



ST LAURENCE CHURCH
JUNIOR SCHOOL

PE Policy

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To be reviewed: January 2026

(To be reviewed on a two year cycle)

'Learning, Loving and Sharing, guided by Jesus'

Policy Statement and Curricular Aims

In accordance with our vision statement, we seek to provide a Christian ethos and education which promotes the all-round development of each child. Therefore, Physical Education is an essential part of the curriculum at St. Laurence Church Junior School. Through PE, children have the opportunity to stay active and healthy, as well as having fun. Our aims support and develop the core elements of National Curriculum PE. Pupils should be able 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.

As well as develop the opportunities for pupils to be able 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.

Pupil Entitlement

Our school provides all pupils with up to 2 hours of quality and active PE each week. Some lessons are delivered by outside providers who have been selectively chosen to meet our high expectations. Year 3 have termly swimming lessons where each class will have a lesson every week for a term. Year 4 are currently having this entitlement too as a way to boost our children's swimming and water safety skills.

Year 4 and Year 5 also visit Aztec Adventure each year where they take part in land-based activities in Year 4 and water-based activities in Year 5. This gives the children unique and enjoyable experiences and it covers the OAA (Outdoor Adventurous Activities) area of PE.

All children at our school are offered the same opportunities, including the option to participate in out-of-hours PE activities. We have a range of clubs running after school as well as during lunch times. Registers are taken and each half/term, different children are invited to attend. Our clubs cover boys and girls from all year groups.

In addition to this, physical activity is encouraged during break and lunch with a wide range of equipment available. Young Leaders are trained and deployed for most of the year, delivering simple PE activities to children across the school with a key aim to engage children to be physically active.

As well as lesson time, there are house competitions throughout the year. This encourages intra-school competition. The events are active, enjoyable and carried out in the right sporting manner. Finally, as part of our local schools connections and as part of the School Games, St Laurence Participates in a variety of sporting events throughout the year. These include both competitive and non-competitive which engages a wide variety of pupils. Such events include; girls and boys' football, table tennis, netball, tag-rugby, basketball, ten pin bowling, panathlons as well as many others.

Curricular Planning

PE at St. Laurence is delivered using the scheme of GetSet4PE (GetSet4Education). Often two different aspects of PE are running alongside each other at any one time, with one unit more suited to delivery outdoors and the other completed in the hall. A hall timetable is agreed and distributed so that all classes have equal opportunities. Teachers use GetSet4PE to give them progressive and engaging lessons where the expectation is that the teacher will adapt the lesson based on the needs of the children. Across the four years our pupils attend St Laurence Church Juniors they will have developed adaptable skills and understanding across all PE areas including: invasion, striking and fielding, and net/wall games; Gymnastics; Dance; Athletics; OAA and Swimming.

Teaching and Learning

The organisation of PE within our school promotes teaching and learning. As lessons are blocked into units of work it enables greater depth of progression in skills, knowledge and understanding. This continuity gives children the chance to perform and improve over a sequence of directly related sessions but also build upon skills and see how they can transfer across difference sports.

Assessment and Recording

Class teachers monitor individual children's progress through continuous observation and questioning. Pupil voice is a key part of assessment as it enables the chance to see the depth of learning. Swimming is recorded for each class each term and this data is used to report on swimming abilities and competences in Year 6.

Achievement of High Quality PE

High quality PE is achieved at St. Laurence through the support of GetSet4PE to enable teachers to deliver engaging and adaptive lessons to suit individual needs. We also have had some PE specialists who have helped develop the knowledge and confidence of staff members. Children are made aware of learning objectives and success criteria for each lesson, and all class teachers have copies of national expectations for children in every area of PE.

Equipment and Resources

There is a wide range of good quality PE equipment available at St. Laurence, which is stored in the PE cupboard attached to the hall. Teachers should take any required equipment before each lesson. Any equipment taken from the PE cupboard should be returned to the correct place at an appropriate time at the end of, or soon after each lesson. All children should be informed about safe use of any equipment required during that lesson. Specialist and heavy-duty PE equipment is formally checked and approved once a year. PE lessons are carried out either in the hall; a large playground, marked out

for various sporting activities; or on one of our two large fields, which is a fantastic sporting facility.

Safe Practice

All PE playing areas at St. Laurence are suitable for children and have been fully risk assessed. Children are always made aware of expectations, safety issues and boundaries by their teacher at the beginning of each lesson. For all PE lessons, long hair needs to be tied back and all jewellery removed. If this is not possible, tape must be used (eg for new ear studs). All children at our school change in classrooms together at the start and end of a lesson.

The correct kit for PE at St. Laurence comprises of a yellow school logo t-shirt, blue shorts, dark blue football socks and pumps or trainers depending on the activity. Tracksuits are encouraged for the colder weather. Topic specific equipment such as shin pads for football is also encouraged, but this is not compulsory. Own kit is allowed for any out-of-hours clubs. All children should get changed for PE and not wear any part of their normal uniform, including tights. If anyone forgets their kit, there is a central store of spares available. For regular offenders, parents are notified that there is no kit in school and they are expected to send one in. The main objective is to get all children active and participating in PE, so we will provide all we can to ensure participation. Children all get changed in classrooms with an adult always present.

When children go swimming they should be encouraged not to wear any jewellery to school at all as it has to be removed at the baths. Girls must wear a one-piece swimming costume. Boys may wear trunks or shorts but not ones that fall below the knee. Anybody who forgets their kit will have a message sent home, but can be provided with one by the school.

If a child is injured before the day of a PE lesson, they will need a note from parents to excuse them from the lesson. In the event of an accident or injury during the day, teachers are to use their own discretion. If accidents occur during a lesson, the injured child should be escorted to the office by another child and an appropriate adult can be sent for to assess the injury. In the event of an emergency, a Green Hand is sent with a child to get help. Trained first aiders are then available to treat the injuries.

Any medication that children may require should be kept in the school first aid room. The most common form is an inhaler for asthma and in this case, children should always carry their own inhaler in addition to the one stored at school. Children are encouraged to take responsibility for medication themselves.

Competitive Sports

At St. Laurence, we are lucky to have excellent sporting facilities but in the event of away fixtures we rely on parents to help provide transport. Where possible, arrangements should be made between parents for each child to be taken to and from the venue. If there is not enough space for all pupils, teachers are able to take children in their cars provided they have suitable business insurance. Any children who have not been able to sort travel arrangements but who have consent may be able to go with a member of staff if all necessary and safeguarding requirements are met. Consent forms are obtained for regular clubs, stating contact details and how each child is getting home.

At the start of every year we obtain a blanket consent form for each child. Individual fixtures are then sent out via letter. When going off-site, the teacher in charge will carry a mobile phone with all emergency contact numbers if they event is out of school hours. When travelling off-site, teachers should ensure that children bring any required medication with them. Teachers also carry a first aid kit for minor injuries and the PE Coordinator is fully first aid trained. There is always a first aider with the children.

Risk Assessment

Risk assessments have been carried out on all venues and surfaces where PE takes place. All premises are regularly inspected and should also be checked at the start of each lesson by the class teacher. Copies of risk assessments are held in the business manager's office. In terms of swimming, Northfield Swimming Baths are responsible for risk assessments and they send us an updated copy each year. Class teachers also write a risk assessment which is specific to their class needs.

Adaption and Differentiation

All PE lessons should be adapted or differentiated to meet individual needs of the children. This can be done by outcome, by task, the space the children work in, through use of equipment, or by choice of groupings. The STEP analysis helps teachers to confidently and competently challenge all children, leading to sufficient progress. Tasks should be challenging but achievable, enabling all children to fulfil their potential. It is expected that Teachers will adapt the GetSet4PE lesson plans to suit all the needs in their class as well as adapt as they teach within the lesson.

Staff Development (CPD)

All staff take part in professional development to ensure secure subject knowledge and promote awareness of health and safety procedures. Staff need to be comfortable and competent in each area of PE being taught. Teachers should indicate to the PE coordinator where they may need support so that help can be given. This could take the form of an external course, PE INSET at school, or specific help from the subject leader such as team teaching. PE INSET occurs on occasions at school in order to support all staff and take the subject forward.

Out of School Hours Learning (OSHL)

St. Laurence offers a wide range of out-of-hours learning activities (OSHL) including after school and lunch-time clubs. Any child can attend these clubs, in the relevant year group. We ensure that there are some PE activities available to all year groups. Provision is usually made in the event of teacher absence or bad weather but if a club needs to be cancelled, parents are informed as early as possible through a group call. At the end of any club, it is the responsibility of the adult in charge to see that all children are collected or leave the premises safely when given permission to walk home themselves.

The school has numerous links with outside providers of sporting activities, who come in and deliver OSHL clubs in football and dance. All adults delivering OSHL activities have a named teacher within the school during the activity who they can call upon if necessary.

Adults Other Than Teachers (AOTTs)

Any Adults Other Than Teachers (AOTTs) who come in to deliver PE sessions are fully approved and copies of their enhanced DBS disclosure numbers are available on request.

For any coaches who regularly deliver curriculum time PE or out-of-hours clubs, their relevant qualifications are checked by our school Business Manager.

Cross-Curricular Links

PE often has links with other subject areas and it is regularly used to enhance learning of key topics. Dance routines form part of our big end of year school productions. Outdoor learning is encouraged as part of other subjects. PE links to general problem solving and thinking skills, communication skills including speaking and listening, personal and social development, health and safety education, personal hygiene and maths skills including timing, scoring and record keeping. Also, short bursts of movement and basic physical activity can be used as part of developing thinking skills. 'Go Noodle' is an activity available to all classes and is encouraged as part of maintaining active bodies and minds.

Monitoring and Evaluating the Subject

The PE coordinator is responsible for monitoring and evaluating the subject, along with the Head Teacher and Deputy Head Teacher. Monitoring takes the form of pupil questionnaires, keeping records of sports club attendances, team teaching and the possibility of lesson observations.

Funding

Schools receive PE and sport premium funding based on the number of pupils they have in Years 1 to 6. It should be used to fund high-quality PE and sport for at least 2 hours a week, complemented by a wide range of extracurricular sport and competitive opportunities as well as providing or improving equal access to sport for boys and girls. There are 5 key areas that schools should prioritise their spending on. These include:

- increasing all staff's confidence, knowledge and skills in teaching PE and sport
- increasing engagement of all pupils in regular physical activity and sport
- raising the profile of PE and sport across the school, to support whole school improvement
- offer a broader and more equal experience of a range of sports and physical activities to all pupils
- increase participation in competitive sport

At St Laurence Church Junior School, we use our sports premium funding for a wide range of activities including:

- funding twice weekly lunchtime clubs which targets specific children in order to support their activity levels throughout the day
- outdoors and adventure days for our Year 4 and Year 5 which feature a range of activities that cannot be offered onsite
- enabling us to take part in competitive sports competitions such as football and swimming galas
- supporting our children with their swimming competence with booster sessions in Year 4
- supporting our teaching staff to deliver high quality PE lessons which are adapted and accessible to all learners.

As part of the funding criteria we are required to publish details (on our website) of how we plan to spend our allocated funding as well as review its sustainability and impact on pupil outcomes.

We also engage in the Pathway to Podium and School Games Mark in order to support our PESSPA (Physical Education, School Sport and Physical Activity).

Policy Review Date: January 2026