



ODST
Oxford Diocesan
Schools Trust

Bampton CE Primary School and Nursery

Learning together with Respect, Friendship and Perseverance



School Vision Statement

We aim to enable all children to reach their full potential, embrace Christian values and prepare themselves to be learners for life.

Title of Policy	PE and Swimming Policy
Date Adopted by the Governing Body	May 2017
Review Date	May 2019
Signed by the Chair of Governors	

Introduction

The teaching Physical Education, including swimming in Key Stage 2, is a statutory requirement of the National Curriculum.

We believe that Physical Education, experienced in a safe and supportive environment, plays a unique and vital contribution to a pupil's physical development and well being. The PE programme aims to improve the quality of life of all young people by providing excellent PE and Sporting opportunities to develop the skills, knowledge and attitudes necessary for a healthy and active lifestyle.

Swimming is also a vital life skill.

'It is important that personal survival skills are taught. Students should understand the effects and dangers of cold water, their ability to assess a survival situation and the application of the principles of personal survival.'

'Swimming in clothes differs considerably from styles and techniques used in normal swimming lessons. Students should be taught how to conserve energy and body heat through the use of gentle swimming movements and holding particular body positions.'

'Wearing every day clothing helps simulate real situations.'

(AfPE Safe Practice in Physical Education and Sport 2012 Edition)

National Curriculum states that:

A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.

The national curriculum for physical education aims to ensure that all pupils:

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives.

The implementation of this policy is the responsibility of all staff

Entitlement PE Curriculum

We provide a well-balanced curriculum which allows pupils the opportunity to meet the end of Key Stage requirements as set out in the PE National Curriculum.

In Early Years a wide range of experiences and the teaching of a range of skills supports pupils physical development, as defined in the Early Years Foundation Stage curriculum.

In KS1 the units taught in each yearly cycle include dance, gymnastics, games and athletics.

In KS2 the units taught consist of games (including competitive games), gymnastics, athletics, dance, outdoor and adventurous activities and swimming.

The curriculum is enriched by a variety of additional PE opportunities and a programme of extra- curricular clubs.

The curriculum is planned and activities are mapped across the two key stages (see curriculum map– Appendix A). Cross curricular links will be planned as appropriate.

Inclusion, Special Educational Needs & Disabilities and Equal Opportunities

The physical education policy supports the values and beliefs described in our school's equal opportunities policy and our SEND and Inclusion policy

The curriculum requirement and the school expectations are for all pupils to participate in PE lessons. Pupils will only be excused from PE for exceptional circumstances. Generally speaking if a pupil is well

enough to be in school they are well enough to participate in PE. Staff will not expect pupils to miss PE in favour of other curriculum requirements. A register of non-participation in PE will be kept by each class teacher and regular non-participation will be reported to the Headteacher for addressing. Pupils who are non-participants must complete a Non-Participant form through the session which allows the child to reflect upon and assess what is being learnt in the lesson (see Appendix C). If pupils do not have PE kit in school every effort will be made to contact a parent or carer to see if a kit can be brought into school from home. A letter is sent home to inform parents if their child has not had their PE kit in school (see Appendix B).

Pupils with challenging behaviour will have a specific behaviour risk assessment and behaviour in PE will be part of that risk assessment. Every effort will be made to include pupils in all PE provision and where necessary adaptations will be made for pupils with SEND.

Risk assessments for medical and behavioural issues are to be made by class teachers in advance and reviewed at the beginning of each new strand of work. These must be shared with the swimming instructors at Carterton Leisure Centre.

All medical conditions must be shared with the swimming instructors and inhalers or other medicines taken to the poolside by the class teacher.

Parents and Carers who have financial difficulties in providing a PE kit can speak with the headteacher in confidence to discuss whether financial support may be available for them.

Time Allocation for PE

In Foundation Stage pupils receive 1 x 45 minute session weekly (gymnastic/dance/games) as well as plenty of opportunities for the on-going development of fine motor and gross motor activities in-line with the EYFS curriculum. These activities are offered as both indoor and outdoor learning activities.

In KS1 and KS2 each pupil has 2 x 45 minutes lessons per week (not including changing time).

For each year group there is also additional time given to enrichment activities, including festivals and tournaments arranged through the Burford Partnership of schools.

Teaching

Throughout each P.E. lesson the following strands will be taught when appropriate:

- (1) Acquiring and developing skills
- (2) Selecting and applying skills, tactics and compositional ideas
- (3) Evaluating and improving performance
- (4) Knowledge and understanding of fitness and health.

Clothing

Indoors	Outdoors	Swimming
shorts / t-shirt plimsolls	shorts / tracksuit t-shirt and sweatshirt trainers	Swimsuit /swimming trunks Towel Swimming hat Goggles (Goggles must be manufactured and packaged to British Standard BS 5883:1996.)

- Pupils should keep P.E. clothing in a bag on their cloakroom peg.
- Swimming kit should be taken home and washed after each use.
- Gum shields and shin pads are required for field hockey in KS2
- Pupils should understand the dangers of wearing inappropriate dress.
- Staff are to wear appropriate footwear / clothing on P.E. days.
- Pupils cannot participate in PE without the correct kit therefore school will work with parents to ensure there are no barriers to providing appropriate PE kit. If PE kit is not in school when required for lessons

staff must issue reminder letters to parents/carers and keep a record of non-participation in the PE session. On-going concerns about non-participation must be reported to the Headteacher.

- All PE kit must be named.

Safety & Discipline

Health & Safety awareness is an integral part of children's learning in PE. All staff work to accepted codes of practice (Safe Practice in PE, BA AL PE, Millennium Edition)

Only staff who have enhanced DBS clearance and safeguarding children training are permitted to teach or supervise PE activities.

- Pupils are taught how to stay safe and handle apparatus as part of their lessons
- A generic risk assessment is in place for PE at school
- A risk assessment is carried out for off site visits, including swimming.
- Pupils with SEND, including challenging behaviour, will have a specific risk assessment referring to PE
- Staff supervise pupils when changing and travelling and are aware of potential safeguarding issues during these times.
- Long hair must be tied back.
- No jewellery, glasses, rigid hairbands and grips are to be worn. Earrings must be removed by the pupil or covered with plasters.
- Barefoot work is recommended for indoor P.E. sessions.
- All PE equipment is inspected annually and must be checked by staff before use, used appropriately and stored safely.
- All accidents and 'near misses' are comprehensively logged and reported to the appropriate body where required.
- Pupils are given opportunities to think about safe practice in relation to themselves and peers.
- First Aid provision is available and prescribed inhalers must be readily available for identified pupils.
- Staff have access to medical information on pupils.
- Pupils must be supervised at all times by a member of staff or other qualified person
- Pupils will be made aware of swimming pool safety rules and expectations of behaviour

Safety is of prime importance. Pupils should be taught how to lift, carry and place equipment safely.

- Mats – Younger pupils 4 children for each mat (1 on each corner) Older pupils 2 children for each mat (1 at each end). Mats should not be considered as safe landing for high apparatus.
- Benches – 4 pupils if in KS1 (2 at each end) - 2 pupils if in KS2 - (1 at each end).
- Nesting bridges - 2 pupils - (hold bars on either side).
- Foldaway frames and strut ladders - pupils guide out frame and 1 pupil deals with the floor bolt. Teachers lift strut ladders.
- Pupils should always look in the direction they are going.
- Pupils should not lift above their heads.
- When lifting and moving apparatus, pupils should bend knees and lower gently.

All equipment is to be returned to its proper place and stored safely.

Apparatus must not be left out unsupervised.

Accident Procedure

All staff must have an established emergency sign that pupils respond to. Pupils should be taught to respond immediately to this sign by stopping the use of all apparatus and waiting safely, quietly and calmly while the teacher attends to accident casualty. The teacher must stay with the casualty. A reliable pupil should be sent to the nearest adult for help. Parents should be contacted and the accident recorded in the

accident book. Accidents occurring during swimming must be reported to Carterton Leisure Centre and copies kept for school records.

The Role Of Adults Other Than Teachers (AOTTS) including CN Sports Leaders (14-18 years old) and student Teachers

The qualified member of staff remains responsible for the safety and well-being of the pupils in their class. Students will always be supervised by a class teacher or other qualified adult when leading PE activities. Swimming instructors teach swimming at Carterton Leisure Centre but two members of school staff must be present poolside at all times.

Personal and Social Skills

Pupils will be taught to, and expected to observe, the conventions of fairplay, honest competition and good sporting behaviour. Opportunities should be used to support and develop the school's Growth Mindset culture so that pupils understand that success comes through practice and endeavour. Staff should actively promote positive role models in sport, including disabled athletes. Pupils should be aware of the consequences of actions on others and the environment.

In P.E. pupils will be taught to express themselves correctly and appropriately. They will be encouraged to use language precisely and cogently. Pupils will be taught to listen to others, and to respond and build on their ideas and views constructively.

Hygiene

Pupils should change their clothes and footwear before and after activities and be reminded of the importance of personal hygiene. During swimming sessions pupils must follow the swimming pool hygiene rules.

Assessment, Continuity and Progression

Individual pupils are required to be assessed in physical education at the end of each year, using Target Tracker. Swimming assessments will be made during the ten week swimming programme through teacher observation and agreement with the swimming instructors. Curriculum coverage is monitored by the PE coordinator, link governors and SLT.

Pupils use self-assessments, including the PE Passport, to reflect on their own progress and development.

Staff Development

The staff development needs are regularly assessed and training arranged as required and to meet any statutory requirements.

Source Material

A variety of schemes of work and lesson plans for each key stage/year group are available on the resources shelf in the staff room, including:

- Primary School Gymnastics - A teaching manual by Val Sabin
- Primary School Games - A teaching manual by Val Sabin
Volumes 1 and 2
- KS1 Dance – Val Sabin
- National Curriculum - Physical Education
- Top play games resource pack

Resources

- Small apparatus including a range of balls, quoits, bats, racquets, hockey sticks and athletics equipment – stored in PE shed
- Gymnastic equipment - stored in the hall.
- Games equipment - stored in hall.
- Tops Bags - stored in hall.

Swimming

All staff involved in the supervision of swimming MUST be familiar with the relevant risk assessments, Carterton Leisure Centre's Normal Operating Procedures, Pool safety rules and be aware of the pool's emergency action plan. Staff must also have read "Safe Practice in School Swimming Policy, Guidance and Procedures" June 2014

Swimming lessons for KS2 pupils takes place at Carterton Leisure Centre. Transport is by reputable coach company and at least two members of staff will accompany each group of children. Pupils will have a 30 minute swimming lesson and time to change. The lessons will be taught by qualified swimming instructors and Carterton Leisure Centre provides qualified lifeguards for the school sessions.

Advice on goggles (from OCC safe practice in school swimming policy, guidance and procedures July 2014)

"While swimming goggles may make a child feel comfortable in the pool while they are learning to swim, if they accidentally end up in water it is unlikely they will be wearing them. It is vital that children are comfortable swimming with or without goggles. Goggles are not normally recommended for normal swimming lessons or where swimmers have poor control in the water. Adults' attention can be distracted by constantly having to help children adjust goggles etc. and limbs that are not controlled can often knock faces and goggles in crowded swimming conditions. Equally the pupil's attention can be compromised by the need to adjust and replace goggles." "The Swimming Instructor for the group is responsible for determining whether any pupil wearing goggles is using them safely and for a positive purpose. If they are not then the goggles should be removed."

Knowledge about individual children's needs remains critical in determining the wearing of goggles. Risk management should include ensuring parents have taught their children to put on and take off goggles safely.

Parents are responsible for requesting permission that goggles be worn by their children and schools are responsible for collecting and recording such requests. The Swimming Instructor will ultimately decide whether the wearing of goggles is appropriate for the activity being undertaken.

Children may be asked to remove their goggles for certain activities e.g. self-rescue, water polo."

Carterton Leisure Centre has stated that pupils can wear goggles as standard practice, if they are manufactured and packaged to British Standard BS 5883:1996.

Aids for swimming

Appropriate aids for swimming and additional equipment must only be provided by and used under instruction of the swimming instructor.

Hats for Swimming

Swimming hats must be worn by all pupils and are available for sale from the school office.

Health & Hygiene for swimming

Pupils must use the toilets and shower before entering the pool.
Verrucae must be covered for swimming sessions.

APPENDIX A

Curriculum Map

KS1	Term 1 Sept/Oct	Term 2 Nov/Dec	Term 3 Jan/Feb	Term 4 Feb/Mar	Term 5 Apr/May	Term 6 Jun/Jul
	Dance	Gymnastics	Games	Dance	Athletics	Athletics
	Multi skills	Dance	Gymnastics	Gymnastics	Games	Games

LKS2 Y3&4	Term 1 Sept/Oct	Term 2 Nov/Dec 7 weeks	Term 3 Jan/Feb 5 weeks	Term 4 Feb/Mar 7 weeks	Term 5 Apr/May 6 weeks	Term 6 Jun/Jul 7 weeks
	Invasion / Net+Wall (B'ketball) (B'minton)	Gymnastics	Multiskills	Dance	Swimming	Athletics
	Invasion (Football)	Dance	Gymnastics	Invasion (Netball/Hockey)	Fielding + Striking (Cricket/Rounders)	Fielding + Striking (Cricket/Rounders)

UKS2 Y5&6	Term 1 Sept/Oct	Term 2 Nov/Dec	Term 3 Jan/Feb	Term 4 Feb/Mar	Term 5 Apr/May	Term 6 Jun/Jul
	Dance	Gymnastics	Indoor Athletics (Y6 –Outdoor and adventurous)	Net+Wall (Tennis)	Cricket	Athletics
	Invasion (Hockey)	Football	Netball	Invasion (Tag Rugby)	Swimming	Fielding + Striking(Rounders)

APPENDIX B

Generic reminder letter

Date: _____

Dear Parent/Carer

It has been noted by your child's class teacher that they did not have the correct PE kit today to enable them to take part in their PE lesson. Your child needs to remember to bring in

Shorts/jogging bottoms

T-shirt /Sweatshirt

Plimsolls/trainers

Swimsuit/trunks

Towel/Hat

PE is a statutory part of the curriculum and it is important that children takes part in each session in order to develop and improve their skills.

Please ensure your child has the correct PE kit for the next lesson on _____, thank you.

Please ensure all items are named so lost property can be returned to their rightful owner.

Yours sincerely



Carol Phillips
Headteacher

Non Participation in PE Forms

KS1 NON-PARTICIPANTS IN PE - OBSERVATION SHEET

Name: _____

During the PE lesson you can draw and write your answers to the following questions by watching carefully the activities the children take part in.

1. I am not doing PE today because...

2. Today PE was indoors/outdoors.

3. How do the children warm up?

4. Draw and write about the main activity.

What equipment are they using?

What do they have to do?

5. What did the children do really well?

6. How do the children cool down?

7. What can you do next time so that you can participate in PE?

7. What do you think they need to improve most? How might they achieve this?

8. Write a short paragraph about what you know about today's activities. Tell about strategies and/or skills involved in the activity, if you have played it before, your like/dislike for the activity.

9. What are some things you can do next time so that you can participate in PE?