

Duncombe Primary

Physical Education Policy

Introduction

Physical Education is a foundation subject within the National Curriculum.

PE develops children's enjoyment, confidence and skill in physical activity, whilst promoting personal, social, intellectual and physical development.

PE is about introducing children to the world of sport, which, combined with an enjoyment of exercise, will hopefully provide the foundations for a healthy, active adult lifestyle.

Aims

1. To reflect the school's overall aims and ethos (as outlined on the school website).
2. For children to find enjoyment and fun in physical activity.
3. To promote physical activity and healthy lifestyles, including cardiovascular health, flexibility, muscular strength and endurance, relevant postures, personal hygiene, relevant safety procedures - the foundations of which will serve children for the rest of their lives.
4. To promote positive attitudes towards physical activity, as individual participants, team members and spectators, i.e., to observe the conventions of fair play, honest competition and good sporting behaviour. To cope with success, failure and limitations and to encourage the practice and improvement of physical skills.
5. To develop personal qualities such as self-esteem, leadership skills and motivation, along with social skills and positive attitudes towards others, e.g., teamwork, co-operation, etc.
6. To provide opportunities for children to acquire, plan, perform, evaluate and develop a wide range of motor skills, whilst encountering the associated language and terminology.
7. To meet the statutory requirements laid down in the National Curriculum.
8. P.E. should involve pupils in the continuous process of planning, performing and evaluating. The greatest emphasis should be placed on the actual performance aspect of the subject.

Areas of Activity

Whilst highlighting the need for children to plan, perform and evaluate their work as part of the P.E. programme, the main emphasis in the National Curriculum is on PARTICIPATION.

The National Curriculum requires that children in KS1 participate in the following areas of activity:-

Dance Activities
Games Activities
Gymnastic Activities

In KS2
Dance Activities
Games Activities
Gymnastic Activities
and two areas from
Swimming Activities and Water Safety
Athletic Activities
Outdoor and Adventurous Activities

The POS for these areas of activity are outlined in the NC document and are elaborated upon in the school's schemes of work which incorporates some ideas, for example, from the QCA scheme.

Safety

"PE includes many activities which offer a challenge to the children's initiative, determination and courage . safety precautions cannot remove all risks, but should eliminate unnecessary dangers!" (Deni 1985, Safety in PE in the Primary School).

Equipment Safety

1. The apparatus must be checked before use to ensure that it is in good working order.
2. Apparatus in need of repair should be marked accordingly and put away where it cannot be used, until repaired.
3. All apparatus should be carried from place to place rather than being dragged, thus preserving the apparatus, and minimising the risk of damage to the floor (causing splinters etc.). Between 2 and 4 children should carry the benches depending on the age and size of the children.
4. Apparatus should not be placed too near walls, radiators, etc. - sufficient space must be allowed for landing, etc.
5. Pupils must be taught to handle apparatus correctly, although such handling must only take place with the teacher's permission, under the teacher's supervision, and be checked by the teacher prior to the apparatus being used.
6. Ensure that all floors are clean, dry and clear of litter, etc. Do not start the lesson if you think the floor is too dirty.
7. Check that the hall is adequately heated and well lit, and that the surrounding chairs, tables, objects, etc. are safely stored and well clear of any fire exits. Try to restrict the activity to a one metre boundary from the surroundings.

Pupil Safety

1. All participants should wear appropriate 'kit'. **TEACHERS MUST ALSO WEAR APPROPRIATE FOOTWEAR OR KIT.** Shorts and T-shirt (tucked in) should be worn and bare feet or plimsolls when appropriate for indoor PE. For outdoor PE a tracksuit may be worn during the winter months with trainers. All long hair should be tied back. Should pupils fail to bring kit more than once, then this will be reported to the Head Teacher who will contact the parents.
2. During PE lessons no jewellery should be worn. In the event of a child having an ear pierced and studs worn which cannot be removed by the child, a note must be received from the parents/guardian to give the teacher permission to apply tape.

3. Teachers should be aware of any children with medical conditions, asthma etc., which should be noted in the class register.

Teachers should know the school's 'First Aiders' and where they can be found.

Physical Education and SEN

Teaching PE to pupils with SEN is an extension of good practice, via differentiation, etc. It is important that the children's abilities and needs, not disabilities, are emphasised. This will not only improve their movement skills, but may also help to change feelings of under achievement and low self esteem.

The four principles for a physical education programme for children with special needs are:-

- Entitlement
- Accessibility
- Integration
- Appropriateness

At Duncombe, children with SEN are successfully integrated into lessons and they can be accompanied by support teachers if it is felt necessary.

PE and Equal Opportunities

Several factors need to be considered in providing equality of opportunity in PE. Issues of Faith, Ethnicity, Ability, Equal access and opportunity; Physical Disability and Physical Preparedness (among others) must be taken into consideration.

Extra-Curricular Activities

At the time of writing the school offers the following school sports clubs:-

Traditional Dancing
Football Clubs
Cheerleading
Gymnastics
SWES
Multi-skills
Brazilian Football

All clubs are managed by:-

Eugene Toerien – Current P.E. Co-ordinator

All clubs will be involved in inter school competition, displays or productions throughout the year. Our annual sports day is very important at Duncombe with all children from KS1 and KS2 taking part in at least one event.

Assessment

Children should be regularly assessed in areas of participation, with reference to the programmes of study and assessed at the end of each key stage with reference to the end of key stage level descriptors. This is monitored by the PE co-ordinator and each class teacher in February of each year.

Also see the assessment policy for framework for assessment.

Equipment

The quantity and quality of available equipment obviously changes from time to time, although a copy of the most up to date audit is in the PE co-ordinator's file.

Teaching Strategies

Children should have the opportunity to work:-

- as a whole class
- in groups - size dependent on age
- in pairs
- individually
- co-operatively
- competitively
- in teams of various sizes
- in mixed ability groups
- to lead
- to make decisions / choices about their work

Cross Curricular links / Health Education

PE has a contribution to make to most aspects of a broad and balanced curriculum. The most obvious of these aspects is of course PE's role in Health Education, although the school will also aim to enhance PE's role in developing personal and social skills. PE will enable children to experience success and failure in competitive situations without damage to self-confidence or self-esteem, whilst also providing problem solving situations in a very different context to that of the classroom.

Written by Eugene Toerien

P.E Co-ordinator