



## Milngavie Primary School

## Physical Education Policy



# Physical Education, Physical Activity & Sport

## Rationale

Physical education and the expressive arts play an important role in the education of all pupils. It is within the context of engaging in physical activities that pupils develop creative responses, critical appreciation and interpersonal skills. They also experience and gain knowledge and understanding of the role of exercise in good health while developing a positive attitude to an active lifestyle and a concern for physical well-being. At Milngavie Primary we recognise that physical activity is essential to the growth and development of our children.

## Aims

In Milngavie Primary through our P.E. programme we aim to help pupils

- engage in purposeful and enjoyable physical activities
- develop physical skills, knowledge and understanding of the concepts involved and the ability to apply these in various contexts
- develop self-awareness, confidence and co-operative relationships with others and the ability to meet challenges presented in a variety of physical settings
- develop life long positive attitudes to health and fitness
- develop critical appreciation of their own performances and those of others

## Implementation

Implementation is in accordance with the “Curriculum for Excellence: health & wellbeing” document. Lessons also embrace the ‘Significant Aspects of Learning in PE’ and ‘Better Movers & Thinkers’ concepts, where each pupil’s learning explores the physical, mental, social and emotional aspects of participating in physical activity and sport.

Commercially produced packs, such as Top Sport cards, and ‘in-house’ support materials are available for staff to support their planning and implementation of the PE curriculum.

It is the responsibility of the class teacher to ensure that the P.E. programme is delivered effectively. The mix and balance of activities should provide varied and stimulating experiences for children at all levels.

At Milngavie a variety of physical activities are offered to children as part of the after school activity programme. Such activities are possible due to the interest and goodwill of staff and parents, as well as support from Active Schools Co-ordinators, the SFA, etc.

## Time Allocation

All pupils participate in two hours of quality PE lessons per week.

## Inclusion

All teachers in Milngavie Primary are committed to providing a physical education curriculum which is accessible to all pupils. Resource packs such as Top Play (4-9years) and Top Sport (7-11 years), Disability Inclusion Packs, etc, give staff additional information which will help them to support pupils with disabilities or other support needs in PE.

When required, Learning Assistants also have a significant role to play in the delivery of the P.E. programme, working one-to-one with specific children and assisting those children in group/team tasks.

Pupils who are excused PE are expected to change into PE kit and participate in lessons in a restricted but purposeful way, i.e. scorekeeper, timekeeper, referee, observer, etc.

## Responsibilities

Class teachers are responsible for delivering a programme of work.

An important part of the class teacher's role is to plan a programme which includes an appropriate variety of forms of physical activity for all pupils. Although the physical activities of Athletics, Fitness, Dance, Gymnastics, Ball Skills and Games are considered the core Physical Education activities, others are included according to the individual teacher's personal interests and expertise, i.e. Yoga.

The S.M.T. is responsible for monitoring planning and implementation with staff and also for ensuring that appropriate in-service training and resources are available. The team is also responsible for organising the annual safety check and any follow up repairs as deemed necessary.

## Resources

Materials at the appropriate levels are stored in both the Infant and Upper school gym, within the appropriate ring binder. All support packs and laminated cards must be returned to the folders at the end of each lesson.

P.E. equipment is inspected annually in line with Health and Safety and maintenance is carried out as required.

The Staff is responsible for keeping all storage areas as tidy as possible

- **For Health and Safety purposes children must be supervised at all times when collecting or replacing equipment in and around the Gym.**
- **Children not involved with equipment should remain sitting down in the hall while the teacher supervises the proceedings from the door of the store.**

Staff should notify the Head Teacher if any equipment has been damaged. The Head Teacher should also be informed if there is a shortage of any equipment so that this can be addressed.

## Assessment

Teachers should note pupil progress, including anyone showing special aptitude or experiencing particular difficulties. This should be noted on the report to parents.

## Key Aspects of Safety on Apparatus

It is important that the class teacher feels both CONFIDENT and COMPETENT in dealing with apparatus arrangements.

Apparatus must be selected which suits the ability level of the group - err on the side of safety.

Class teachers should devise a simple set of rules for apparatus and ensure that pupils are both aware of and implement these, eg. as apparatus is assembled pupils should sit away from the mats.

Apparatus should be checked before use. Simple checks should include: checking that apparatus is secure, that there is adequate matting surrounding apparatus and that there is ample SPACE for approaching and dismounting.

Good positioning of the teacher is essential. The teacher should be able to observe the whole class.

If a child is working beyond their capabilities, the teacher must modify the task immediately.

It is essential that correct clothing is worn. Shorts, T-shirt and correct footwear are essential. NEVER allow children to participate in any form of P.E. lesson wearing only socks on their feet. Children can participate in gym shoes or bare feet.

Before children assemble in the gym hall **ALL JEWELLERY MUST BE REMOVED.** Anyone who cannot remove their jewellery **will not participate in P.E.** Under E.D.C. Health and Safety legislation it is not permissible to cover earrings, etc., with tape.

(If children have just had their ears pierced they will then miss 6 weeks of gym. It is therefore recommended that ears should be pierced during the summer break. Information for parents regarding this is on the school website.)

All loose hair must be tied back and all mouths must be empty.

It is the responsibility of children to behave in an appropriate manner. If they are not willing to respond to this then they will be denied access to the equipment.

Children should be trained how to carry apparatus by establishing safety rules (i.e. Sharp canes should be carried vertically with a hand over the top; children should be shown how to carry a bench – 1 child at each end, etc.)

All apparatus should be carried and placed. The training should begin as soon as children participate in P.E. lessons in P1. Even if they cannot fully appreciate the rules at this stage, care must be taken to ensure the rules are obeyed.

Children must be made aware of SPACING. Regardless of the activity, make sure the children are in a safe working space.

If an accident does occur, the children should be aware of the set procedure (carefully leave the apparatus, sit down and wait quietly). Seek first aid for serious incidents and ensure the accident is recorded in the accident log book.

## **Our “R.E.S.P.E.C.T. Charter” for PE**

The following aspects of learning are vital to achieving success in PE:

**R** - Right to learn

**E** - Effort

**S** - Safety

**P** - Purpose

**E** - Enthusiasm

**C** - Challenge

**T** - Trust/Team Building