



**ODST**  
Oxford Diocesan  
Schools Trust

# **Bampton CE Primary School and Nursery**

*Learning together with Respect, Friendship and Perseverance*



## ***School Vision Statement***

*We endeavour to enable all individuals in our school community to learn together, grow in respect, tolerance and understanding of the world in which we live and embrace Christian values, to be the best that we can be.*

<b>Title of Policy</b>	<b>PE and Swimming Policy</b>
<b>Date Adopted by the Governing Body</b>	<b>January 2022</b>
<b>Review Date</b>	<b>January 2025</b>
<b>Signed by the Chair of Governors</b>	

## 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 have chosen to follow the Real PE curriculum provision to fulfil the entitlement for each child to access high quality physical education and to meet the aims set out in the National Curriculum for physical education.

Additional opportunities to engage in physical activities exist through a range of extra-curricular clubs, active brain breaks and promoting active playtimes.

## 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 followed up with parents/carers and if it continues, then reported to the Headteacher for addressing

If pupils do not come to school in PE kit, every effort will be made to contact a parent or carer to see if a kit can be brought into school from home. Parents/carers are contacted if their child has not got appropriate PE kit in school.

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 term. 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 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 45-60 minutes lessons per week.

For each year group there is also additional time given to enrichment activities. This includes festivals and tournaments arranged through the Burford Partnership of schools and a variety of other workshops or PE experiences bought in from external professionals. The Sports Grant can be used to support the funding of these additional enrichment activities.

### **Teaching**

The school subscribes to the online tool Real PE which provides the core PE curriculum for all year groups. In addition, in Key Stage Two children learn specific sports which link with the Burford Partnership tournaments and each year group (Y3-Y6) complete a 10-week swimming programme delivered by Carterton Leisure Centre swimming teachers.

**Curriculum Maps for each year group and progression of skills documents can be found on the school website**

### **Clothing**

<b>Indoors</b>	<b>Outdoors</b>	<b>Swimming</b>
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 come dressed in their PE kit on designated PE days.

- Swimming kit should be taken home and washed after each use.
- Gum shields and shin pads are required for hockey in KS2 if using wooden sticks.
- 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.
- 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 regardless of gender.
- 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.

### **Assessment, Continuity and Progression**

Pupils are assessed in physical education at the end of each term, using Real PE Assessment Wheels. Swimming assessments will be made during the ten-week swimming programme by the swimming instructors. Curriculum coverage is monitored by the PE coordinator, link governors and SLT.

### **Staff Development**

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

### **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 60-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.