

HOLT FARM INFANT SCHOOL

PE Policy 2016

The main purpose of a policy for physical education is to ensure that it is recognised as a curriculum area which can help pupils develop the knowledge, skills and understanding they need to live confident, healthy and fulfilling lives as citizens of the 21st century.

“Physical education develops pupils’ physical competence and confidence, and their ability to use these to perform in a range of activities. It promotes positive attitudes towards active and healthy lifestyles”

National Curriculum for England Physical education 2000.

Links with School Aims

The policy pays full regard to the aims of the school-

“To provide a happy, caring well-ordered environment, in which children feel safe, secure, valued and respected.”

“To provide a stimulating environment that will enlarge the child’s knowledge, experience and imaginative understanding and motivate natural curiosity.”

“To provide a well structured balanced curriculum that will help the child to acquire knowledge and skills relevant to adult life in a rapidly changing society.”

“To encourage each child to be considerate, co-operative, courteous, tolerant and respectful.”

“To promote confidence, self-discipline and a high self-esteem.”

Entitlement

All pupils are entitled to have access to the physical education curriculum regardless of ability race, gender, cultural background or any physical or sensory disability and must have regular access to PE appropriate to their age and stage of development.

Aims of the Policy

- To provide effective and enjoyable learning opportunities enabling all pupils to receive their full entitlement to the physical education curriculum.
- To ensure that pupils build on their natural enthusiasm for movement through physical education: to explore and learn about themselves through physical activities, to know and develop physical literacy and to understand about health and safety.

- To help each child to develop her/his full potential in all areas of education, according to individual needs and abilities.
- To arouse and sustain pupils' interest in physical education by providing opportunities to develop their skills by observing, listening and experimenting through performing and competition.
- To promote links with other curriculum areas.
- To promote good relationships with the local and wider community, and to promote the active co-operation of teachers, non-teaching staff, governors, parents, advisors and inspectors in achieving the aims of the school.

Curriculum and School Organisation

The curriculum for PE at Holt Farm Infant school focuses on the development of fundamental movement skills (physical literacy) through the areas of:

- Games
- Gymnastics
- Dance
- Swimming
- Tennis
- Multi-skills
- Athletics
- Health related PE
- OAA
- Activate

There will be a progression of skills from Year Reception to year 2 (see schemes of work).

Planning and evaluation of PE work is undertaken on a half-termly basis coordinated by the PE Co-ordinator. The children are encouraged to self evaluate their own abilities and that of others. Classteachers manage a assessment grid for each class.

Health and Safety

Teachers at all times adhere to safety issues and regularly draw the children's attention to such issues.

Basic safety rules -

- Safety signals indoors e.g. 'freeze'.
- Allow pupils to warm-up appropriately and gradually (e.g. run, hop, skip and jump).
- Do not use up-turned benches.
- Safety areas clearly marked and hazards pointed out

Equipment (storage, use and handling)-

- Select apparatus suitable to age and task taught. Gradual progression to small tables and low apparatus only in Year R.
- Model correct lifting (e.g. legs bent, straight back)
- 4-6 pupils to a bench
- 2-4 pupils to a table
- 2 pupils to a plank
- 4 pupils to a mat
- Teacher to check equipment before pupils begin.
- Equipment to be put back from where it was collected.

Uniform

We have a standard PE uniform for safety purposes-

- Staff are role models and therefore should be appropriately dressed for PE lessons
- Bare feet for gymnastics and movement and dance.
- Changed suitably for activity undertaken.
- No tights.
- Long hair tied back
- No hard headbands or decorative hair clips.
- Laces must be tied properly.
- All children should take part in lessons unless an excuse not has been sent.
- No jewellery may be worn, including earrings. Children who are wearing earrings must sit out.
- Spare shorts and tee-shirts are kept in each double class base.
- No tape over earrings is used, (in line with Essex County Council directive following risk assessments).

Planning

- The Val Sabin scheme for dance is used and plans that have been written by PE Co-ordinator are used for other activities.
- Real PE is gradually being introduced to all year groups
- Children should be taught to use the appropriate language when evaluating their own and others work.
- Teachers planning should show health and safety issues have been considered.
- Teachers should plan to use physical education to promote pupils' spiritual, moral, social and cultural development.
- Teachers should set high expectations and provide opportunities for all pupils to achieve regardless of race, gender or disability.
- Teachers must assess physical education in line with the assessment policy of the school.

Class organisation and teaching styles

In years 1 and 2 each child receives 90 minutes of PE per week, 1 x 30 minute sessions and 1 x 60min. One lesson is often with a PE specialist. In addition they complete 30 minutes of activate or cosmic yoga within class times. Within this time it is expected that all the relevant objectives and programmes of study are covered at each Key Stage 1 through indoor and outdoor learning opportunities. In reception children receive 45 minutes formal physical education, the rest of the children's physical needs are met through challenging physical activities both indoors and outdoors. Some of these opportunities are adult initiated. In addition Reception classes work with a PE specialist at specified times of the year.

Class organisation and teaching caters for the needs and abilities for all pupils and allows them to approach the challenges that have been set in their own way. When appropriate the teacher must give active encouragement and help to individual pupils. Any good examples should be demonstrated to the whole class. This approach increases pupil's self-awareness and encourages co-operation.

Assessment and Monitoring

Assessment forms an integral part of the teaching and learning of physical education. Assessment informs planning and records should be updated at the completion of a unit. Evaluation is carried out to enhance teaching and learning and is the responsibility of the class teacher in conjunction with the PE co-ordinator. End of unit assessments must be placed in the file in the staff room.

The methods of evaluation will include:

- Assessing pupil achievements
- Reviewing the programmes of study coverage
- Analysing teacher and year group planning
- Discussions with children and staff
- Advisory Service /SSP input and PE Co-ordinator

Organisation of resources

There is a central resource of equipment in the hall PE store and books, and CDs are in the hall. Each class must build a folder to contain planning, assessment and resources for their own class.

Staff training

Staff training will be met through team teaching with a PE specialist along with courses and INSET days, staff meetings. Through the School Sports Partnership staff will have access to further professional development.

Special Educational Needs

All children at Holt Farm will be given the opportunity to develop skills to the very best of their ability. Wherever possible, all children will be able to participate in the whole Physical Education curriculum. For children who have physical disabilities, some modification may have to be made

to some areas of the curriculum. This modification is made in consultation with the appropriate outside agencies.

Extra Curricular Activities

A variety of extra-curricular activities are offered during the year and may differ from time to time. All activities are available to boys and girls in years 1 & 2 and encourage links with local sports clubs. Children with pupil premium funding may be funded for one after school club per half term.

PE Co-ordinator Responsibilities

- Monitoring the teaching and learning of physical education through lesson observations, overseeing planning and discussing/evaluating is the responsibility of the teacher. A copy of formal observations also goes to the PE Co-ordinator.

This policy has been prepared by the PE Co-ordinator in consultation with teaching staff and governors.

Reviewed Spring 2016
Next review Spring 2018