. The school places high emphasis on positive Mental Health, & Physical-Wellbeing; through the promotion of a healthy active lifestyle.

