



مدرسة الريادة المشرقة
BRIGHT RIDERS
SCHOOL

PHYSICAL EDUCATION AND SPORTS POLICY

Introduction:

Sports and physical activities by their impact, contribute to the overall development of the child; both physically and intellectually. Sports must be an integral part of the educational system students should benefit from, not only to ensure their physical fitness at school but also mental health, discipline, social cohesion and build their future healthy lifestyle. Sports has a major role to play in school and society. Our Bright Riders School encourages all students to engage in a sporting activity as part of their overall development in particular their physical, social and emotional development.

Aims:

- To create opportunities for all students to participate in and enjoy a wide variety of sports.
- To ensure the safety of all sporting participants in school and when playing sport away from school.

PE Curriculum: The PE curriculum should be designed to promote physical activity, sportsmanship, and skill development. It should encompass a variety of activities to cater to different interests and abilities, including team sports, individual sports, fitness activities and recreational games.

Encourage participation in team sports to foster teamwork and cooperation, as well as individual activities to promote self-confidence and personal growth.

Physical Literacy: Integrate the concept of physical literacy into the curriculum. Physical literacy refers to the development of fundamental movement skills and confidence in applying those skills in a wide range of physical activities. The focus should be on developing agility, balance, coordination, and overall physical competence.

Mental and Emotional wellbeing: Recognize the importance of mental and emotional well-being. Incorporate mindfulness practices, stress management techniques, and strategies to build resilience. PE teachers can also provide a supportive environment

where students feel comfortable expressing themselves and talking about their emotions.

Inclusivity and Diversity: Ensure that the PE program is inclusive and caters to the needs of all students, regardless of their abilities, backgrounds, or gender. Adapt activities to accommodate students with disabilities and offer alternatives to traditional sports for those who may not be interested in competitive play.

Health Education: include health education topics in the PE curriculum, covering nutrition, hygiene, the importance of regular physical activity, and the effects of substance abuse on the body. This will help students make informed decisions about their well-being.

Community Involvement: Encourage community involvement by organizing events, sports competitions, and partnerships with local organizations or clubs. This can help students see physical activity as part of their larger community and encourage them to continue being physically active outside of school.

Physical Facilities and Resources: Ensure that the school has adequate and safe physical facilities and resources to support the PE program. This includes well-maintained sports fields and equipment for various activities.

Professional Development for Teachers: Provide regular professional development opportunities for PE teachers to stay updated with the latest trends and best practices in physical education, mental health, and inclusivity.

Parent and Guardian engagement: Involve parents and guardians in promoting a healthy lifestyle at home. Share information and resources with them to support their children's physical, mental, and emotional well-being outside of school hours.

Monitoring and Evaluation: Establish a system for monitoring and evaluating the effectiveness of the PE program in achieving its goals. Collect feedback from students, teachers, and parents to continuously improve the program.

The underlying principles (of the policy) provide for:

Overall: The exposure of student's participation to various of sports based on interests of all students. All students encouraged to participate in sport.

School retention: Through being involved in a sporting activity students will develop a more positive attitude to school and enjoy being in school.

Improved achievement: Through sporting events students will develop “a healthy body” which will in turn to “a healthy mind”. This will be reflected in greater academic success for these students.

Enjoyment: Everyone involved in any sporting event will enjoy the experience. A harmonious interaction will develop between teachers, coaches and students, between fellow students and between opposition teams.

Personal Growth: Participants in sport will learn new skills and their self-confidence will improve. A balanced attitude towards competition will be learnt where winning and losing will be handled in a spirit of true sportsmanship.

Lifelong Learning: Being involved in sport at a young age will benefit students in adult life by continuing to participate in sports as player, coach or spectator.

Wellbeing: Participating in sport will improve the overall well-being of the students.

General Guidelines for extra-curricular activities:

- Consent forms to be signed by Parents/Guardians of team players
- Out of school form to be completed by teacher/coach and displayed in the staffroom.
- All discipline problems on the sports field will be dealt with by the teachers/coaches. Serious incidents must be reported to the school Principal.
- The school code of discipline applies to all students at all times.
- Child protection guidelines will be adhered to at all times.
- Representatives from the Sports Council and the parent body will accompany teams.
- For away games, all players must use transport organized by the school.
- All sporting accidents/incidents must be reported to the Principal and recorded in Accident Report book.
- Staff safety must be considered at all times.

SWIMMING

AIMS OF SWIMMING

- To provide a meaningful and safe swimming experience for children.
- To reinforce the stated aims of the school in relation to physical education; The personal and social development of children and their health and wellbeing.
- To meet the requirements of the National Curriculum. Pupils should be taught
- To take challenges related to swimming speed, distance and personal survival.
- Use recognized arm and leg actions lying on front and back.
- Use a range of recognized strokes and personal survival skills.

Swimming Curriculum Content

- **Pool safety and hygiene** - In this unit children will be introduced to pool safety and hygiene. Pool safety will include knowing the rules of the pool; such as no jumping or diving, no running on poolside and understanding how this rules keep us safe. Understanding pool hygiene will include using the “toilet” before the lessons, the importance of drying properly after lessons and not drinking the pool water. Children will be quizzed in lessons to assess their knowledge.
- **Introducing water confidence** - In this unit children will focus on improving their water confidence so they are comfortable with getting in the water, they feel confident moving around the pool in a variety of different ways, and submerging their head underwater. Children will be given the opportunity to improve their water confidence through a variety of activities and small games working both individually and in small groups.
- **Submerging** - In this unit children will be given the opportunity to progress their submerging skills. Through individual and group activities and games children will learn to put their face in the water and fully submerge underwater to retrieve objects from the bottom of the pool. Progressing to swimming underwater to retrieve multiple objects and swimming through hoops.
- **Buoyancy** - In this unit children will progress their buoyancy skills. Children will practice a variety of floats means both front and back.
- **Push and glide** - Children will progress their push and glide technique so that they are confident performing a push and glide on the surface and underwater both on the front and back. Children will understand the correct body position and

technique required for a good push and glide. They will also be given the opportunity to watch and assess performances during lessons.

- **Safely using age appropriate swimming pool equipment** - Children will be introduced to a variety of school appropriate pool equipment in lessons to use age appropriate pool equipment. Teachers will demonstrate and explain how to use the equipment safely; children will then be expected to demonstrate a safe use of the equipment in lessons.
- **Stroke technique and development** - In this unit children will be introduced and learn basic body shapes related to front crawl and backstroke, as pencil shape streamline etc. Children will be given the opportunity to improve, develop and refine their technique using a variety of swimming equipment. Activities will allow children to watch and assess performances as well as understand how improving their technique will allow them to swim more efficiently.

ROLES AND RESPONSIBILITIES

Swimming Teacher/Coach

- The welfare of children in changing room.
 - Teaching groups of children
 - Overall maintenance of good discipline
 - Counting children into and out of the building and recording these numbers so they are visible.
 - Marking the attendance register.
 - Ensuring the water safety of all children and maintain a safe working environment. ●
- Provide lesson plans for other adults taking swimming groups.
- Record children's achievement.
 - Confirm attendance levels and any relevant medical information with the class teacher.
 - Make arrangements to be made about the provision for children with special needs and confirm risk assessment.
 - Adhere to health and safety requirements. Teaching Assistant
 - The welfare of specific children in changing room and shower area.
 - Supervision and oversight of designated child
 - Ensuring the child understands and follows instructions.

- Consult with the accompanying teacher and agree arrangements to be made about the provision for children with special needs and confirm risk assessment.
- Adhere to health and safety requirements.

Dr. Rishikesh Padegaonkar
School Principal

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