



Kenmore Park Junior School Physical Activity Policy  
February 2008

### **Rationale for Physical Education**

Physical Education is essential part of the curriculum at Kenmore Park Junior School. The subject helps to develop the child in a number of ways: physically, mentally, socially, emotionally, spiritually and culturally. Through the provision of enjoyable and physically exerting lessons, the school intends to make children aware of the body and relevant safety issues.

At Kenmore Park Junior School, we believe that children should be given the opportunities to experience a wide range of physical activities. Whilst experiencing these physical activities, the school also believes that every child should be given the opportunity to achieve a level suitable to the individual.

### **Rationale for Physical Education and Physical Activity**

The order of Physical Education in the National Curriculum provides a basis for us to deliver a broad, balanced and differentiated Physical Education programme, which helps us to fulfil our main aims; these are:

- To promote physical activity, physical development, and a healthy lifestyle.
- To develop social co-operation and positive attitudes and to compete with a sense of fair play.
- To promote and develop safe practice in physical activities.
- To provide equal opportunities for all children regardless of race, gender, background or ability.
- To provide opportunities for all children to achieve their full potential.

We aim to deliver a balanced programme, which provides children with opportunities to promote physical development and competence, and to develop artistic, aesthetic and linguistic understanding through movement.

We aim to give all children the opportunity to extend their range of physical skills and develop their proficiency, as well as appreciate the benefits of participation. Through Physical Education we aim to develop inter-personal and problem solving skills, developing personal qualities - (such as self-esteem, confidence, tolerance, and empathy,) and to forge links between the school and its community.

### **The School**

Kenmore Park Junior School is a three-form entry Middle School, for children aged 8-12, (Years 4-7). On the whole, each class teacher leads his or her own Physical Education lessons each week. However, on occasions some class teachers with subject interest and/or specialism teach other classes for some lessons. Also, where needed, class teachers are supported during these lessons by Teaching Assistants and on occasions by specialist coaches.

Mr Thomas is the Director of Physical Education. It is his responsibility to:

- Review the Physical Education policy and inform the Headteacher of any changes needed.
- Organise, maintain and order equipment for Physical Education.
- Provide guidance on curriculum matters and planning.
- Attend courses and provide training for staff where necessary.
- Regularly review and revise units of work as appropriate.
- Organise and oversee the running of extra-curricular activities and the overall promotion of physical activity.

## **Physical Resources**

Kenmore Park Junior School has two main areas available for Physical Education:

- Playground - The playground has a netball court, a rounders pitch and a 65 metre running track. There are also three target walls and there are cricket stumps on two other walls.
- School Hall - The hall has well maintained gymnastics equipment, including wall bars, ropes, tables, a box and a large quantity of mats, benches and planks. The hall also has a stereo system which can play both tapes and compact discs for dance.

The school also makes use of these facilities:

- Harrow Leisure Centre - The indoor swimming pool is used on a weekly basis for Year 5 swimming.
- Centenary Park - This is a nearby field which is used by the local High School, (Park High). Kenmore Park Junior School uses the field for its annual sports' day, inter-school tournaments and athletics meetings.

## **Non-Participation and Wet Weather Provision**

If a child is unable to take part in a Physical Education lesson, then that child is expected to observe the lesson closely and complete a "PE Observation Sheet." This will enable the child to understand what the main learning objective was for that lesson, and how other children managed to achieve the learning objective.

If a child forgets his or her kit, the class teacher will send a reminder letter home to the child's parents.

If weather conditions are too poor to hold a lesson outdoors, the children will either do an indoor theory lesson, or have an adapted lesson in the school hall. Alternatively, the class teacher may reorganise the timetable for when weather conditions improve.

## **Time Allocation for Physical Education**

Each year group is allocated two hours of Physical Education per week. This meets the government's requirement for a minimum of two hours per week of Physical Education teaching. One hour per week is generally allocated for outdoor games and one hour is generally allocated for either gymnastics or dance.

## **Equal Opportunities**

At Kenmore Park Junior School every child has equal access to the Physical Education curriculum. Where needed, lessons are differentiated in order for individuals to be given the opportunity to achieve the learning objective for a particular lesson. The school like to promote the idea that physical activity is accessible to all, whatever an individual's cultural or social background, gender or ability.

## **Health and Safety Factors in Physical Education**

- Clothing

Every family is provided with the Physical Education kit list upon entry into Kenmore Park Junior School. All boys and girls are required to wear a plain white t-shirt and black shorts. For outdoor lessons, a tracksuit may be worn when the weather is colder. Trainers or plimsolls may be worn outside, (and for indoor 'games' lessons). However, for gymnastics and dance lessons, children must work in bare feet. Clothing should always be tucked in and well-fitting, and trainers should be securely tied with knots on the outside. If a child has to wear long sleeve shirts and long trousers for gymnastics, then leggings must be worn. Loose fitting tracksuit bottoms should not be worn in gymnastics, for safety reasons. Staff are expected to be attired in similar sportswear, and to be good role models for their pupils.

- Jewellery and Hair

Long hair must be tied back, not hanging on shoulders or across the face. Religious headscarves should be securely tightened around the head. Watches must not be worn during the lesson. Jewellery must not be worn during Physical Education lessons for the safety of the child and others around him or her. If jewellery must be worn on religious grounds, the

child must inform his or her teacher so that the teacher can provide micro-porous tape in order to cover it. A note explaining the religious significance of the piece of jewellery must be provided at the start of each new school year.

With regard to earrings and nose studs, these must be removed for any Physical Education lesson. This conforms to the borough policy for the whole of Harrow. If a child has just had his or her ear or nose pierced, then that child will not be allowed to take part in any Physical Education lesson until the piercing has healed.

Children are encouraged to place jewellery in a valuable box in each class, which they then collect at the end of the lesson.

- Organisation of Apparatus and Equipment

All apparatus is stored safely and neatly. It is the responsibility of the class teacher to ensure that apparatus is moved in the appropriate manner. Posters displaying how to correctly move apparatus are displayed in the hall.

Class teachers are responsible for collecting equipment for a lesson from its place of storage, and for returning it at the end of the lesson. Children are not allowed to go to get equipment or put it back without adult supervision.

### **Risk Assessment**

To minimise the risk of faulty apparatus and other equipment, assessments are carried out regularly. Gymnastic equipment is inspected and maintained by a contractor who is approved by the Local Authority. The Director of Physical Education monitors all other equipment each term, with a major check taking place each September. Any faulty equipment should not be used and should be reported immediately to the Director of Physical Education.

It is the responsibility of the class teacher to ensure that any unnecessary furniture or equipment is removed safely from the hall or other playing areas. Children are also encouraged to be aware of this. If any teacher is unsure about the safety of any area allocated for Physical

Education, then he or she should report the matter to the Director of Physical Education.

### **First Aid**

Any accidents are dealt with by the designated First Aider and the accident book must be completed for any serious accidents.

### **Planning the Physical Education Programme**

The teaching and learning objectives in Physical Education are discussed with all staff, and the long term planning of topics and areas of activity have been identified to show progression and development. Each year group evaluates and regularly updates the Director of Physical Education on matters relating to Physical Education lessons, which informs the planning of the curriculum. Development, progression and continuity are planned from one year group to the next. A yearly meeting also takes place between the Directors of Physical Education of Kenmore Park Junior School and Kenmore Park First School, in which planning is scrutinised in order to ensure progression.

### **Differentiation and Special Needs**

It is the intention of the school that every child will have his or her needs met: whether it is a child who requires extra support to master some of the basic skills, or it is a child who requires extension opportunities to further his or her skills. In order to achieve this, suitable learning challenges are set which respond to the wide-ranging needs of a class. The class teacher and Director of Physical Education must be aware of any specific medical needs and be ready to adapt any activity accordingly to suit that individual. Advice should also be given to other members of a class to assist them in carrying out an activity with a special requirement. Teachers who require assistance with regard to differentiation should refer to the Director of Physical Education. Achievement is possible for all children in Physical Education, regardless of the ability of the child.

## **Assessment in Physical Education**

The main method of gathering evidence and assessing achievement is made through a continuous process of teacher observation. This is informed assessment based on both the knowledge of the pupil and the content of the work. Appropriate activities and skills have been identified for assessment, following agreed criteria, and judgements are made on the ability of the children to plan, perform and evaluate in Physical Education.

Agreed by Governors of Kenmore Park Junior School: Sept 2013,  
12/10/16

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