



**The Park Federation Academy Trust
Lake Farm Park Academy
Physical Education Policy**

Approval

Signed by Chair/CEO/Principal	<i>Ms. H. Buttar</i>
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Section 1: Curriculum Statement

Intent

Through providing a curriculum that is broad and balanced, physical education compliments and supplements the aims of Lake Farm Park Academy. The curriculum is designed to be enjoyable and stimulating where children learn skills and games that will inspire them to continue to enjoy participating in a wide variety of sports and staying fit and healthy in secondary school and beyond. We encourage our pupils to adopt a positive attitude to activity and healthy living, motivating them to develop their motor skills and fulfil their sporting potential. We aim to ensure children have high aspirations, in a safe environment that is both competitive and inclusive, where children work together to achieve their goals. Expectations are high but realistic in terms of achievement, discipline, behaviour and dress. Lessons and extra-curricular clubs are structured to allow students the opportunity to gain a broad range of knowledge and skills whilst also making cross-curricula links to other aspects of their learning, such as science, maths and P.S.H.E.. Within our physical education, we aim to address social disadvantage and, as a result, our curriculum reflects the school's local context by addressing typical gaps in our pupils' knowledge, skills and opportunities. We aim to expose all children which includes our nursery and our SRP (Specialist Resource Provision) to sports and opportunities which they may not have previously encountered building their cultural capital.

Implementation

At Lake Farm Park Academy, we value PE as an area of learning in its own rights as well as integrating it into other areas of the curriculum where possible. All pupils receive 2 hours of timetabled PE which is taught by both our full-time sports specialists and our class teachers. The lessons taught include indoor sports (such as gymnastics), outdoor sports (such as football and netball) and also sports which involve using facilities in the local community, such as swimming.

We teach lessons so that children:

- Enjoy and thrive in a range of physical activities
- Have the opportunity to access and participate regardless of their age, maturity or skill level
- Can gain experience of positive competition, both inside and outside school (including in intra school competitions)
- Develop good sportsmanship and a positive outlook on physical activity and healthy living
- Build a range of skills and strive to fulfil their own goals
- Understand the important role that physical activity plays in their daily life

Impact

PE is taught to instil a foundation for lifelong learning where physical activity is valued and enjoyed. A high-quality of physical education enables all children to grow in their skills whilst also striving to achieve their own sporting ambitions. At Lake Farm Park Academy, we provide a range of activities to ensure all children have the opportunity to develop, enjoy and succeed in PE. Imbedding our values within our PE lessons means that children are able to practise and apply behaviours such as fairness and respect in all areas of their learning. PE at Lake Farm Park Academy enables children to apply a wide range of skills to great effect both within the curriculum and beyond. Children learn skills and games that inspire them to continue to enjoy participating in sports and staying fit and healthy for life with a positive lifelong attitude to activity and healthy living.

Section 2: Teaching and Learning (in addition to T&L policy)

Teaching is carried out by a P.E. specialist (PSD) and class teachers who both ensure that children are given the opportunity to engage in a range of activities and develop and improve their performance. In addition to the two hours timetabled PE, children also take part in the 'daily mile', an initiative to run for 15 minutes a day to help develop physical, social, emotional and mental health in the fresh air. Planning is supported by 'The PE Hub' which ensures lessons are clearly planned and resources can be organised. Planning also ensures children are given the opportunity to work individually, in pairs and as part of a group. As well as a P.E. specialist from PSD, we also have two trainee P.E. specialists who provide the children with a variety of lunchtime activities.

Lesson Structure:

- Learning Intention
- Starter Activity
- Skill Development - an opportunity for children to develop a particular skill with techniques modelled to them
- Activity with an opportunity for progression
- Some lessons are planned with opportunities to assess learning

Section 3: Equipment

Our aim, at Lake Farm Park Academy, is to provide children with a wide variety of high quality resources to help develop their personal, social and physical skills. Children are explicitly taught how to use these resources safely and effectively.

Equipment and Resources Safety

Small equipment is checked by teachers before the start of a lesson. If any defect is found in any of the PE equipment this must be reported immediately to the PE coordinator and taken out of use. Children should be made aware of safe handling of the P.E. equipment and should be taught as part of the lesson in the Gymnastics units.

Locating equipment:

All equipment for lessons is stored in the outside P.E. container which all teachers have access to. Teachers have been explicitly shown how to use equipment and should ensure these are stored safely back in the cupboard after use.

Ordering Equipment

Any new equipment required can be ordered through the P.E. coordinator.

Section 4: Health and Safety

Children should bring a note if they are unable to participate through illness or injury. Staff should be vigilant if a pattern in non-participation is established for a variety of reasons (including child protection issues).

Accidents For minor injuries (bruises and bumps):

Children should be encouraged to continue where possible but sit and watch if necessary. The PE teacher will decide if the child should be accompanied to welfare.

For serious accidents (head injuries, serious cuts or suspected fractures):

The teacher should stay with the child and send the teaching assistant or two responsible children to inform welfare. After the incident the teacher must complete an accident report form which is available in welfare.

Medical Conditions:

It is the responsibility of the teacher to take note of any medical conditions of individual children in their class (such as asthma, diabetes or epilepsy) so they can participate safely and as fully as possible. **MEDICAL BOXES MUST BE TAKEN TO ALL PE LESSONS.**

Risk assessments:

The premises have been risk assessed by the site manager. All playgrounds and halls (including apparatus) will be safety checked annually. Staffs to risk assess halls and outdoor area before the start of lessons.

Section 5: Extra-curricular activities

We provide a range of after-school and extra-curricular sporting activities. This can include after school clubs and holiday clubs. We aim to provide clubs that are run by teachers and our external P.E. specialist. We also have links to local and national external sports companies who offer a range of opportunities that children may not have the opportunity to engage with in other aspects of their life such as BMX bike riding, dance cricket, S.E.N tennis. We strive to ensure that clubs are offered to all year groups across the school year.

Section 6: Inclusion

At Lake Farm Park, we are committed to ensuring that all children participate in P.E. regardless of any special educational need(s) or physical disability that they may have. We believe that every child should have equal access to a range of opportunities and be encouraged to fulfil their potential.

Section 7: PE kit

In the interests of safety and hygiene children must wear the following kit for PE lessons. This will ensure consistency and avoid confusion for the children:

- White LFPA T-shirt or plain white T-shirt
- Navy blue or black shorts
- Navy blue or black tracksuit bottoms in cold weather
- White or black trainers/plimsolls

Children without Kit- At the beginning of each year parents will be informed by letter of PE kit requirements. Children wearing incorrect P.E. kit will be sent home with a slip, reminding parents/carers of the expectations. Spare kits will be available for children whose circumstances prevent them from securing the correct kit.

- Teachers should also wear appropriate clothing to model high standards to pupils
- Jewellery must be removed. Teachers will not take responsibility for looking after jewellery.
- Earrings must not be worn and should be taken out by the child not a member of school staff. If this is not possible, then the earrings maybe be covered with tape.