

Eleanor Palmer Primary School
PE Policy

At Eleanor Palmer we recognise that physical education, experienced in a safe and supportive environment, is a unique and vital contributor to children's physical development and well-being. Not only does physical activity improve children's health but it also has a positive effect on academic achievement, emotional security and interaction with others.

Aims:

- To promote a healthy and fulfilling lifestyle by developing self-motivation to take part in physical activity outside school;
- To develop a positive attitude and interest in a wide range of physical activities;

To contribute to the physical development of each child; size, strength, fitness, speed, gross and fine motor skills;

- To develop children's knowledge and ability in the 6 areas of P.E.;
 - Athletic activities
 - Dance
 - Games and ball skills
 - Gymnastics
 - Outdoor & adventurous activities
 - Swimming
- To contribute positively to individual children's self confidence and self esteem and to develop social skills (co-operating in groups, playing fairly to rules);
- To understand what it takes to persevere, succeed and acknowledge others' success.

The P.E Curriculum

The following describes specific features of PE at Eleanor Palmer:

- Throughout the school, P.E. is taught twice a week in one hour slots. One lesson is led by 'Coach Martin' a specialist PE teacher who works with us full-time, since the new PE Grant. Martin was appointed to increase specialist input into PE. His focus areas - in half term blocks - are negotiated with Kate each year and classteachers then plan the second PE lesson around this. In

In addition to this specialist input, we have a link with 'The Place' dance school and the Camden NVO sports Coaching Scheme held at Talacre: classes routinely have access to the facilities and coaching there.

- Each class is allocated two weekly slots to teach P.E. where they have priority over the hall and playground.
- All classes swim for one term a year from Year 1;
- Teachers should use the curriculum framework (see Appendix 1) as a starting point when planning work in Physical Education. This details what area of the P.E. curriculum to teach each term to ensure progression through the key stages;
- This curriculum framework (Appendix 1) has been devised to ensure adequate coverage of the National Curriculum's six activity areas. All classes will be expected to have covered the 2 activity areas for their specific year group in each half-term block;
- Individual lesson plans can be taken directly from available resources (e.g. Val Sabin folders) and adapted to suit the class. If the class teacher is confident they may choose to plan lessons on their own;
- Correct and safe PE kit must be worn during all PE sessions (see section on PE kit below);
- Teachers use both teacher and pupil demonstrations to illustrate verbal explanations wherever possible;
- We make good use of all iPad apps and the projector screen to support modelling;
- Teachers select a mixture of competitive and non-competitive activities;
- Teachers provide for lots of activity during a P.E. lesson to ensure maximum pupil involvement – we try to avoid playing full-sided games (eg 11-a-side football) where the weaker players will have little contact with the ball;
- Mixed ability groups are used where appropriate. In games, this will develop the skills of the weaker players and ensure fair competition. In dance and gymnastics, this will encourage less confident children to be more involved in a group activity;
- Honest competition and the idea of doing one's best is actively encouraged and praised during all lessons;

- Suitable equipment is chosen for the age and ability of the pupils - eg in rounders progressing from: throwing the ball, to using wide tennis bats, to using rounders bats.

Health and Safety

Please refer to the section on Physical Education in the Health and Safety policy.

PE Kit

Foundation Stage and KS1

Children should bring in trainers or plimsolls, a t-shirt or sweatshirt and shorts or tracksuit bottoms/leggings for PE lessons. During indoor activities children will be asked to work in bare feet for gymnastics.

KS2

In the interests of safety and hygiene teachers must insist on children changing into the following kit for PE lessons. This will ensure consistency and avoid confusion for the children. P.E kit should be stored in a labelled bag and kept on the child's peg during term time.

Games and Athletics: Shorts and T-shirt for indoors lessons in the halls (track-suit bottoms and sweatshirts should only be necessary in the playground on a cold day). Properly fitting trainers or plimsolls.

Dance and Gymnastics: As for games but bare feet.

Swimming: Swimming costume for girls. Kentish Town Pool insists on trunks rather than shorts for boys. Any children who have long hair need to tie their hair back off their face or wear a swimming hat. Goggles are discouraged but can be worn with written permission.

Outdoor Activities: Generally as games, but otherwise clothing appropriate to the activity.

General Points

- Children should bring a note if they are unable to participate through illness or injury. Staff should be vigilant if a pattern of non-participation is established for a variety of reasons (including child protection issues).
- If children are unable to attend a swimming lesson they will remain in school and join another class. The child's class teacher will set them work to do.
- In all other PE lessons children not participating should remain with their class: helping in the lesson or doing PE related work.
- If children do not have appropriate P.E. kit in school they may be asked to wear a spare kit from school stock

Resources

- All resources are kept in the PE cupboard (children are not allowed in to the PE cupboard without adult supervision);
- Ask Coach Martin about ipad resources!
- Gymnastics equipment is located in the hall
- Any new equipment that is needed can be ordered through Martin/Tania;
- Val Sabin lesson plans and accompanying music and other literature related to PE are kept in the PE cupboard.
- Any damaged equipment should be reported to the PE coordinator.
- Adults must always check the gymnastics equipment once it's in position to ensure it's safe.

Extra-curricular sports

Eleanor Palmer is fully committed to providing extra-curricular sporting opportunities. These will include:

- Clubs (before and after-school) e.g. girls' ball-skills, football
- Competition against other primary schools in a range of sports through the Camden Schools Sports Association – both leagues and tournaments e.g. football, cross country, swimming, athletics;
- Friendly matches against other schools/groups e.g. Kingsgate/Brookfield
- Exhibiting work. For example a dance performance in assembly or attendance at a gymnastics festival.
- Occasional use of Acland Burghley's sports facilities and good use of the Talacre Centre.
- We have an annual competitive Sports Day where every child takes part.

Links with other agencies

These include:

- Participation in local sports leagues (primarily the CSSA) with other primary schools.
- Visits, and liaison with, outdoor education centres and agencies.
- Involvement with Camden Sports Development Unit/Camden NVQ Coaching.

P.E resource links

- QCA schemes of work. - <http://www.standards.dfes.gov.uk/schemes2/phe/>
- Apps - PE Geek!
- Levels of attainment in PE
http://web.me.com/jackiecharlton2/Camden_School_Sport_Partnership/Assessment/Entries/2007/9/19/Levels_of_Attainment_%281_-_EP%29.html
- PE Primary website - lots of ideas, lesson plans, warm-ups etc...
 User name : eleanor password: nw52ja
<http://www.peprimary.co.uk/>
- Lesson plans - ideas.
http://web.me.com/jackiecharlton2/Camden_School_Sport_Partnership/Year_1_Gym_lessons/Year_1_Gym_lessons.html
- Healthy body cartoon
<http://www.adeptportal.co.uk/information/pages/Content%20Samples.aspx>
- Football link - nice link to footballers tips
http://web.me.com/jackiecharlton2/Camden_School_Sport_Partnership/Football_Home/Football_Home.html
- Use clips of real life experts in different sports
http://web.me.com/jackiecharlton2/Camden_School_Sport_Partnership/Football_Home/Football_Home.html

- Gymnastics
http://web.me.com/jackiecharlton2/Camden_School_Sport_Partnership/Gym_Home.html
- Problem solving and speed games <http://www.lumosity.com/brain-games>

Appendix 1
Curriculum Framework for PE at Eleanor Palmer
Taught by Coach Martin

	Autumn Term		Spring Term		Summer Term	
	1 st half	2 nd half	1 st half	2 nd half	1 st half	2 nd half
Year 1	Parachute Games	Games – Ball skills	Gymnastics	Dance	Athletics	Modified Games
	Ball Skills	Gymnastics	Dance	Fitness	Swimming	Swimming
Year 2	Ball Skills	Gymnastics	Dance/gym	Invasion Games	Athletics	Modified Games
	Swimming	Swimming	Ball Skills	Fitness	Swimming	Swimming
Year 3	Athletics	Dance	Gymnastics	Fitness	Athletics	Athletics
	Netball/Basketball	Gymnastics	Swimming	Swimming	Striking/Fielding	Cricket
Year 4	Swimming	Gymnastics	Dance/gym	Invasion Games	Striking & Fielding	Athletics
	Netball/Basketball	Swimming	Net/Wall Games	Fitness	Athletics	Cricket
Year 5	Net/Wall games	Gymnastics	Dance/gym	Fitness	Striking/Fielding	Athletics
	Netball/Basketball	Invasion Games	Swimming	Swimming	Athletics	Cricket
Year 6	Netball/basketball	Gymnastics	Dance/gym	Invasion Games	Striking/Fielding	Cricket
	Swimming	Swimming	Net & Wall games	Fitness	Athletics	Athletics