



*"Learning is a journey, to be taken together, one step at a time"*



**Onchan Primary School**  
School Road, Onchan, Isle of Man IM3 4PD  
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## **Onchan School PE Policy**

*'To inspire our whole school to love moving in their own way.'*

### **RATIONAL**

At Onchan School, we recognise the importance of PE in teaching children the benefits of exercise to their physical, social and emotional wellbeing. Through P.E. children should gain knowledge of how the body works and how it responds to exercise. Children should be given opportunities to experience success, and thereby encourage them to develop a positive attitude to physical activity. This in turn may lead to life-long participation in some form of physical activity, sport or recreation. This, as medical evidence shows, improves and maintains health and fitness.

Our school has a commitment to work towards provisions of a minimum of 2 hours of PE and sport per week for every child (in line with the governments Public Service Target). At Onchan, we have developed our own curriculum that allows children the opportunity to explore a wide range of sports and experiences during their PE lessons. Additional to PE lessons, we aim to participate in Daily Move, extracurricular competitions and include whole school events and workshops throughout the academic calendar to allow all of our children new opportunities in school to explore physical activity.

### **AIMS**

Developed from the E4L document, our curriculum aims are:

- To inspire our whole school to love moving in their own way.
- Develop an understanding of the importance of regular physical activity in maintaining a healthy lifestyle.
- Develop and foster self-confidence and self-esteem
- Develop personal and social qualities, appreciating the concepts of fair play, good sportsmanship, respect for rules, and understanding our own capabilities and those of others.
- Develop problem solving skills.
- To give opportunities for children to develop their communication skills by collaborating with others when working physically.
- To develop children's reflectiveness by allowing them time to evaluate performances.
- To develop a growth mindset and a desire to achieve well in PE
- To ensure that all children, regardless of ability or special educational needs, have equal opportunities in PE
- Develop problem solving skills



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## **CURRICULUM**

We have developed our own school curriculum that focuses on the progression of basic skills from Foundation Stage through to Year 6. PE lessons should include a warm up, clear development of a skill from the curriculum and time to cool down. The areas we have chosen to focus on during PE lessons are:

- Games
- Dance
- Gymnastics
- Athletics
- Outdoor and Adventure

## **DAILY MOVE**

Each day class teacher should ensure their class are accessing 10 minutes of daily exercise to promote good physical and mental health.

- At least 2 daily mile sessions.
- Other ideas for daily exercise: Jo Wicks classroom workouts on youtube, go noodle, own class workouts, skipping challenges

## **ROLE OF THE CLASS TEACHER**

- The class teacher is responsible for ensuring that their class are accessing x2 1 hour PE lessons each week. (KS2 have swimming which contributes towards this. When swimming is finished, this must be replaced with an additional PE lesson)
- PE lessons should be planned alongside our school's curriculum.
- PE lessons should include a warm up, clear development of a skill and time to cool down.
- Class teachers are encouraged to follow the long term curriculum map to access resources easily.
- Class teachers are responsible for ensuring their class access 10 minutes of daily move time per day.

Whilst our class teachers are responsible for their timetable and ensuring children are accessing the PE curriculum, we also have MSR deliver a comprehensive range of sessions across both Key Stages in school.

## **EQUAL OPPORTUNITIES**

All children at our school will take part in all P.E. lessons irrespective of gender or race traditions, physical disabilities or learning disorders. Children will be praised on successes, so as to promote greater confidence in undertaking. Children will only be expected to undertake what they can reasonably manage. However, children should be encouraged to try and attempt a skill before giving up in accordance with the schools promotion of a growth mindset. The focus should be on enjoyment and participation rather than on winning or losing. All fundamental games activities will be taught in a non-contact environment to give all children equal access and confidence to undertake full participation. We will promote all sports as open to all children.



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## SPECIAL EDUCATIONAL NEEDS

Emphasis is to be placed on what a child can achieve, similarly, a child with learning difficulties or physical disabilities may show an aptitude for performance and this must be valued. Tasks are to be differentiated to accommodate all levels of experience; tasks and equipment can be adapted to meet the needs of all children

## P.E. CLOTHING

Blue/White T-shirt and black shorts or leggings are needed, as well as pumps/trainers for indoors and trainers for outside. Parents are encouraged to mark all clothing with their child's name which is to be kept in school in a named bag. Long hair should be tied back. Children should change into PE clothing for all physical activities. Earrings which cannot be removed must be covered with tape to prevent the stem from entering the bone behind the ear in any collisions.

## FIRST AID

In the event of an accident a qualified first aider should always be sent for.

In the case of an emergency the teacher should:

- Keep calm, take charge and send for the first aider.
- Work quietly, without fuss and reassure the rest of the class.
- Move uninjured children away from the injured.
- If in doubt call an ambulance.

## SAFETY

Children are to be taught the correct methods of carrying and using P.E. equipment. Large apparatus that can be connected together (for example table and beam) must be fully assembled and dismantled by the teacher prior to the children carrying the apparatus; children must NOT connect and dismantle large apparatus themselves.

Children should be trained to carry mats and other light apparatus.

LKS2 children should be starting to put out some of the larger apparatus.

UKS2 children should be able to put out all the apparatus.

**All children should not carry any apparatus that will cause strain to their bodies.**

In Gymnastics lessons children should not climb above the level that is at the discretion of the teacher and it is recommended that KS1 children do not climb above a height that is reachable by the teacher.

Children must see the importance of wearing the correct clothing and footwear at all times, which is to be modelled by the teacher. Children are not to participate if they do not have the correct equipment. The children need to know the danger of wearing jewellery in physical activity and know that the rules and codes of behaviour exist to prevent injury to themselves and others. It is essential that they know the importance of warming-up and cooling down before and after participating in any form of physical activity so as to prevent injury such as pulled muscles. Pupils should be able to explain what happens to their bodies during warm up and cool down activities.



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## **SAFETY IN PRACTICE**

1. Permission from Headteacher if you want to introduce a new sport, e.g. orienteering.
2. Brief parents on safety if they come to help in games.
3. Make sure notice is taken of sick notes.
4. Be aware of health problems in the class, especially in the case of supply and student teachers, e.g. asthmatic children and where inhalers can be reached.
5. Students are not to take children on large apparatus or in the hall alone. A teacher must be present always with a student.
6. Report all minor incidents so that someone else has had a look at the injury and you are covered.
7. Firm discipline is essential - children know what is required and all pupils are within sight.
8. Clothing must be unrestrictive, jewellery removed or taped; hair tied back and bare feet or plimsolls.
9. Check apparatus before use - nuts/bolts are tight, beams are not cracked or splintered, ropes secured and not frayed: (unfit apparatus must be clearly marked).
10. No chasing games using large apparatus.
11. Children are not to connect or dismantle any large apparatus themselves.
12. Children are not to go into the PE cupboard without an adult.

## **BEHAVIOUR**

Children must listen to instructions and work quietly. The atmosphere must be calm. If a child has hearing difficulty the teacher must ensure that the child understands the activity before the activity begins. Always stop the children if they are not doing what they are asked. Children who are showing they are not listening or behaving in a way that is putting other children in risk of injury must be spoken to in line with the school behaviour management policy.

Policy written by Leah Crowe, developed policy written by Carl Clague

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Reviewed - November 2022

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