



Physical Education Policy

TEACHING AND LEARNING

Physical education develops the children's knowledge, skills and understanding, so that they can perform with increasing competence and confidence in a range of physical activities. These include dance, games, gymnastics, swimming and water safety, athletics and outdoor adventure activities.

Physical education promotes an understanding in children of their bodies in action. It involves thinking, selecting and applying skills and promotes positive attitudes towards a healthy lifestyle. Thus we enable them to make informed choices about physical activity throughout their lives.

The aims of PE are:

- To enable children to develop and explore physical skills with increasing control and co-ordination;
- To encourage children to work and play with others in a range of group situations;
- To develop the way children perform skills and apply rules and conventions for different activities;
- To increase children's ability to use what they have learnt to improve the quality and control of their performance;
- To teach children to recognise and describe how their bodies feel during exercise;
- To develop the children's enjoyment of physical activity through creativity and imagination;
- To develop an understanding in children of how to succeed in a range of physical activities and how to evaluate their own success.

The Foundation Stage

We encourage the physical development of our children in the nursery and reception class as an integral part of their work. We encourage the children to develop confidence and control of the way they move, and the way they handle equipment. We give all children the opportunity to undertake activities that offer appropriate physical challenge, both indoors and outdoors, using a range of resources to support specific skills. They focus on developing gross motor skills.

Assessment

Teachers draw attention to good examples of individual performance as models for the other children and we encourage the children to evaluate their own work as well as the work of other children. Children are given the opportunity to lead within P.E lessons e.g. leading the warm up or cool down. Within lessons we give the children the opportunity both to collaborate and to compete with each other, and they have the opportunity to use a range of resources.

Teachers currently assess P.E. on a regular basis through observation of pupils. Milestone are then recorded at the end of term on SIMS as well as on the end of year report.

TIME-TABLING

Based on government recommendations: all children have access to 120 minutes per week of physical activity. Lessons will include one indoor and one outdoor lesson. All classes are encouraged to complete a 'Daily Fitness Activity' to increase fitness and wellbeing amongst our children.

EQUAL OPPORTUNITIES

P.E. must be available and appropriate for all children, enabling them to achieve their full potential. Learning activities should be planned that offer equal opportunities regardless of ability and gender; allowing the children to achieve success regardless of their ability.

HEALTH AND SAFETY

Children should be encouraged to respect the safety of themselves and others during physical activities. Safe handling of equipment should be taught and strictly enforced. Children should also be led to understand why certain actions or situations may be considered safe or hazardous.

Good hygiene habits should be encouraged, and their role in maintaining health be explained.

Emphasis should be placed on the wearing of suitable clothing for each physical activity, which is defined as follow:

Gymnastics and Dance: White plain T-shirt (Logo t-shirt is available from Beats Uniform), dark blue shorts, barefoot. Plimsolls should be worn if necessary.

Games & Athletics: As above, but with plimsolls or ideally trainers on the playground. During the winter warmer clothing such as a plain navy tracksuit should be provided as an alternative to the above.

Swimming: Short swimming trunks for boys (not Bermuda length); one-piece swimming costume for girls; hat for all girls and boys. Swimming goggles are allowed under the swimming instructor's discretion.

No jewellery is permitted at school and watches should be removed before PE lessons.

Teachers should be aware of those children whose health may have an effect on their participation in physical activities. In particular, teachers should be aware of those children who may need asthmatic inhalers, and the medical bags are to be taken to each P.E lesson. Reference should be made to the Welfare Assistant for advice.

Teachers should be wearing appropriate clothing and footwear.

EXTRA-CURRICULAR ACTIVITIES

At present, extra-curricular activities take place in a range of sports. PSD also provide daily after school sporting clubs and a timetable of what is on offer is changed every half term. Parents are informed of the arrangements.

Teachers can encourage participation in physical activities by discussing opportunities available in the locality with children.

HOUSE SYSTEM

Each of our four Houses has two nominated captains, who are responsible for collecting and managing the house point system. They will assist with sporting inter-house competitions, on a termly basis, including sports day.

SPORTS LEADERS

Children have the opportunity to apply and train as a sports playground leaders; these children will assist with setting up and managing games, on the infant playground, during lunchtime.

RESOURCES

There is a variety of large gymnastic apparatus stored in the hall.

There is a PE cupboard where equipment is stored for use in games, athletics and outdoor and adventurous activities.

Swimming aids are available for use at Highgrove swimming pool.

The school follows Get Set 4 P.E as a scheme of work.

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