

Health & Safety Policy – PE Department

OUR SCHOOL PRAYER:

*What does the **Lord** ask of you?*

To act justly, to love mercy and to walk humbly with your God.

Micah 6vs.8

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Statement of intent

In our school, our Christian vision shapes all we do. All members of the school community are committed to upholding the St Michael's Church of England Christian values:

- to show love, care and kindness to all in our community
- to value what we have and to share with others
- to enable everyone to achieve their full potential



The aim of the PE Department at St Michael's Church of England High School is to empower the students with the knowledge, values, skills and personal qualities to be confident and keen to take part in sport and physical activities. The Department offers a vast array of sporting opportunities for all of our students. We believe that PE is unique in its ability to develop the 'whole' person. We value high quality PE lessons and the extended curriculum opportunities where our students' relationships, social development, fun and health are enhanced and promoted. We also firmly believe that competitive sport and 'opportunities for ALL' can co-exist in a busy school environment. Community links are an integral part of our school sport with excellent links forged with clubs in the area allowing all pupils the opportunity of a sustained healthy lifestyle.

Physical education (PE) is a vital part of the curriculum at key stages 3 and 4. In order for them to develop into happy, healthy adults, it is important that our pupils develop their physical competence and confidence and their ability to use these to perform in a range of activities.

Our PE programme, developed in line with the Department for Education (DfE)'s recommendations, promotes healthy attitudes and lifestyles and allows pupils to learn skilfulness, physical development and knowledge of the body in action. PE also provides opportunities for pupils to be creative, competitive, cooperative and able to face up to different challenges as individuals and in groups and teams.

Pupils learn how to think in different ways to suit a wide variety of creative, competitive, cooperative and challenging activities. At GCSE level, they learn more about anatomy and the human body. They learn how to plan, perform and evaluate actions, ideas and performances to improve their aptitudes and abilities, and make choices about how to get involved in lifelong physical activity.

Signed:

 _____	Co-Chair of Governors	Date: <u>14/10/2021</u>
K Thornton _____	Co-Chair of Governors	Date: <u>14/10/2021</u>
 _____	Acting Headteacher	Date: <u>14/10/2021</u>

1. Aims

1.1 PE is not just about the ability to play sport. PE covers a wide variety of areas including:

- health and fitness
- interpersonal relationships
- team working
- problem solving
- safety in sport and physical activity
- equality in sport

1.2 At St Michael's Church of England High School, we aim to stimulate and maintain enjoyment in sport from primary school, and to encourage and nurture a desire to engage in physical activity and sport at all ability levels.

1.3 We aim to provide sporting activities that appeal to the widest range of pupils from the most to the least able. Activities include but are not limited to:

- Athletics
- Badminton
- Basketball
- Cricket
- Football
- Netball
- Rounders
- Rugby
- Trampolining
- Dance
- Handball
- Ultimate Frisbee
- Fitness
- Table Tennis
- Handball

2. Health and safety

2.1 General risk assessments will be conducted for all sports.

2.2 Specific risk assessments will be conducted for pupils with mobility difficulties and/or disabilities.

2.3 Pupils will follow instructions. Where pupils fail to follow instructions, disciplinary action will be taken as outlined in our Behaviour Policy.

2.4 Appropriate PE kit must be worn. Limited spare kit will be available for pupils who forget or lose their PE kit.

2.5 More detailed information about safety procedures can be found in our dedicated Health and Safety Policy including:

- accident reporting procedure
- location of first aid kits
- named first aiders outside of the department
- evacuation procedures

- off-site activities
- swimming

- 2.6 A “high risk” does not preclude an activity being carried out in PE class, however, enhanced safety measures will be introduced where appropriate.
- 2.7 PE equipment will be checked annually by a professional.
- 2.8 PE equipment will be checked before every use by the staff member in charge of the session.
- 2.9 Damaged equipment will be temporarily decommissioned and stored for safety.
- 2.10 Before repaired equipment is put back into use it will be inspected.
- 2.11 All PE teachers will be trained in first aid and manual handling.

3. Risk assessment process

- 3.1 Our risk assessment process is designed to manage real risks when planning trips while ensuring that learning opportunities are experienced to the full.
- 3.2 The process is as follows:

- 3.2.1 identify the hazards**
- 3.2.2 decide who might be harmed and how**
- 3.2.3 evaluate the risks and decide on precaution**
- 3.2.4 record the findings and implement them**
- 3.2.5 review the assessment and update if necessary**

4. Inclusion

- 4.1 St Michael’s Church of England High School does not discriminate.
- 4.2 The PE department reflects this commitment and will work hard to include all pupils regardless of gender, race, religion, ability or disability under the Equality Act 2010 in accordance with the school’s Equality Policy.
- 4.3 In order to ensure PE is as inclusive as possible, we will implement:
- Standard planned activities, differentiated for pupils with various needs.
 - Adapted activities in line with pupils’ Individual Health and Care Plan (IHCP).
 - Alternative physical activities for pupils who are injured or otherwise unable to take part in standard activities.
 - Non-physical alternatives where required.

5. Extra-curricular activities

- 5.1 The following sporting clubs are available outside of the curriculum:
- Football
 - Netball
 - Rugby
 - Rounders
 - Athletics (in summer).
 - Table Tennis.

- Fitness
- Trampolining
- Dance
- Cricket
- Basketball

5.2 No extra-curricular activity is mandatory, but pupils will be encouraged and supported to join in.

5.3 Removal of sporting activities will never be used as disciplinary action.

6. Cross-curricular links

6.1 Cross-curricular links to PE and sport can be found in many subjects, for example:

- the study of health, fitness and drugs in science
- data recording and measuring in maths
- map reading in geography
- interpretation of data using programming in computing

7. Assessment

7.1 Detailed information about assessment of PE can be found in our Assessment Policy.

7.2 Formative assessment takes place via observation, video recording and oral questioning on a lesson-by-lesson basis.

7.3 Summative assessment will include a self-assessment and written and physical examinations.

7.4 For GCSE assessment, non-exam assessment will contribute a total of 40% of GCSE specifications.

8. PE kit

8.1 Pupils are expected to bring PE kit to every lesson unless they have a doctor's note which states that they are physically injured and must be excused.

8.2 A note from parents will allow pupils to participate in non-physical roles due to injury such as coach or scorer, or in an alternative activity.

9. The key stage 3 curriculum

9.1 Pupils should build on and embed the physical development and skills learned in key stages 1 and 2, become more competent, confident and expert in their techniques, and apply them across different sports and physical activities. They should understand what makes a performance effective and how to apply these principles to their own and others' work. They should develop the confidence and interest to get involved in exercise, sports and activities out of school and in later life, and understand and apply the long-term health benefits of physical activity.

9.2 Pupils will be taught to:

- use a range of tactics and strategies to overcome opponents in direct competition through team and individual games

- develop their technique and improve their performance in other competitive sports
- perform dances using advanced dance techniques within a range of dance styles and forms
- take part in problem solving activities which present intellectual and physical challenges, and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group
- analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best
- take part in competitive sports and activities outside school through community links or sports clubs

10. The key stage 4 curriculum

10.1 Pupils should tackle complex and demanding physical activities. They should get involved in a range of activities that develop personal fitness and promote an active, healthy lifestyle.

10.2 Pupils will be taught to:

- use and develop a variety of tactics and strategies to overcome opponents in team and individual games
- develop their technique and improve their performance in other competitive sports or other physical activities
- take part in further outdoor and adventurous activities in a range of environments which present intellectual and physical challenges, and which encourage pupils to work in a team, building on trust and developing skills to solve problems, either individually or as a group
- evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best
- continue to take part regularly in competitive sports and activities outside school through community links or sports clubs