La Mare de Carteret Primary School

Physical Education Policy

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Our Vision and Values



LMDCP working together with the entire community to ensure the rights of the child are met by providing a safe, nurturing and challenging education

Aims of the policy

La Mare De Carteret Primary School aims to increase levels of activity and well-being throughout the whole school by providing a supportive and inclusive environment for all that encourages and enhances physical activity and a healthy lifestyle.

To ensure children are taught a broad, balanced, engaging and progressive curriculum that inspires them to want to learn.

To ensure the four outcomes of the Children and Young People's Plan 2016 is achieved:

Included and Respected
Safe and Nurtured
Achieve individual and economic potential
Healthy and Active

Principles of the policy

To raise the profile of physical activity throughout the school, whilst raising awareness of its value for health in changing attitudes and increasing participation, by providing a curriculum that is inclusive for all.
Ensuring that those leading and supporting physical activity have the confidence and competence to provide pupils with a safe, stimulating and high-quality experience.
Helping pupils understand that physical activity can help them to be more healthy and can become a part of everyday life from childhood and throughout adulthood.
Ensuring that pupils' experiences of physical activity are positive and encourage participation beyond school and improve self-esteem and confidence.
Providing pupils with the information and confidence they need to take advantage of physical activity opportunities in the local community and move from dependence on the teacher to independent action.

To teach children the school's Learning principles

Roles and Responsibilities

Every teacher is responsible for planning a creative and engaging curriculum that is safe, challenging and accessible to all learners
Every learner should be able to have a say in what and how they learn
Every parent and carer should be informed about the curriculum

Physical activity is any activity which results in energy expenditure above resting levels.

The Benefits include:

Improved levels of physical fitness and health.
Developing life skills and personal qualities such as leadership, organisation, sportsmanship, teamwork and social skills.
Learning and developing a range of physical skills which can be built upon throughout schooling and into adulthood.
Improving and developing a positive attitude towards physical activity and an overall healthy lifestyle, including diet and exercise.
Improving self-confidence and self-belief by recognising ways of improving and developing and participating to the best of his/her ability.
Participating in healthy competition within lessons, school competitions and inter-school activities.
Developing the understanding of empathy and exhilaration whilst being able to deal with both winning and losing situations - developing a growth mindset.
Increasing levels of concentration and increased alertness.
Responding and participating safely in a range of situations.

Teaching and learning in PE:

KS2 children are participating in just over two hours of Physical Education per week and the Infants in one hour and thirty minutes per week with non-curriculum based physical activity additional to these timings, bringing the total up to two hours.

Boys and Girls have equal opportunities to participate in all six areas of the National Curriculum. Lessons are inclusive for all and careful consideration is given to groups to ensure every child has an equal chance of developing and learning new skills and participating to the best of his/her ability.

During the big apparatus half term, the springboard and box should only be used in years 5 and 6 to offer safety and progression for the children as they move through the school. There will be an equipment safety update led by the PE coordinator prior to this half term for those who wish a refresh. Whilst the year 6 children will set up the equipment, it is the class teacher's responsibility to check all equipment is safe prior to use for each lesson.

Where possible, games lessons should be led separately in classes by the teacher in charge. However there are some exceptions to this: for small year groups; when the activity benefits from a larger group and for sprint timings etc. As usual, staff will use their professional judgement for this.

Sports days are inclusive and ensure activities for all, however a more traditional competitive element is available for some children.

House Matches in hockey, netball, tag rugby and football take place annually in the spring term. These are available for years four, five and six. Priority should be given to year 6 pupils wishing to participate.

There are regular inter-school competitions in a range of sports including Tag Rugby, Football, Cricket, Netball, Hockey and Athletics held both during school hours and after school.

Year Five children are encouraged to participate in Cycling Proficiency. Bikes and helmets are provided if the children do not have their own. Once the children are qualified they are encouraged to ride their bikes to school safely.

Years 5 and 6 have the opportunity to participate in sailing as an additional curriculum area.

The whole school engages in swimming lessons in the summer term and additional sea activities, where weather and conditions allow.

Swimming -

Swimming takes place in the summer term, on site, for all pupils. It is supported by Beau Sejour Swim School. Copies of all safety documents can be found via the following link -

Current NOP

Current EAP

Current Risk assessment

Swimming ribbons

LMDCP swimming ribbons

At LMDCP we operate a swimming ribbon system that will encourage children to progress in their swimming ability.

White	1Width
Yellow	1 Length (25m)
Blue	2 Lengths (50m)
Red	4 Lengths (100m)
Lilac	1 Length (30 seconds)
Green	2 Lengths (60 seconds)
Purple	2 Lengths (50 seconds)
Orange	4 Lengths (3 mins) - Individual medley
Silver	4 Lengths (2mins) - individual medley
Gold	16 Lengths

- Each Year children start on ribbon achieved at the end of the previous year to ensure they can still complete it.

- All ribbons need to be completed with competency e.g.
  White ribbon to be completed in both small pool and big pool
  Children need to show that they complete the distance with competency and are capable
  Of a repeat performance if required.

Goggles

The advice issued with regard to goggles is simply for guidance as there are no set rules e.g. if children at the early of stages of swimming are reluctant to submerge their faces in the water and goggles help, then this is not a problem, whereas when children swimming in the main pool are at the stage where the wearing of goggles is beneficial as they begin to learn about aquatic breathing; the teacher will therefore use their experience and knowledge of the children to determine whether the wearing of goggles is appropriate.

For further clarification to the advice above, the teacher in charge of the swimming lesson will use their professional judgement depending on the session content as to whether the children require goggles for that lesson. Children may have goggles in school, but will only be using them if requested by their swimming teacher.

Sea activities -

Sea activities take place, where possible, in the Autumn and summer term for all pupils. A comprehensive programme is in place to ensure enjoyment and pupil safety at all times. It can be found via the following link. -

September 2020

July 2021

Physical activity is also promoted within other areas of the curriculum including Science, Geography and PSCHE. (For example in geography orienteering, in science healthy eating and the human body has significant links to Physical activity. Research has also shown that physical activity has a significant positive effect on emotional wellbeing, a core element of PSCHE).

Extra-Curricular Activities

There are many opportunities for a range of year groups to participate in extracurricular activities within our school.

Recent clubs include: hockey for Years Three to Six, netball and football for Years One to Six, cricket for years Five and Six, dance Club for years Three and Four, Swimming Club for non-swimmers of key stage 2, active Play for Key Stage One, Key Stage One Yoga and Fit Club run by the Sports commission for years 1 and 2 and 3 and 4 and many more.

A range of equipment is provided at both lunch and playtimes to ensure children have the opportunity to be active.

All children are encouraged to participate in any additional activities such as the Youth Games, Everest Challenge and activities provided by the Guernsey Sports Commission.

Celebrating Success

Participation as well as success are celebrated within our school. Medals, certificates and trophies achieved both within and outside of school are presented in assembly. There is the opportunity for children to achieve “Star of La Mare” and sportsmanship awards are regularly awarded. All team photos are displayed along with a generic Physical Activity photo board.

Play Time

A range of equipment is provided at playtime and lunchtime to encourage the children to be active. There are specific areas that allow for Football, Netball, Cricket and Basketball with attached timetables so that all year groups can have a turn at everything. Other equipment, such as skipping ropes, hoops, bats and balls are also provided. All climbing apparatus is timetabled to allow all children and year groups to have a turn.

Community Links

There are close links between the school and the Guernsey Sports Commission who deliver alternate half termly lessons to Years 3 and 4. Development Officers are assigned to specific sports and offer their time to deliver sessions. La Mare De Carteret High School GCSE PE students help out, where possible, at after school clubs and assist in the delivery of PE lessons as part of their assessment. Island wide facilities such as the Table Tennis center and local Leisure Centre are regularly used facilities for a range of activities.

All parents/carers are encouraged to support inter-school fixtures and school events such as sports day. Good sportsmanship is expected and parents/carers are asked to present themselves in a dignified manner.

Staff Opportunities and Training

We currently have 15 members of staff who are qualified to lifesave swimming lessons, completing training and assessment every two years with continued professional development throughout. All staff are regularly encouraged to attend PE insets when available. Release time to observe other members of staff deliver PE is available, when appropriate, including model lessons.

Members of staff have participated in their own physical activity such as Pilates, Hockey, Cricket, Triathlon, Running, Swimarathon, Netball and Climbing.

Active Travel

Pupils, staff, parents and carers are encouraged to walk to school. We have excellent, safe walking facilities within the surrounding areas, including the nature trail and coast paths.
From Year Five upwards, those children who have their cycling proficiency are encouraged to ride to school. School buses are only provided in extreme circumstances for approximately 15 children.

Health and Safety

Health and safety is taken very seriously within our school with regular equipment checks conducted by Continental Sports Ltd. The swimming pool is kept locked and the key is stored out of children's reach in a central location. All members of staff are familiar with the NOP (Normal operating procedures), EAP (Emergency Action Plan) and Risk Assessment of the school pool which is updated regularly. Regular reminders about safe and appropriate play are given in assembly.
Appropriate clothing and footwear is monitored by all staff. Jewellery is not allowed to be worn during any physical activity undertaken. Earrings must be removed for swimming and we strongly encourage them to be removed for PE and games lessons. Where this is not possible earrings may be taped. Earrings must be taped by either the child or parent prior to the lesson.

PE Kit and clothing

In order for all children to be actively engaged in physical activity both safely and securely appropriate clothing and footwear must be worn. Where possible, all children must engage with the full curriculum of lessons in order to be physically active for the recommended time and develop the fundamental movement skills required. Therefore, the following guidelines must be considered –
If a child presents a letter from home stating reasons why they cannot participate in physical activity this must be respected by staff.
Where a child forgets their kit very occasionally an exception can be made and the pupil can borrow kit, if available, or be used as a coach/helper within the session so they are still engaging with the learning and are up and active.
Where a child is frequently forgetting their kit (2-3+ times a term or on more than two consecutive occasions) support procedures need to be put in place.

The pupil's parents/carers must be contacted and notified by class teachers.
Alternative kit must be provided so they can take part.
A kit must be kept in school for these children and sent home on a termly basis.
Appropriate footwear is crucial for the safety of the children and slip on shoes or shoes that do not fasten securely cannot be worn in the event where a child has forgotten their trainers.

Shin pads must be worn by all Year 5 and 6 pupils participating in football and hockey. Gum shields are encouraged in Hockey. Shin pads are required in Year 3 and 4 if engaging in an invasion style game within these 2 sports.

Children may wear suitable tight suntops, rash vests or t-shirts in the pool to avoid sunburn, if they wish to.
The teacher in charge of the swimming lesson will use their professional judgement depending on the session content as to whether the children require goggles for that lesson. Children may have goggles in school, but will only be using them if requested by their swimming teacher.

Fitbits

These are valuables and in line with our procedures around valuable items, they are not encouraged and are brought in at the child's own risk.
However if a child wishes to wear one for monitoring fitness and exercise levels, the following procedures apply:

They may be worn but must be worn around an ankle under a sock or around a vest strap under a t-shirt.

Please speak to PE Coordinator if you need guidance.

Staff

Staff must change their footwear, as a minimum, to deliver any form of physical activity and are encouraged to change in full where possible.
Changing must take place at an appropriate time throughout the day. Staff may use their professional judgement.

Resource Provision and Facilities

On site:

School Hall
Netball Courts x 2 (on playground)
Basketball Hoops x 2
Tennis Courts x 6
Short Tennis Court
Cricket Nets x 3
Football Pitches x 2
Rounders Pitches x 2
Cricket Pitches x 2
Rugby Pitches x 2
Swimming Pool, including small pool.
Sand Pit – Long Jump
Athletics Track
Badminton Court
Fixed Gymnastics equipment
Outdoor Climbing Frames
Fully stocked PE store with a range of equipment suitable for the varying age ranges and abilities.

Off Site :–

Climbing Wall
Squash Courts
Orienteering course

Table Tennis Centre

Monitoring and Evaluation

It is the role of the PE co-ordinator to monitor and implement this policy, in consultation with the Headteacher, Staff, Site staff, pupils through the school council and parents via the school website and regular newsletters.