

# PE Policy and Procedures 2023/2024

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## **Rationale**

Physical Education (P.E.) develops a child's confidence in their own abilities to perform in a range of activities. It will help assist their own physical development and knowledge of the body in action. P.E. enables a child to be creative, competitive and co-operative and gives them the opportunity to encounter different challenges as an individual, in groups and in teams.

At d'Auvergne School, we provide a broad and balanced programme of Physical Education we believe every child should have access to. Activities are designed to be enjoyable, vigorous, purposeful, and regular. By providing positive experiences, a lifelong interest in physical activity is hoped for, as well as promoting a positive attitude towards a healthy and active lifestyle. This means the children at d'Auvergne will be 'Fit for the Future'.

The range of physical activities is wide and there are numerous opportunities to compete against other schools in several different sporting competitions.

## **Aims**

Each P.E. session will contain elements required by the Jersey Curriculum.

KS1 pupils will be taught to:

- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.
  - participate in team games, developing simple tactics for attacking and defending.
  - perform dances using simple movement patterns.
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KS2 pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

KS2 pupils will be taught to:

- use running, jumping, throwing, and catching in isolation and in combination.
- play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.
- develop flexibility, strength, technique, control, and balance.
- 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.

## **Entitlement**

The school provides all pupils with at least two hours of P.E. per week. Some units of work are organised so that the children have 1 hour per week focussing on one area, and the other hour focusing on another area. Other units of work are organised so that the children have 2 hours per week focussing on the same area. This continues for periods of half a term. Each class is timetabled across the school year so that they can access the school hall, badminton hall, court and 3G football pitch.

Futures, Year 4 and Year 5 have a half term or full term dedicated to swimming lessons, which are conducted on a weekly basis by Jersey Sport and Le Mourier Swim School.

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## **Partnership with Parents/Carers**

Parents are encouraged to participate in their child's education. They are informed of areas of study each term and are encouraged to attend extra-curricular events.

## **Planning, Teaching and Learning**

All teachers are responsible for the planning of Physical Education with their own classes or to selected groups, as appropriate. As well as this, the classes that are taught by external agencies, such as Jersey Sport or specific sporting associations, will also be planned for accordingly.

However, the co-ordinator is responsible for overseeing the plans and making sure there is continuity and progression throughout the school.

Lessons are sectioned into units of work to promote greater depth of understanding, development of skills, contextual application of these skills and the ability for the children to perform reflectively.

Children will be given the chance to demonstrate their learning, using a range of communication styles, allowing for effective assessment. This assessment will be used to inform planning, promote greater learning, and give an overall analysis of the physical profile of the school.

In addition to the assessment conducted by teachers, Coach Rob will arrange for specific assessments to take place for several year groups. This will occur once a term and will cover a range of fitness components, including aerobic, anaerobic, balance, co-ordination, flexibility, power, and strength. This will assist in developing the physical profile of the school and highlight areas for intervention.

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## **Monitoring of Standards of Teaching and Learning**

The P.E. Subject Leader will conduct sampling of lessons across the year. Along with the collection and analysis of data, they will ensure standards of teaching and learning, and pupil achievement are high in accordance with best practice.

## **Health and Safety**

Health and Safety is considered of the utmost importance at d'Auvergne School. When working with any form of PE equipment and/or when in different environments, including those that are unfamiliar, pupils will be taught:

- a) about hazards, risks, and risk control.
- b) to recognise hazards, assess consequent risks and take steps to control the risks to themselves and others.
- c) To use information to assess the immediate and cumulative risks.
- d) To manage their environment to ensure the health and safety of themselves and others.
- e) To explain the steps that they take to control risks.

## **Risk Assessments**

The P.E. subject leader is responsible for carrying out a thorough risk assessment of sporting equipment and facilities. Risk assessments are to be carried out by the individual teacher on any facilities that are used for sporting activities outside of the school grounds.

Safety checks and repairs are carried out on gymnastic equipment on a regular basis. Despite this, staff should conduct dynamic risk assessments by checking apparatus before it is used in lessons. If a potential hazard is identified, it is immediately taken out of use and reported to the P.E. subject leader. It is expected that any equipment that is taken out of the sport cupboard, be put back in the correct place.

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## **Safety Clothing**

Staff should wear appropriate footwear and clothing to enable them to move quickly, efficiently, and safely when teaching P.E. lessons. Pupils should wear their d'Auvergne School shorts, T-shirts, and trainers. Children are advised to wear d'Auvergne tracksuit top, tracksuit bottoms and trainers for outdoor P.E. sessions in the colder months.

## **Extra-Curricular Opportunities**

After school club sporting activities are provided for the children throughout all year groups. These vary term to term and are provided by outside agencies or staff from d'Auvergne School.

The children in Key Stage 2 have various opportunities throughout the year to compete in various sporting competitions against other schools.

## **Role of the Subject Leader**

The subject leader will:

- Lead the development of P.E. in the school.
  - Provide appropriate guidance for all members of staff regarding the teaching and learning of P.E.
  - Have an overview of the continuity and progression of P.E. throughout the school and be able to review and monitor the progress/success of the planned units of work.
  - Have access to staff planning and evaluation of P.E. of teaching/learning.
  - Keep up to date with new developments in the subject.
  - Ensure P.E. is implemented effectively in school to National Curriculum Standards.
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