



RGS
THE GRANGE

Physical Education Policy

“GREAT OAKS FROM LITTLE ACORNS”.

This document sets out the Physical Education Policies for RGS, The Grange.

Mr David Bousfield
Director of Sport
(September 2016)

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The Physical Education and Games Department

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Introduction

The Physical Education curriculum aims to provide all pupils with opportunities to increase their self-confidence through by managing themselves increasingly successfully in a variety of physically active situations. Children develop personal feelings about their physical ability very early in life which will often be carried through in to their adolescence and adult life, which affect their overall confidence.

It is vitally important that we provide children with the skills to enable them to reach their potential and feel positive and confident about general physical activity.

A balance of individual, team and competitive activities aims to cater for every pupil's needs and abilities. The curriculum is based on progressive learning objectives that are flexible depending on every child's development pattern. A variety of teaching styles and environments will provide appropriately exciting, enjoyable and challenging learning situations.

As well as providing a platform for developing confidence in a physical environment, the curriculum will also promote an understanding of the long and short-term benefits of exercise on the body.

Finally where ever possible, Physical Education lessons will adopt a cross curricular approach, utilising as many skills as possible from the entire school curriculum.

Vision and Philosophy

Sport is a great vehicle for developing physically, socially and intellectually. All learning in Physical Education is designed to support and contribute to the main aims at RGS The Grange.

Sporting provision at RGS The Grange will be provided within three different settings:

Recreational / Developmental / Performance

Recreational

All pupils will be provided with opportunities to be active and play a variety of sports and games at break times. Pupils will utilise many of the facilities at RGS The Grange (Astroturf / Fields). Although supervised by staff, this free play provides a great opportunity to all pupils to practise and develop fundamental motor skills.

Developmental

All pupils will be provided with organised opportunities to participate in sport. Games lessons, extra-curricular clubs and a comprehensive fixture list will provide the basis for this. At RGS The Grange we are committed to developing the individual's ability to operate in a team environment.

All Games and PE lessons have a strong focus towards a team ethic; however at Key Stage 2 we will also ensure that each pupil has the opportunity to participate in and personally develop within the "Match" environment against another school. This is clearly a highlight for all children.

Equally important to the role that RGS The Grange will play in your child's physical development, we also realise the importance of local clubs and the specific role they play. At RGS The Grange, we will endeavour to keep parents informed of all relevant local sporting clubs through the use of the E-Link and school notice boards.

Performance

Pupils who attain a certain level of performance during their time at RGS The Grange may also have access to a more testing environment. [If you mean higher standards of performance, I think you should say this] This may be in the form of IAPS tournaments, District and County selection or other non-specific training programmes and matches available in and out of school.

Philosophy

The underlying philosophy is a commitment to each individual pupil. Assessment in sport can often be crude and based on nothing more than the number of matches a team has won or lost without looking at the truly important aspects of sport.

All staff involved in sport and physical activity at RGS The Grange share a common coaching philosophy, which puts the needs of the individual child at the heart of everything we do.

We adopt:

“An athlete centred approach to coaching, in a safe and fun environment allowing for individual physical development and individual decision making.”

Aims of Physical Education and Games

We aim to:

- 1) develop confident and committed pupils who enjoy PE and Sport and make this central to their lives both in and out of school
- 2) provide equal opportunities for all pupils to develop fundamental movement skills and reach their full potential in a range of activities
- 3) enable pupils to understand how PE and Sport contributes to a healthy and active lifestyle whilst at school and beyond, including an understanding and appreciation of the body's anatomy and physiology
- 4) to develop effective communication skills, encouraging the use of correct terminology where relevant
- 5) to create independent learners, able to eventually make decisions under pressure
- 6) to help children develop socially through co-operation and competition between individuals and groups (*inter and intra school competition*)
- 7) to develop a sense of fair play and sportsmanship
- 8) to engender an appreciation for safe practice

How do we know if we are fulfilling these aims?

Formal assessment of these varied aims is difficult, however a good guide is the following:

*Do children at RGS The Grange enjoy PE, Games and club sport? Are they keen to take part and talk about what they are doing with enthusiasm?
Do they show an interest in the sport noticeboards and often watch or read about sport? Are they eager to be the first to PE and Games lessons!?*

Physical Education and Games Curriculum

PE and Games

As pupils progress through the school, the amount of time, teachers and activities change to suit the nature of the age group. However, at every stage of the curriculum an individual's ability is taken into account and the tasks and challenges set and outcomes anticipated will be tailored to each individual child.

Key Stage 1

Pre School / Reception

Within During Pre School, pupils are taught by their class teacher either in year groups or forms. Time is allocated equally to fulfil the requirements of dance, gymnastics, games and athletics but underpinning all activities is an approach of developing the 12 FUNdamental skills required to play sport as pupils develop.

Year R, 1 and 2

Pupils in Reception, Year 1 and 2 receive two hours of timetabled physical activity a week. This comprises one hour of Physical Education and one hour Games per week; all lessons are co-educational. Physical Education lessons provide an excellent environment to continue developing the FUNdamental skills.

Year 1 and 2 Physical Education and Games Programme

Term	Michaelmas 1	Michaelmas 2	Lent 1	Lent 2	Trinity 1	Trinity 2
Physical Education (1 hour per week)	FUNdamentals	FUNdamentals	FUNdamentals	FUNdamental	FUNdamentals	FUNdamentals
Games (1 hour per week)	Rugby Skills Hockey Skills (4 week rotation per activity)		Football Skills Netball Skills (4 week rotation per activity)		Cricket Skills Rounders Skills (4 week rotation per activity)	
Swimming (30 minutes)	Year 1		Year 2		Reception	

Although each half term has a specific sporting theme, a multi skills approach is still evident with particular attention towards all fundamental movement skills. Is there a way of explaining succinctly what this actually means please?

Key Stage 2

From Years 3 to 6, pupils receive a one-hour Physical Education lesson, taught in forms by a specialist PE teacher and a Games lesson.

In Games lessons, pupils are coached in single sex groups. In Years 3 and 4, pupils receive one afternoon of Games per week (1 ½ hours) and in Years 5 and 6, pupils receive 2 Games sessions per week (1 ½ hours + 1 hour).

In addition, all pupils in Year 3 and 4 receive weekly swimming lessons for one term of the academic year. In Year 5 pupils ~~who are~~ identified as not meeting the national curriculum expectations will swim instead of their games lesson during the final term.

Year 3 - 6 Physical Education and Games Programme

Term	Michalemas 1	Michaelmas 2	Lent 1	Lent 2	Trinity 1	Trinity 2
Physical Education (1 hour per week)	Movement Skills and Health Related Exercise	Ball Skills (Basketball / Volleyball)	Gymnastics /	Net and Racket Skills	Athletic Skills	Athletic Skills
Games 1 (Year 3-6 – 1/5 hours per week)	Rugby – Boys Hockey - Girls		Football – Boys Netball – Girls		Cricket – Boys Rounders - Girls	
Games 2 (Year 5/6 – 1 hour per week)	Rugby – Boys Hockey - Girls		Football / Hockey – Boys (4 week rotation) Netball – Girls		Cricket – Boys Rounders - Girls	
Swimming (30 minutes)	Year 4		Year 3		Year 5	

All PE lessons are of mixed ability, however within the class, tasks and objectives are differentiated for the individual to ensure learning tasks are set for the individual.

In Games lessons, pupils work in a variety of group sizes but often work based on ability. These groups are not set but are very fluid, allowing for movement as pupils develop skills at different speeds.

Swimming (See RGS The Grange Swimming Policy)

All pupils from Reception to Year 4 receive swimming lessons for one term per year. Lessons are 30 minutes in duration and take place at the Worcester Swimming Pool (Key Stage 1) and Droitwich Swimming Pool (Key Stage 2).

Depending on the level of experience, children will need different levels of support from swimming aids and one to one in the water.

Children are put into groups according to ability / water competence. Any children at Year 4 that have not attained the 25m standard will continue swimming in Year 5 during their Games lesson.

Assessment and Reporting

At RGS The Grange, all pupils will receive a detailed PE and Games report at the end of Trinity Term. This will include constructive information about their development over the previous year based on learning in PE lessons and also in the games environment. Information here will be of a qualitative nature.

Throughout the year, pupils in Year 2 to 6 will also take part in more quantitative based assessment, ensuring that all of their fundamental movement skills are improving consistently year on year.

This information would only be shared with parents if the Head of Physical Education had any concerns over a pupil's physical development.

At any time during the year, parents should be encouraged to contact either the Director of Sport (Mr D Bousfield) or the Head of Girls Games if they have any questions relating to PE and Games at RGS The Grange.

Extra Curricular Activities

At RGS The Grange we are committed to supplementing the PE curriculum and inspiring children from Years 1 to 6 to build on the skills and knowledge they acquire by taking part in an exciting and broad extra-curricular programme. All clubs are run by teachers, coaches and other qualified adults (DBS checked).

Parents sign up their child for clubs at the end of term and receive all relevant information shortly afterwards. As some clubs have limited space, occasionally pupils may not get their first choice club; when this occurs, the school will endeavour to ensure they get at least one of their choices.

Sports-related activities include:

<i>Basketball</i>	<i>Rugby</i>	<i>Football</i>	<i>Cricket</i>
<i>Hockey</i>	<i>Netball</i>	<i>Rounders</i>	<i>Athletics</i>
<i>Tennis</i>	<i>Mini Tennis</i>	<i>Running Club</i>	<i>Outdoor Games</i>
<i>Karate</i>	<i>Fencing</i>	<i>Gymnastics</i>	<i>Dance</i>
<i>Rugby Tots</i>	<i>Sailing</i>	<i>Chamber Choir</i>	<i>Brass Group</i>
<i>German Club</i>	<i>Cookery</i>	<i>Jewellery Club</i>	<i>Art Club</i>
<i>Forest School</i>	<i>Chess</i>	<i>Newspaper Club</i>	<i>Production Club</i>

Not sure the highlighted clubs are relevant to PE Policy?

For sports related clubs, pupils wear school Games or PE kit depending upon the activity. Although in Games sessions, pupils play traditional sports based on their gender, pupils may attend any sporting club they choose.

If for any reason a club has to be cancelled, pupils will still be looked after at school until 4.45pm.

We may send a text message to parents informing them of the change so, if they so choose, they can pick up their child earlier than normal.

PE and Games Kit *(Also see School Handbook)*

The appearance of pupils at RGS The Grange is vital in creating the right image. There is no place more prominent than on the sports field, either as part of a lesson or in a fixture against another schools.

All pupils will be encouraged to wear the correct school sports kit smartly at all times.

On arrival at RGS The Grange, the amount of sports kit often means pupils find managing and organising this very difficult. To help, all sports kit, including clothing and equipment, must be clearly named.

Kit List is published annually in the Parents Handbook and also on the website.

Lost Kit

Any kit or equipment that is left in changing rooms after lessons will be taken directly to the school nurse. If kit is named, this will be returned directly to the pupil. Un-named kit will be stored in the lost property cupboard until claimed.

Missing Kit

If your child is without kit for some reason for a PE / Games lesson, parents must submit an explanatory note in the homework diary. This can then be shown to the relevant sports teacher.

We stock very few items of spare kit at school, so if a child comes to school without the correct kit this may mean they do not take part in the lesson.

If pupils fail to bring their kit or a note from home, the responsible teacher will write a comment in the homework diary. This hopefully will encourage pupils to take more responsibility for organising and looking after their kit.

Changing, Safety, Hygiene and Injury / Illness Policy

For PE, Games and sports fixtures, pupils will be required to change in a range of changing rooms. Pupils should only enter changing rooms when told to do so.

In the changing rooms, all pupils are expected to change on one peg, keeping their belongings organised. Pupils will be expected to get changed in less than five minutes.

Behaviour within the changing room should be equal to that of a classroom. A member of staff will always be in the close vicinity to ensure these standards are maintained until all pupils have vacated the changing rooms.

Changing Policy after Games / Fixtures / Extra Curricular Activities

After Games lessons, pupils change back into their school uniform ready to go home or back into school.

After extra-curricular sporting clubs, pupils will put on their tracksuits before leaving school or going into After School Care. This ensures we have as much activity time as possible during the club session.

After matches pupils are expected to get changed into their school tracksuit. They will wear this for match teas and if away, returning to school. In bad weather, pupils may need to change into their school uniform if their tracksuit has become soaked.

On occasions, parents may hope to take their child very promptly at 3.30pm which will require the child to stay in their games kit or change into another sports kit. In this instance an explanatory note should be presented to the Head of Games (Boys / Girls) before-hand.

Finally, only RGS Staff are permitted in the changing rooms which children are changing.

Safety

All long hair should be tied back for physical activity.

All watches / jewellery must be removed as per the sport's National Governing Rules.

Gum shields must be worn for rugby and hockey.

Shin pads must be worn for hockey.

When playing football with football boots, shin-guards should also be used unless pupils are only engaged in non-competitive practice.

Hygiene

Whilst at RGS The Grange, pupils will learn about the importance of personal hygiene. This is particularly relevant in PE and Games.

Pupils will only be allowed to take part in PE and Games lessons in correct kit therefore pupils will not take part in their school uniform.

After lessons pupils will be encouraged if necessary to shower (muddy etc.) but as a day school, we will leave this decision to the pupil who may prefer to shower when at home.

Short Term Injury / Illness

Any pupil arriving at school with an injury or illness deemed sufficient enough to keep them from directly taking part in Games or PE lessons must ~~should~~ have an explanatory note. This can be handed to the school nurse who will pass on to all relevant teachers.

Our philosophy is to encourage participation wherever possible and pupils will be encouraged to take part in some form of activity that will not worsen the condition.

Long Term Injury

Any pupil that has a long-term injury will need to provide an explanatory note to the school nurse.

In both short and long term instances where all parties feel that the pupil should remain indoors away from the physical environment, the time will be used constructively (Form teacher to support).

Sports Matches / Fixtures / Selection Policy (Yr 3 – 6)

At Year 3, formal inter school sports matches begin in an ever-increasing number of sports. These fixtures are a great opportunity for pupils to experience a match environment against pupils from different schools.

Travelling to another school, playing against children they don't know and then taking match tea with the opposition always results in a positive experience no matter the actual result! In fact the result is often the poorest indicator of a good afternoon.

RGS The Grange is committed to ensuring that all pupils in Year 3 to 6, experience inter school sports matches and every child will be given the opportunity to play in at least one fixture per term. Importantly as well as the social experience of matches, they are also used to help develop skills under increasing amounts of pressure. For many pupils playing matches every week would not allow this skill development to take place and it is important for all parents to recognise this.

Fixtures for Years 3 – 6 commonly take place on their specific games afternoon. Fixtures can however take place at any time during the week and

parents are advised to look at the school calendar and sports website in advance. At RGS The Grange, pupils are expected to play if selected. Teaching pupils the importance of commitment to their school is vitally important for their future.

We also understand that on occasions, previous commitments, especially at weekends may not enable this to happen. If this were the case, we would hope to be advised well in advance.

Age Groups

In many schools, year groups (e.g Year 5 and 6) are combined to produce the strongest team possible.

At RGS The Grange, we feel more value is added by playing all pupils in their correct age groups with their peers giving the greatest opportunity to Year 6 pupils.

Therefore, in all regular mid week fixtures where year groups have enough pupils to make a full team, selection will be made from individual year groups rather than combining two year groups together.

The following are occasions when this may not be the case:

- 1) Pupil numbers - not enough pupils in a year group to make a full team, therefore pupils selected from year group below.
- 2) One off competitions – National Competition, IAPS tournaments, timed events (swimming, cross country, athletics). Staff have the option to take the strongest pupils at RGS The Grange.
- 3) Safety concerns over individuals may leave a team short of players.
(This would be discussed with parent first)
- 4) Opposition have been selected as pre National Competition warm up game.
- 5) A pupil is playing well above the standard of their own year group and requires the challenge from playing a year (or more) up.

Team Selection

Team selection is a result of a consultation amongst relevant year-group coaches and when applicable the Head of Games (Boys' and Girls'). There will be a number of reasons that need to be taken into consideration when selections are being made. Children maybe placed in certain teams for specific reasons such as development potential / behaviour / opportunity / sportsmanship / team ethic / work ethic etc. It is therefore important to

understand that each selection is made through a number of staff sharing ideas and thoughts.

Our Policy for selection of “A” teams at any age in any sport is to generally select the most able group of players at that moment in time. At other levels there is room for flexibility in varying team selection to give others a chance. Coaches meet every week to discuss teams therefore providing a fresh assessment and team selection.

We understand the importance of encouraging all pupils through team selection but it is impossible to please everyone all of the time. Importantly children who are developing their basic skills would not benefit from regular inter school matches. When children are not selected to play in matches they will still participate in Games afternoons which will offer quality coaching and internal competitive opportunities.

In addition to an internal consultation, we must also take into consideration the strength of the opposition when team selection is made. At RGS The Grange we have a close working relationship with all local Prep Schools and communicate directly with schools the week before we play to ensure that fixtures at all levels are going to be well matched and competitive. This may result in pupils moving between teams or not being selected. This is rarely a reflection on performance, but usually indicative of the way teams are selected to reflect the ability of the opposition team.

Parents should understand that team selection and management at any level is the prerogative of the team coach or coaches. On no account must any parent try to influence team selection. Parents and children may, of course, speak to a coach about how a child is getting on and how he or she might make further progress. When parents do try to influence or criticise team selection, it makes the coach’s job very difficult. Only the coach is in possession of all the information needed to select a team. Only the coach knows all the children and their attributes and needs. It is vital that he or she is able to make selections even-handedly and independently of parental ambition, wishes or judgement. However strongly a parent feels about their child, if they do try to interfere, it undermines the authority of the team of coach’s to the detriment of the team and individuals within it.

Ultimately we hope children are happy to be selected to represent RGS The Grange in any team during their time at school and hope parents are able to communicate to children the importance of trying their hardest in the team they are selected in.

Captaincy

The selection of captain is made on merit by each team coach. It may often be the case that the captain for the match will be the player who has worked hardest leading up to the match.

Once Selected

All teams once selected are displayed on the sports website and sports notice boards located in the main corridor past the dining hall.

Teams are selected as early as possible and should be on the board at least two days before the fixture takes place. On the odd occasion where teams have been put up later than this, pupils will be contacted directly and a note put in their homework diary.

The team sheet also includes the meet time, start time, finish / return time and when relevant, the kit requirements.

If any of these changes at the last minute, a text message will be sent to parents and website changed.

At Year 3 in Term 1 we will often send a message in the pupils diary notifying parents of selection, however from Term 2 onwards, pupils will have the responsibility of passing on relevant information to their parents and parents will need to check the website.

Cancellations or Late Returns

Cancelling a fixture is the very last thing we will do at RGS The Grange. However on occasions, especially during the Trinity Term (Summer) we may need to cancel a fixture due to adverse weather conditions.

If a fixture is cancelled we will send a text where ever possible to the specified parent. Information will also go on to the sports website. This will be at the latest, an hour before the fixture starts.

Also if for any reason should an away team be delayed returning to school, the teacher in charge will where possible send a message to school to advise of the late return time. This information can then once again be sent by text to the specified parent.

Illness prior to a fixture

In the event that a pupil is selected for a match but then absent from school the day before, due to illness they will become ineligible to play in the fixture.

Parents Attending Fixtures and Match Teas.

At RGS The Grange we positively encourage parents to support fixtures both home and away. Pupils derive a great deal of satisfaction from having personal support on the side line.

Parents are asked to support and encourage the players of both teams (although support RGS The Grange players slightly louder!!) but not;

- coach from the sideline.
- comment on referee's / umpire's decisions
- voice their opinions of team or individual performance

After all home and away matches, parents are invited to take refreshments with staff and pupils.

All players are expected to attend the match tea. If parents require their child to leave school early, they must let the responsible member of staff know.

At all match teas, pupils are to sit with the opposition and at home fixtures are expected to tidy up after their guests.

A Final Thought

Children play sport because it is fun. Schools like children playing sport because it teaches many important life values, it helps to develop character and resilience, it helps children to make strong friendships and it is fun.

Although children like winning an important role we have as a school is to develop children who want to win, but equally understand how to deal with winning and losing. We cover this under the umbrella of sportsmanship.

Children invariably if educated well understand that losing tends to be the best opportunity they have to learn about what they need to do to improve. This is VERY important.

At RGS The Grange we focus very closely on the process of how to improve and not the outcome or winning and losing. Experience tells us that children who focus solely on winning eventually become fed up of the inevitable.

Please praise your child's efforts and improvements. We can always find a positive in a match, unless winning is everything!

Sponsor – G Hughes
Responsibility – David Bousfield

Written June 2011
Reviewed August 2016

Endorsed in October 2016 by Chairman of Education Committee.