

# Greengairs Primary School



## PE Policy

## Greengairs Primary & Nursery Class Physical Education Policy

### Rationale

At Greengairs we believe that Physical Education provides learners with a platform from which they can build physical competences, improve aspects of fitness, and develop personal and interpersonal skills and attributes. It enables learners to develop the concepts and skills necessary for participation in a wide range of physical activity, sport, dance and outdoor learning, and enhances their physical wellbeing in preparation for leading a fulfilling, active and healthy lifestyle. <https://www.gov.scot/policies/schools/wellbeing-in-schools/> (December 2018)

### PE Curriculum

- 2 hours of quality PE where a progressive skills programme is taught must be provided each week.
- A yearly overview suggests activities, however it's the development of skills which is the focus of planning.
- Termly evaluation should be reported upon in the teacher's forward plan and assessment file.
- Assessment should consider the National Benchmarks for Physical Health within H&WB.
- Assessments should be reported in class year group assessment file.

### Inclusion

- All children should participate in PE.
- Adaptations are to be made to include all.
- If a teacher has a particular concern about a child's co-ordination or fine and gross motor skills this should be reported to SMT via staged intervention.

### Dress Code

- P1 – P3 will wear school polo shirt or white polo shirt on gym days to help with ease of changing and to ensure most time is spent in the gym hall. Leggings, tracksuit bottoms or shorts to be brought to school and changed into.
- P4 – P7 will bring gym kit to school to be changed into. This should consist of plain gym clothing such as leggings, tracksuit bottoms or shorts with a t-shirt, ideally with no football colours, names or slogans. Strappy tops and belly tops are not allowed.
- Footwear – should be black gym shoes or trainers with support (Converse and Lelli Kelly's are not great for supporting ankles). Outdoor shoes with small heels are not allowed in the gym due to the grip.
- No jewellery allowed in gym. If newly pierced ears they can be covered with plasters for first few weeks.
- Hair to be tied back.
- No kit on a weekly basis will result in a standard letter being sent home.

- We will provide kit for any children struggling.

### **Registration**

- A class register should be taken to the gym hall at all times.
- A headcount should be carried out of all children on entering and leaving the gym hall.
- Children who go to toilet during gym time should be noted in case fire bell rings and they have to leave from another exit.

### **Resources**

- A PE equipment audit is carried out every 2 years and additional resources purchased where required.
- All equipment is stored in our PE cupboard. Gymnastics equipment is stored in outdoor shed.
- Children are taught and encouraged to move equipment safely when appropriate for set up and clearance.

### **Medical Issues**

- Teacher to be aware of who may need an inhaler during gym sessions in case of emergency with that specific child.
- Children who are carrying injuries should have letter from parent excusing them from taking part in PE lessons. This will be reviewed depending on injury; a child should take part in safe parts of lesson eg. Refereeing, setting up resources, noting skills involved etc.
- Injury during a lesson should be seen to firstly by class teacher and then sent to office if more treatment is needed.
- A first aider or responsible adult will action next steps for injury
- Injuries should be recorded in office accident log.

### **Supervision and Safety**

- If in the event of a fire bell, children should be led by teacher through fire exit doors in the gym hall. See fire procedures for all nearest fire exits. .
- Class teacher should do quick scan of gym hall for anything lying around that could cause obstruction during lesson. Eg, computer trolley, lunch bins, tables.
- If during a lesson class teacher finds any piece of equipment to be faulty, you must stop using immediately and report it to office.
- Equipment in gym hall such as netball posts and benches are tested regularly by outside agencies for safety.

### Visiting PE Staff

- PE staff from high schools should be given copy of register, made aware of any injuries and shown where nearest fire exits are.
- Visiting specialists should not be left in gym hall without a class teacher and again should be made aware of the above.

### Changing Facilities

- P1 – P3 both boys and girls get changed in classrooms.
- P4-7 to use toilets or an another appropriate space/unused classroom.
- A teacher must be within immediate vicinity (where appropriate) when children are changing to ensure good conduct at all times.
- All children should be dismissed in uniform unless they have a sport after school club immediately after the session.

### Sport Award

- We are a Silver Sport Award winning school and place PE, all sporting extracurricular activities, staff training, community involvement, leadership and opportunities very highly.