



Appleton Wiske Community Primary School

PE Policy

Spring 2014

Review date: Spring 2017

The Physical Development Curriculum area of learning covers the subjects of PE and physical activity in KS1 and KS2 and physical development in the Foundation stage.

Rationale

Physical Education, incorporating the essential elements of gymnastics, dance and games, (swimming, athletics as well as outdoor and adventurous activities) is fundamental to a happy and healthy lifestyle. We aim to deliver a fully inclusive, varied and challenging programme of activities that children can enjoy, engage in and be encouraged to participate with during and beyond their school life. Huge health benefits can be gained by pupils throughout life as a result of delivery of high quality PE as they make healthy choices and lead active lives. Improved personal and social skills benefit independent learning as well as helping to build a more desirable society.

Aims and Objectives

- For PE to be enjoyable: endorphins increase levels of happiness.
- To create a favourable attitude towards physical activity, encouraging participation by individuals proving both physically and mentally beneficial.
- For pupils to understand the body's response to vigorous activity and how this can alter over time as a result of effort or practise.
- For children to recognise the long-term health benefits of an active lifestyle.
- An opportunity to experiment with a range of activities and skills for which pupils may discover a talent or desire to pursue during/beyond their school days.
- The opportunity to be successful in a particular activity or event, leading to increased confidence and self esteem.
- An opportunity for competition, at a level appropriate to the individual.
- Improved co-ordination and posture, enabling pupils to function more skilfully and safely through the course of their life. Health and safety issues as well as risk assessment are a relevant and important feature of PE lessons.
- Lessons should be challenging, have warm-up, cool-down, vigorous activity, development of skills and continually aim to improve the skill levels, accuracy, speed, strength, agility, stamina or creativity of every child.

- Children are expected to reflect, assess and evaluate their own performance as well as that of others in a supportive and positive way.
- Highlight pupils demonstrating good practice, remembering to praise small steps made by individuals for whom physical activities prove difficult.

Benefits

- Pupils will be happy, motivated, healthy and active members of the community.
- Pupils will be confident, fit to rise to a challenge and enjoy success.
- Recognise the importance of regular exercise and how it contributes to their physical and mental wellbeing.
- Learn to think and act critically and creatively in changing situations, both independently and co-operatively when required.
- Develop team players, who embrace collective success: co-operation is a key life skill.
- A sense of fair play, and sporting behaviour: a real desire to abide by rules/umpire's decision.
- Developed control of mind and body to enable them to focus on what is important and fair.

Clothing

- Ear-rings and jewellery must be removed, or taped during PE lessons.
- Children need a change of clothing, a coloured house team T -shirt, dark shorts and plimsolls or trainers. Tracksuits will be useful during inclement weather.
- A stock of PE equipment is held in the event of PE kit being forgotten or mislaid.

Planning and Delivery

ANY MEDICATION REQUIRED FOR INDIVIDUALS IS TO BE READILY AVAILABLE - inhalers, epipen etc.

In order to enable children to improve their strength, stamina, speed and creativity through physical activity, schools are expected to deliver 2 hours high quality PE during curriculum time weekly, increasing to 3hours weekly when out of hours school sport is included.

At KS1 equal time throughout the year should be spent on the three components: dance, gymnastics and games.

At KS2 more components are required to be taught: dance, gymnastics, games (invasion, net & wall and strike & fielding), athletics, swimming and outdoor and adventurous activities.

- Swimming is offered during the spring term to a selected group of children identified as not meeting the expectations in the Key Stage 2 National Curriculum which must be achieved prior to leaving our school.
- A week of outdoor and adventurous activities are offered to Year 6 pupils based at East Barnby, a county run residential site, near the east coast close to Whitby.
- The Robinwood Activity Centre offers a residential activity weekend for pupils during Year 5.
- Forest School gives all children throughout the school an opportunity to work outside on a rotating timetable.

Facilities and Resources

There is a wide range of equipment stored in the PE shed. Children are encouraged to help set up and put away equipment as part of their work. By so doing, the children learn to handle equipment safely. Lessons take place in the hall, on the outdoor pitches or field. Swimming takes place at Northallerton Leisure Centre.

Competition

The school participates in matches and tournaments organised within the small school cluster of village schools. We have typically been involved with competing in athletics, cross-country, football, cricket, hockey, rounders and netball/high 5 competitions.

Provision of Out of Hours Sport

Simon Carson Sports is a private provider offering dance and multisport activities for children from R to Y6 after school.

Geoff Horner another private provider offers after school football.

Assessment for Learning

- Ongoing teacher assessment identifies strengths and areas for development.
- Achievement is assessed in accordance with guidance for development in the Foundation stage and expectations in the National curriculum at each level.
- Self and peer assessment where children are encouraged to evaluate their own achievements and those of their peers.

Monitoring

Monitoring is carried out by the Curriculum Leader and the Head teacher

Homework and Reporting

Homework is set at the class teacher's discretion at an ability level suitable to the child. Parents are informed of their children's progress in PE through parent/teacher consultations, annual reports and informal discussions throughout the year.

Equal opportunities

We at Appleton Wiske Community Primary School view equal opportunities in the widest possible sense as embracing the well-being, contribution and development of all members of the school community irrespective of gender, race, religion, disability, age or socio-economic group.