



**ST BERNARD'S PREPARATORY
SCHOOL**

**PHYSICAL EDUCATION
AND GAMES POLICY**

ADVENT 2018

St Bernard's Preparatory School

Physical Education and Games Policy

Mission Statement

With God as our shelter and Christ as our guide, the mission of St Bernard's Preparatory School is to educate towards love and service to God, each other and the wider community. Through our broad balanced curriculum we will develop an understanding of each faith and the values we share. We will treat each person with respect, knowing we are special and unique.

St Bernard's is part of the St Benedict's family of schools. All schools in the group share a similar Catholic and Benedictine/Bernardine ethos.

1. INTRODUCTION

Our practice is aligned to the National Curriculum and current IAPS recommendations. It is also enlivened by our topic/thematic focus where appropriate. Physical Education has an important part to play in the curriculum by promoting sound physical, mental and social development. It educates young people through the use and knowledge of the body and its movement. It should build on the innate desire of children to engage in physical activity and encourage them to be aware of the importance of physical activity in a healthy life style.

The implementation of this policy is the responsibility of the Specialist Physical Education co-ordinator assisted by the staff and external coaches, as appropriate.

2. THE NATURE OF PHYSICAL EDUCATION

The Physical Educational curriculum should play a part in fostering the child's love of physical activity. It can help develop a child's physical skills, creative and artistic achievements, self-confidence and esteem. Physical Education is a practical subject which allows a child to be seen as an individual with different needs and abilities, who with help, can achieve his/her full potential. It can help to develop inter-personal skills through the awareness of the need to co-operate with a partner, in a group or team situation and can encourage the development of the personal qualities of commitment, fairness and enthusiasm. Physical Education contributes towards the development of problem solving skills and can be a means of forming links between other schools and the community.

In Physical Education children develop their knowledge, understanding and skills through participating in activities which involve them in planning, performing and evaluating their work. Teaching should ensure that when evaluating and improving performance, connections are made between developing, selecting and applying skills, tactics and compositional ideas and fitness and health.

A balance of individual, team, co-operative and competitive activities aims to cater for individual pupils' needs and abilities. The learning objectives are progressive and combined with varied and flexible teaching styles we endeavor to provide appropriate, stimulating, challenging and enjoyable learning situations for all pupils.

We aim to promote an understanding of the many benefits of exercise and physical activity.

3. AIMS

St. Bernard's Preparatory School is committed to safeguarding and promoting the welfare of children and young people and expects all staff and volunteers to share this commitment. It is our aim that all pupils fulfil their potential.

- To develop an ability to plan a range of movement sequences, organise equipment and apparatus, and begin to design and apply simple rules.
- To develop an ability to remember, adapt and apply knowledge, practical skills and concepts in a variety of movement based activities.
- To promote positive attitudes towards health, hygiene and fitness.
- To foster an appreciation of safe practice.
- To develop psycho-motor skills through a range of relevant movement based activities.
- To develop a sense of fair play and sportsmanship within our entire community.
- To develop communication skills, encouraging the use of correct terminology, to promote effective co-operation.
- To foster an enjoyment, and positive attitude to, the subject in school.

4. OBJECTIVES

- Children will participate in a range of psycho-motor/movement activities in order to develop personal physical skills. (Practical attainment)
- Children will be made aware of their body in relation to others and their immediate environment and aim to promote quality of movement. (Kinaesthetics)
- Children will be made aware of simple physiological changes that occur to their bodies during exercise. (Physiology)
- Be given opportunities to develop imagination and co-operation to achieve shared goals. (Teamwork)
- Be given opportunities to develop personal characteristics like initiative, self-reliance and self discipline (Self knowledge)
- Be given opportunities to enjoy and succeed in the subject as well as be stimulated and challenged. (Problem solving)
- Be given the opportunity to develop areas of activity of their choice in extra-curricular time.
- Make full use of the facilities here to prepare a child mentally and physically for key stage 3 and beyond.

5. ENTITLEMENT

Priority will be given to children being physically active and to encourage this the following areas of activity are offered:

Dance:

- Creative, National and Country Dance

Games:

- Netball
- Football
- Rugby
- Hockey
- Tennis
- Rounders
- Cricket
- Unihoc

Athletics:

- Running
- Jumping
- Throwing
- Skipping

Educational Gymnastics

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Swimming:

- Offered at Key stage 2 – Both Year 3 classes participate in swimming. Each class will have a term of swimming.

6. IMPLEMENTATION

In all areas of Physical Education and Games children will be encouraged to plan, perform and evaluate their work as well as being physically active.

The allocation of time is as follows:

Early Years Department:

- 2 Educational sessions per week for both Early Years 1 and Early Years 2 with the PE Specialist.
- 1 extra session with class based teacher.
- Activities will include Educational Gymnastics, Dance and Games activities that will develop basic skills and co-ordination.

Prep and Upper Prep:

- 1 Educational session to be taken by PE Specialist. Activities will include Dance, Educational Gymnastics, Fitness Circuits and Athletics.
- 1 Games Activities session to be taken by PE Specialist and Specialist staff and Supporting staff. Activities will include Uni-Hoc, Netball, Rugby, Football, Rounders and Cricket.

Trans and Lower Trans:

- 1 Educational session to be taken by PE Specialist. Activities will include Dance, Educational Gymnastics, Fitness Circuits and Athletics.
- 1 Games Activities session to be taken by PE Specialist and Specialist staff and Supporting staff. Activities will include Hockey, Netball, Rugby, Football, Rounders and Cricket.
- 1 Lower Trans Class to attend swimming in Advent/Lent Terms.

Upper Trans and Removes:

- 1 Educational session to be taken by PE Specialist. Activities will include Dance, Educational Gymnastics, Fitness Circuits and Athletics.
- 1 Games Activities session to be taken by PE Specialist and Specialist staff and Supporting staff. Activities will include Netball, Rugby, Football, Hockey, Rounders and Cricket.

7. STRUCTURE AND ORGANISATION

The Specialist Physical Educational Teacher is responsible for the teaching of Educational Gymnastics, Dance and Games activities and is assisted by other teaching staff and outside Specialist coaches in Games Lessons.

Where appropriate, the children will be taught mostly in mixed groups, but in games such as Rugby and Football, which involve physical contact; boys and girls might be taught separately.

The difference in ability between children is recognised and different challenges will be set. Depending on activity children will be taught in mixed ability or ability groups.

All children must change into the appropriate indoor and outdoor clothing and wear footwear that is suitable for the activity.

For Educational Gymnastics and Dance in the Hall, children must wear plimsolls or light trainers. Children may take their footwear off in the hall for the activities. Children with verucca must at all times keep their footwear on.

Plimsolls are worn inside and outside by the EYD, but trainers will be worn outside from Prep upwards. Children participating in Rugby and Football will wear Rugby/Football boots.

Parents will be regularly updated and informed of the policy regarding suitable clothing and footwear for Physical Education and Games Lessons. Kit will be provided occasionally, when children have forgotten their own.

Staff who take or assist with Physical Education should be suitably dressed and always changed into appropriate footwear.

For Health and Safety reasons no jewellery or watches are to be worn for Physical Education or Games lessons. Earrings must be removed, or if they cannot be removed must be covered by tape.

Children should be responsible for their own valuables, but at the Teacher's discretion a box may be provided for their safe-keeping during the lesson.

The safe use of equipment will be encouraged at all times

Mats are to be used for comfort and not for safe guarding children working on apparatus.

Pupils must be taught to move and set up apparatus and equipment correctly. All children should be supervised when/if they are setting up apparatus. The teacher must check apparatus once assembled and again when it is packed away.

Defects in equipment must be reported and rectified and the equipment will be inspected regularly.

Children unable to take part in Physical Education or Games lessons should bring a note advising the teacher and then report to the office where they will be supervised.

Should a child be injured in a lesson they will be sent to the Office/First Aid Room.

In the case of an injury in the Hall, where a child cannot be moved, assistance will be called for and the child will be seen to in the Hall.

In the case of an injury on the Sports Field or Netball Court, one of the staff members must escort children that have incurred an injury back to the School Office/First Aid Room.

When a staff member is on their own at the Sports Field or Netball Courts, they must take a mobile phone with them so that assistance can be sought from school if a child injures him/herself.

On no account must child/children be sent back to school without supervision of an adult.

The ideals associated with fair play and good sporting behaviour will be encouraged at all times.

Health Education, particularly those areas addressing the effect of exercise on the heart, and the need for exercise to keep healthy, will be addressed during the appropriate Physical Education and Games Lessons. The importance of “warm up” and “cool down” will be stressed.

When engaged in Physical Education and Games activities children are expected to behave in a considerate, responsible manner, showing respect for other people and equipment. Children will be encouraged to discuss safety implications involving themselves and others.

8. TEAMS, PARTICIPATION AND FIXTURES

Sports teams and Fixtures offer a further incentive to the Physical Education and Games curriculum. They raise the levels of ability in individuals. Teams also add to the ethos and reputation of the school.

Matches/fixtures for the following sports will be arranged:

HOCKEY – friendly matches, league and tournaments.

RUGBY – friendly matches, league and tournaments.

NETBALL – friendly matches, league and tournaments.

FOOTBALL – friendly matches, league and tournaments.

ROUNDERS – friendly matches, league and tournaments.

CRICKET – friendly matches, league and tournaments.

All children will be given equal opportunity and be encouraged to participate in a fixture/match.

There will be an extended school day on Tuesday for Year 3/4 and Wednesday for Year 5/6.

Risk assessments will be carried out and appropriate care for the various activities and the dismissal arrangements will be organised by the PE co-coordinator in liaison with the Headteacher.

ST BERNARD’S SPORTS DAY will be held in the Summer term, one for the lower school and one for the upper school.

Emphasis will be on participation by everyone, but with a more competitive element anticipated in the upper school. Inter House matches will be held and will cover all areas of games.

On match days when visiting schools are at St Bernard’s, an after match tea will be offered to the players, staff and parents of both teams.

Parents are encouraged to support and enjoy all matches/fixtures and SPORTS DAY.

Road safety talks and other Health related talks may be organised for different year groups within the cross curricular nature of the PHSE programme of study.

9. EXTRA- CURRICULAR/AFTER SCHOOL CLUBS

In support of Physical Education and Games, Extra-Curricular (After School) clubs are held for boys and girls of our school. Appropriate care for the various activities and the dismissal arrangements will be organised by the PE co-ordinator or Specialist Club staff in liaison with the Headteacher.

The following After School Sport clubs are offered:

Mondays

- Ballet (for EYD)
- Football offered by the PE and Games Teachers (Years 2 – 6)

Wednesdays

- Street Dance

Thursdays

- Judo

Fridays

- Multi – Sports Club (Years 1 -6)

10. ASSESSMENT

Following the introduction of the new National Primary Curriculum in 2014, St Bernard's Prep has developed its own standards for PE/Games assessment. The objectives are measurable and are evaluated constantly for improvement.

11. RESOURCES

The grounds are maintained by:

TURFCARE LTD Tel: 07734 870 944

In the growing season the sports field should be cut twice a month and marked with the appropriate lines twice a month. In the Winter the field should be marked for matches as appropriate.

The gymnastic equipment is maintained by:

Universal Services Tel: 01621 868700

The PE/Games co-ordinator has responsibility for ensuring that the Physical Education and Games Department is resourced at all times.

12. ROLE OF THE CO-ORDINATOR

The role of the PE Coordinator involves:

- Producing a flexible scheme of work, with lesson ideas to support its implementation,
- Supporting colleagues in all aspects of the curriculum.
- Maintaining and replacing equipment.
- Ensuring areas for lessons are safe.
- Assisting with recording keeping and assessment of the subject.
- Monitoring the teaching of the subject at school.
- Attending meetings and courses, which will inform future development of the subject and ensure other staff, are aware of courses themselves.
- Ensuring that pupils have the opportunity to become involved in extra-curricular clubs to further develop skills and talents.
- Ensure standards remain high in each year group through effective monitoring of the subject.

13. RISK ASSESSMENT

St. Bernard's Preparatory School is committed to safeguarding and promoting the welfare of children and young people and expects all staff and volunteers to share this commitment. It is our aim that all pupils fulfil their potential.

Risk Assessments are carried out by the PE/Games co-coordinator. These are in place for away matches and tournaments

Applies to:

Whole School including Early Years Foundation Stage (EYFS), all staff, peripatetics, clubs and extra-curricular activity providers, volunteers, Trustees, Governors.

Related policies:

Curriculum, Safeguarding Portfolio, Health and Safety, Premises Management Documents

Availability

This Policy is available to parents on the website www.stbernardsprep.org or a copy can be requested from the school office.

Monitoring and Review

The Governors will undertake a formal review of this policy every three years for the purpose of monitoring the efficiency with which the related duties have been discharged or earlier if significant changes to the systems and arrangements take place, or if legislation, regulatory requirements or best practice guidelines so require.

Signed by _____

Headmaster _____

Date _____

Chair of Governors _____

Date _____