



**Five
Rivers®**

**FIVE RIVERS
CHILD CARE LTD**

Physical
Education Policy
& Procedure -
Clannad

'Five Rivers is committed to safeguarding and promoting the welfare of children and young people and expects all staff and volunteers to share this commitment'

Policy Owner	Teacher in Charge
Authoriser	Head of Education
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1. Physical Education Policy

1.1 Policy Statement

- 1.1.1 In Five Rivers, each pupil will receive 2 hours of physical activity per week in school time in addition to sporting activities being encouraged outside of school hours by the home.
- 1.1.2 We believe that physical education, experienced in a safe and supportive environment, is a unique and vital contributor to a pupil's physical well-being. A broad and balanced physical education curriculum is intended to provide for pupil's increasing self-confidence in their ability to manage themselves and their bodies within a variety of movement situations.
- 1.1.3 Physical activity not only improves health, reduces stress and improves concentration, but also promotes correct physical growth and development. Exercise has a positive influence on academic achievement, emotional stability and interaction with others. Therefore, both teachers and children should be aware of its importance

1.2 Terms and Definitions

- 1.2.1 The below table sets out a number of terms and definitions used within this document:

Term	Definition

1.3 Data Protection

- 1.3.1 Five Rivers Child Care supports the objectives of the General Data Protection Regulation (GDPR) and the Data Protection Act 2018 and other legislation relating to Data Processing, including the Human Rights Act 1998, Regulation of Investigatory Powers Act 2000 and the Freedom of Information Act 2000. Five Rivers Child Care has a statutory obligation to process personal data in accordance with the provisions of the General Data Protection Regulation (GDPR) and the Data Protection Act 2018
- 1.3.2 Every member of Five Rivers Child Care has an obligation to ensure that the information they process (use) is collected, maintained and disclosed in accordance with the General Data Protection Regulation (GDPR) and the Data Protection Act 2018 and the Five Rivers Child Care Data Protection Policy.

1.4 Disclosure of Information

- 1.4.1 Any use or disclosure of information held within Five Rivers Child Care, without there being a legitimate purpose or legal basis, will be classed as unauthorised and is a criminal offence under Section 55 of the Act Right of Access (Subject Access Requests).

1.5 Further Information

2. Physical Education Procedure

PE will either take place at a local leisure centre, depending on the activity and the Behaviour Management Plan of the pupils.

Pupils should be taught to:

- Use running, jumping, throwing and catching in isolation and in combination
- Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
- Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- Perform dances using a range of movement patterns
- Take part in outdoor and adventurous activity challenges both individually and within a team
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

At Five Rivers, we recognise there are limited opportunities for team and group sports, all pupils where appropriate will be encouraged to join local community teams. They are each encouraged to join a gym membership and attend at least twice a week.

2.1 Recording and Assessment

PE will be accredited through the AQA unit award scheme and teachers should make notes of significant achievement.

Where possible, provision will be made for racquet sports, swimming and health and fitness at the local sports centre.

2.2 Health and Safety

2.2.1 Accidents

For minor injuries (bruises and bumps) children should be encouraged to continue

For serious accidents (head injuries, serious cuts or suspected fractures) the teacher should stay with the child and the member of staff must follow first aid procedures. After the incident the teacher must complete an accident report form which is available in the office.

It is the responsibility of the teacher to take note of any medical conditions of their pupils (such as asthma, diabetes or epilepsy) so they can participate safely and as fully as possible. It should be noted that cold dry weather will exacerbate breathing problems for asthmatics and they should have their inhalers at hand if necessary.

2.3 Equipment and Resources

2.3.1 Safety

Small equipment is checked by the teacher on an ongoing basis. If any defect is found in any of the PE equipment this must be reported immediately to the house manager. Children should be made aware of safe handling of the PE equipment

2.3.2 Changing

As we use local sports centres or our school, which is on site of the pupil's home, they will shower there or at their home. There are thorough risk assessments in place for offsite visits, including supervision and changing arrangements.