



The Paragon School



PE and Sport Policy

September 2023

● MISSION STATEMENT

- To be an exciting and dynamic school, in which children acquire a thirst for knowledge and a love of learning.
- To promote the importance of moral, spiritual and social values, inspired by the school's underlying Christian ethos.
- To deliver a broad and balanced education for every child, which maximises their academic, creative and sporting potential.
- To value every individual's talents and interests, encouraging children to take pride in their own achievements while also celebrating those of others.
- To be a school that is outward looking - building links with parents and the local community, as well as appreciating the rich diversity of cultures from around the world.
- To be a happy school where children really feel they belong - where they can laugh, be spontaneous and enjoy being children.
- To enable those leaving The Paragon to move on to Prior Park College as confident, capable, compassionate and independent minded young people.

● AIMS

- To inspire in each child a love of sport and a healthy and respectful attitude towards competition.
- To deliver high quality, broad ranging, balanced and inclusive P.E. and Games lessons.
- To develop each child's self-esteem and skills so they may confidently demonstrate their progression individually, in groups and teams.
- To ensure any child with special educational needs is supported to enable them to participate fully.
- To challenge our gifted and talented children to achieve their potential.
- To have FUN whilst always doing our BEST!

School sport is much more than a pastime and healthy activity; it is also the context in which students can experience success and failure, realise their dreams and aspirations, and strengthen their teamwork skills and camaraderie in pursuit of their goals.

● INSPIRING A LOVE OF SPORT

The primary aim of the Sports Department is to inspire in each child a love of sport, from Nursery through to Year 6. We have the responsibility to introduce all the children to a wide range of sports whilst teaching a healthy and respectful attitude towards competition. The emphasis is always on *enjoyment* and *being the best we can be*. We believe that if the children enjoy their sport they will want to learn more and they will subsequently achieve more.

We promote sport and fitness for all students and ability levels. We recognise that the lessons learnt through participation in sport and team activities are invaluable for personal development. We want to foster a lifetime love of sport and healthy living through fun and learning. Whether a student is participating as an individual or as part of a team, sport provides them with a unique sense of place where they begin life-long friendships, learn to conquer their fears and build strength of character.

The Paragon offers an extremely varied programme of PE and Games. Lessons from our specialist sports teachers cover netball, hockey, rugby, football, cricket, tennis, gymnastics and the components of fitness. From Reception onwards, children also have swimming lessons. Our sports teams are highly competitive and take part, with considerable success, in a wide range of tournaments and festivals. We also offer a vast range of sports clubs including fencing, rugby sevens and cross country.

We make good use of our facilities; a well-equipped school hall, a hard play area (for tennis and netball) and a playing field. We also use the excellent facilities at nearby Prior Park College. These include the multi-purpose sports centre and fitness suite as well as an indoor swimming pool, astro-turf and grass pitches, tennis courts, athletics track and dance studio.

The Paragon will:

- Follow a broad and balanced PE curriculum fulfilling the demands of the National Curriculum.
- Aim to ensure every child moving on to secondary school can swim 25m and has basic water skills.
- Ensure every Prep child has the opportunity to represent the school in a competitive sports fixture.
- Aim to develop the fitness of the individual by incorporating fitness activities into physical education lessons.
- Integrate, where possible; into other curriculum areas (eg use of number work in both numeracy and PE lessons).
- Develop programmes that meet the needs of all the children, providing equal opportunities – inclusion of SEND and physical disabilities.
- Ensure children wear the correct kit for all lessons.

● **STRUCTURE OF LESSONS**

Each class will receive a weekly Games session as well as a Physical Education lesson. Swimming is also taught during the year.

Pre-Prep pupils will be taught to:

- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
- participate in team games, developing simple tactics for attacking and defending
- move to music using a range of movement patterns

Prep pupils:

Pupils will continue to apply and develop a wider range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They will learn the importance of communicating, collaborating and competing with each other, as well as learning how to evaluate and recognise their own success.

Pupils will be taught to:

- use running, jumping, throwing and catching in isolation and in combination
- play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending
- develop flexibility, strength, technique, control and balance (for example, through athletics and gymnastics)
- move to music 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 (for example, through the Bleep Test)

● **SPORTS FIXTURES AND SPORTS CLUBS**

A very important part of our provision of sport is the organisation of sports clubs and inter-school fixtures.

Sports Fixtures

Children in Years 3 to 6 are taught a range of core sports and play fixtures against other schools. The lessons usually take place at Prior Park College.

<i>Autumn Term</i> -	Girls - hockey	Boys - rugby (Year 3 boys = Touch Rugby)
<i>Spring Term</i> -	Girls - netball	Boys - hockey
<i>Summer Term</i> -	Girls - cricket / athletics	Boys - cricket / athletics

Year 3 and 4 have Games lessons and fixtures on Monday afternoons.

Year 5 and 6 have Games lessons and fixtures on Wednesday and Friday afternoons.

Wednesdays are the main fixture days for Year 5 and 6. Those children not involved with fixtures on a particular Wednesday will participate in a wide range of sporting activities to promote team-work and varied skill progression. *The children should always bring their normal Games kit (red polo shirt, shorts/skort, socks, trainers, half-zip top, tracksuit), unless playing in a fixture when they will need to bring the applicable clothing and equipment for that particular match.* Parents will be advised in advance if the Wednesday Afternoon Activity will require alternative clothing such as swimming costumes.

We organise teams in a variety of combinations to suit the ability of the children and the event. Attitude and behaviour during training and at fixtures also play a role in team selection. Throughout the whole season the coach's decision on team selection is FINAL.

Fixture information is published on the school website calendar and on the Sports Notice Board at school.

Inter-House competitions

All children in Year 3 to 6 are allocated to one of the four school Houses:

ABBEY

CRESCENT

HOLBURNE

MILSOM

There are House tournaments in a variety of sports every term and the annual Sports Day is held in the Summer Term. These are lots of fun and every child represents their House with pride and great enthusiasm.

Sports Clubs

Attending the optional sports clubs is important as it allows the children to develop their performance and understanding of each sport. While clubs are open to all children, regardless of ability, if the Games staff need to work with a specific group of children in order to train for a particular event a club may be 'invitation only'.

- **HEALTH AND SAFETY**

In the interests of safety and hygiene the children are required to wear the correct kit for Games and PE. This kit is outlined on the school website and on the various team sheets.

Mouth guards are compulsory for Hockey and Rugby. **We will supply a mouth guard (subject to availability) if a child forgets to bring theirs. This will incur a £5 charge (per mouth guard) and will be added to the termly school invoice.** **Shin pads** are compulsory for Hockey and Football.

All children in the school must have a named and reusable **water bottle** to take to all Sports lessons and fixtures. The children are to supply their own sun lotion.

Parents must contact the class teacher **and** the Sports Department if their child is unable to participate through illness or injury. Staff will be vigilant if a pattern of non-participation is established.

Accidents

Detailed Risk Assessment forms are completed annually. All teachers are qualified in First Aid and Concussion Awareness.

For minor bumps, children may be encouraged to continue where possible but sit and watch if necessary. First aid will be applied to small cuts or grazes.

For serious accidents (including head injuries, serious cuts, suspected fractures) the teacher will assess the child and react accordingly. Professional medical attention may be required. Parents will be informed. The teacher will complete an accident report form.

Medical Conditions

It is the responsibility of the teacher to take note of any medical conditions of individual children in their class so they can participate safely and as fully as possible in lessons. It should be noted that cold dry weather will exacerbate breathing problems for asthmatics and they must have their inhalers at hand. It is crucial that parents keep the school and relevant staff updated of any medical changes throughout the year.

- **EQUIPMENT AND RESOURCES**

Equipment is checked by the Director of Sport and Head of Girls' Games on an ongoing basis. If any defect is found in any of the equipment this will be immediately taken out of use. Children should be made aware of safe handling of the PE equipment. Any new equipment required is to be ordered by the Director of Sport.

- **INCLUSION**

Inclusion in Games and Physical Education means that all children have access to sport regardless of race, gender and ability. All Prep children will represent the school in competitive matches, playing with and against others of similar ability. This encourages confidence, enjoyment and skill development. Similarly, the more able children are extended and have the opportunity to play in more competitive tournaments.

Considering the needs of children with physical or learning difficulties is paramount so we take necessary steps (by enlisting extra help where possible, adapting equipment or differentiating tasks) to ensure they have access to the curriculum. We incorporate ways to support ESL children such as simplifying language or demonstrating rather than speaking.

- **MONITORING**

PE is monitored annually. The Director of Sport and Head of Girls' Games look at planning and will amend lessons when necessary. When appropriate it is also possible that the Director of Sport will seek the support of an external specialist to evaluate particular areas of the curriculum.

- **RECORDING AND ASSESSMENT**

The PE Curriculum framework will serve as a record of the broad topics covered (units of work) in each activity area for subsequent teachers to refer to. The Sports Department staff will assess how each child is progressing within the various units of work. There is a record kept of all swimming and athletic times. There is also a record kept of which fixtures the Prep children have competed in. The end-of-year reports will focus on qualitative judgements based on observation of achievement and progress made.

Toby Goodman (Director of Sport)
September 2023