



P.E. Policy

October 2017

# Hurst Park Primary School

Inspiring a community of successful learners



## Introduction

At Hurst Park, we believe that physical education, experienced in a safe and supportive environment, is a unique and vital contributor to a pupil's physical development and well-being.

We aim to promote and foster an enjoyment and appreciation of the benefits of a healthy lifestyle as well as supporting the children in their development of team building skills.

### 1. Policy Statement

**Our P.E curriculum is designed to:**

- Support the development of flexibility, strength, technique, control and balance through activities such as yoga, dance and gymnastics;
- Teach skills such as running, jumping, throwing and catching;
- Provide the children with opportunities to play competitive games such as hockey, rounders, tag rugby, netball, football and lacrosse, and to develop the skills associated with these;
- Set outdoor and adventurous activity challenges;
- Teach coordination;
- Enable pupils to leave school able to swim 25 metres, using

a range of strokes effectively, and able to perform safe self-rescue.

**In addition, we aim to:**

- Give children the opportunity to challenge themselves within a safe and structured environment;
- Promote a healthy diet and regular exercise as an essential part of everyday life;
- Provide the children with access to sports outside their everyday PE experience;
- Develop our children's stamina and general fitness levels;
- Teach team building and competitive skills;
- Develop a lifelong enjoyment of exercise and an understanding of its benefits.

### 2. PE Provision

- 2.1. Pupils in the EYFS follow the Statutory Framework for the Early Years Foundation Stage, which includes 'Physical Development' as one of its prime areas. Physical activity is integrated daily into EYFS provision, but EYFS pupils also have dedicated indoor and outdoor PE sessions.
- 2.2. The National Curriculum for PE (KS1 & 2) is delivered through two weekly PE lessons – one indoor session (gymnastics, dance or swimming), and one outdoor session (games, athletics, or outdoor & adventurous activities [OaAA]).
- 2.3. Pupils in years 3 & 4 receive one term (Y3) or one half



term (Y4) of swimming lessons each year in Key Stage Two. Pupils are registered at the local swimming pool and then walk back to school following their lesson.

- 2.4. In addition, the school also provides PE opportunities through extra-curricular activities via before and after school clubs such as: hockey, football, netball, cricket, cross-country, rounders, athletics and Fizzy-Fun club; lunchtime aerobics activities, and via a range of sporting fixtures and events.
- 2.5. The school also provides two residential trips to Sayers Croft Activity Centre (Y4) and Bowles Outdoor Centre (Y6), which focus on OaAA and teambuilding.
- 2.6. PE activities take place both indoors and outdoors throughout the changing seasons. The weather does not limit our curriculum; indeed we encourage the children to get outside as often as they can as part of a healthy, active lifestyle.\*
- 2.7. Health and fitness is also celebrated and promoted on our website, in newsletters, and in assemblies, in which sporting successes are celebrated alongside academic ones. Children are also invited to share sporting achievements from outside school and these are actively encouraged.

\*See sections on PE Kit and Health & Safety

### 3. PE Kit

- 3.1. Pupils are expected to wear appropriate clothing for PE activities (as are staff), and to participate to their full capacity.

#### Our PE kit consists of:

- Indoors – *Green shorts and white T-shirt (plain or with school logo). Children participate barefoot in gymnastics/dance/yoga activities.*
- Outdoors – *As above, plus trainers (not plimsolls) and white or green socks. At colder times of the year pupils may also wear the school sweatshirt and tracksuit bottoms.*
- Swimming – *Trunks or swimsuit (swim shorts and two-piece costumes are not permitted) and swimming hat. Goggles may be worn.*

- 3.2. In addition to the above, caps and sunscreen are recommended for the summer months.
- 3.3. Additional items, such as extra layers for cold/wet weather, may be worn at the discretion of the school [see FAQs].
- 3.4. The wearing of jewellery is not permitted in school and watches must be removed for PE activities [see Uniform & Jewellery Policy].
- 3.5. PE kit should be brought into school on a Monday and taken home on a Friday for washing so that it is always in school. To encourage full participation, for those pupils without kit, we will try to provide kit belonging to the school (with the exception of footwear). However, this is not always possible and alternative provision for those pupils may be arranged for the duration of the lesson. The school does not encourage the sharing of kit between pupils, including siblings.



#### 4. Health & Safety

- 4.1. All PE activities take place under the supervision of suitably qualified staff and follow guidance stated in The Association for Physical Education's 'Safe Practice in Physical Education, School Sport and Physical Activity' – as recommended by Surrey County Council.
- 4.2. In addition to site-specific risk assessments, staff carry out dynamic risk assessments prior to and during any activity. This enables them to identify and respond to unforeseen issues such as an unsafe response to a task, sudden illness, changes in climactic conditions, or ineffective officiating.

*This policy is the subject of constant scrutiny and review to reflect the changing needs and development of our children and staff.*

*Associated policies: Inclusion; Health & Safety; Uniform & Jewellery; Educational Visits; EYFS, Supporting Pupils with Medical Needs.*

#### 5. Inclusion

- 5.1. We believe that physical activity brings benefits to all who participate. In accordance with the Equality Act (2010), we do all we can to ensure that all children are able to access a full programme of education, including physical education.
- 5.2. However, there may be reasons where a child needs to be excused from physical activity due to medical reasons. Parents/carers may excuse their child from PE in the short term by providing the class teacher with a note stating the reason their child needs to be excused. If a child requires a longer term absence or is repeatedly excused from PE lessons, then a doctor's note would be required.

*The values of  
Hurst Park Primary School aim to ensure  
respect, resilience and positivity.*

Reviewed: October 2017



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**Frequently Asked Questions. (FAQs)**

**Why can't my child wear football boots for PE?**

*Trainers give teachers the flexibility to conduct lessons on the field, hard surfaces or both. Football boots limit the lesson to the field – and only when the ground is soft enough. Teachers dynamically risk assess the conditions prior to and during lessons. If the field is not suitable for trainers, then the activity will take place elsewhere. In addition, it is unsafe for some children to be wearing football boots and others to be in trainers, which is why the use of football boots is limited to competitive matches.*

**If the weather is cold/wet, can my child wear their coat for outdoor PE?**

*Clothing must be appropriate to the activity. In cold weather, the school's PE tracksuit should suffice; however you may provide extra layers – such as a thermal 'compression' top to be worn under their sweatshirt, or a 'beanie' hat. In wet weather, you may provide a lightweight 'over the head' style cagoule without drawstrings or toggles (any zips must be plastic). Note that hoods will need to be tucked in for most PE activities, however. The school reserves the right to prevent a pupil from wearing any additional items of clothing not specified in the kit list if it is deemed unsafe or inappropriate for the activity.*

**Can my child be excused from PE in the winter months as they keep getting colds?**

*According to the NHS, 'The only thing that can cause a cold or flu is a cold or flu virus. Getting cold or wet won't give you a cold.' However, if your child already has a cold, then taking part in*

*physical activity outside may exacerbate this, so they may be excused if you write a note explaining this to the child's class teacher. Whilst there is no guidance on minimum/maximum temperatures for PE, staff dynamically risk assess the conditions for all PE lessons and if the conditions are unsafe then the lesson may be postponed or moved indoors. In cold/wet weather, it is more likely that the lesson will be modified by, for example, shortening the length/increasing the vigorousness of the activity. However, teachers will obviously respond if they are aware the climactic conditions are causing discomfort to pupils.*

**May I stay at the pool and watch my child's swimming lessons?**

*Unfortunately, the pool can only accommodate registered parent helpers during school swimming lessons.*

**What happens if my child is unable to take part in a PE activity?**

*This very much depends on their reasons for not taking part. If they are able, then the teacher will try to include them in the lesson in an alternative way, for example as a scorekeeper or to give verbal feedback to participating pupils. If this is not possible, then they will be placed in another class for the duration of the activity. If your child is unable to participate in swimming lessons, but still well enough to be in school then they must arrive at school for registration and not the pool.*



**My daughter has newly-pierced ears. Can she cover the studs with plasters for PE?**

*No jewellery of any kind is permitted for PE activities, including swimming lessons, even when taped. We recommend ear-piercing to be completed at the very beginning of the summer holidays so that the ears have approximately six weeks to heal and studs can be removed for school.*

**My child has forgotten their trainers. Can they wear their school shoes for PE today?**

*All PE kit, including footwear, must be appropriate to the activity. School shoes are not permitted for wear in PE lessons.*

**My child has a verruca on their foot. Can they still go barefoot for indoor PE?**

*Yes, but the verruca must be covered with, e.g. a plaster. Pupils cannot wear just socks (as these provide no traction on the hall floor) or wear trainers whilst other children are barefoot.*

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