

Folly Hill Infant School



PHYSICAL EDUCATION POLICY

Curriculum suite

Signed Headteacher

Date: Spring Term 2020

Review Date: Spring Term 2022

PHILOSOPHY

We believe that physical activity plays a vital part in developing physically and mentally strong young people. PE sessions are stimulating and challenging, and they encourage children to develop positive attitudes and understand the conventions of fair play, honest competition and good sporting behaviour as individual participants, team members and spectators.

AIMS

We aim to:

- provide purposeful physical activity for all children
- develop physical confidence
- engage children in activities which develop cardiovascular health, flexibility, muscular strength and endurance
- teach children how their bodies change during exercise
- develop co-ordination
- teach children the importance of exercise as part of a healthy lifestyle
- make children aware of their physical potential
- encourage creativity through movement and dance
- teach children to work individually and co-operatively
- help develop personal qualities of commitment, fairness, enthusiasm and self-discipline
- promote enjoyment of all physical activities
- encourage safe practice at all times

LEARNING AND TEACHING

The teaching strategies employed are appropriate to the needs of the children and the skills being taught. PE is generally taught through whole class sessions with differentiation shown by outcome, although pupils are set appropriate tasks that allow them to achieve success and achieve their full potential.

PE is mostly delivered in blocked and continuing units. Individual Class teachers teach PE both indoors and outdoors, ensuring the children have a access to a variety of environments, resources and equipment. They refer to the Real Gym and Real PE and other sources, and the needs of the class in order to inform their planning. Teachers are encouraged to involve the children in the planning and assessment of PE lessons as appropriate.

Staff are encouraged to change for PE even if it is a change of footwear to provide relevant role model.

EARLY YEARS FOUNDATION STAGE

Children develop Physical skills in the reception class as an integral part of their learning covered during the year. As the reception class is part of the Early Years Foundation Stage, we relate aspects of the children's learning to the objectives set out in Development Matters under the headings Moving and Handling and Health and self-care and aiming for children to be at an age-related level at the end of their reception year.

Physical activity is also encouraged at break and lunchtimes. Children have access to a wide variety of games, toys and equipment which help promote exercise.

SPECIAL NEEDS

Any children with special physical need have activities planned appropriately to develop strength, flexibility and confidence. Teachers ensure that children work to their own ability and have the opportunity to develop individual talents and maximise their potential.

EQUAL OPPORTUNITIES

All pupils have opportunities to develop their own potential in all areas of PE. Teachers are sensitive to dress code applicable to different religions and cultures when appropriate.

A child not taking part in the PE activities for a valid reason such as- no kit, is included in the learning. This can involve setting up equipment, counting, scoring, referring, observing, offering support, taking pictures.

This will also be facilitated by our Sports Premium funding. Details may be found on our school website.

BUDGET

Funding is allocated to PE as appropriate in accordance with the needs of the current School development Plan. The PE Co-ordinator is responsible for monitoring the condition of sporting equipment and ordering any additional resources.

RECORD KEEPING AND ASSESSMENT

PE skills covered are recorded and evaluated in short term planning documents. Teachers note individual progress and achievement at the end of a block of work. Children receive a formal comment on their progress on the yearly report.

The PE subject leader monitors progression throughout the school and offers support where necessary. They also support staff with training and guidance in line with Surrey County policy.

AFTER SCHOOL CLUBS

Folly Hill School offers children a wide variety of extra-curricular clubs which promote fitness, health and well-being. These are open to all of the children in the school. Both staff and external agencies run after school sessions which allow participants to develop their understanding of fitness and health, improve their physical condition and gain enjoyment from playing games, relaxing and having fun.

HEALTH AND SAFETY RULES FOR PE

- Bare feet for dance, gymnastics and large apparatus indoors
- Plimsolls/trainers for outside games, athletics and skipping
- Teacher to wear appropriate footwear and clothing for the lesson
- Children should be encouraged to work quietly
- Clothing: shorts/T-shirt - for all lessons. Joggers and plimsolls may be worn as necessary.
- Long hair always tied back appropriately
- No rigid hairbands
- No spectacles to be worn (unless medically required.)
- No jewellery and earrings (children must remove their own earrings)
- Care should be taken to ensure that the floor is kept clean and clear of sharp objects (Note: the floor must be dry prior to any activities)
- Importance of warm-up and cool-down
- Mats are items of apparatus and should not be considered as safe landing areas under apparatus
- Children should be taught how to lift, carry, place and use equipment safely and follow staff instructions regarding safety e.g. levels of noise in hall.

PE CODE OF CONDUCT

Folly Hill School has a Code of Conduct for PE which is shared with children, staff and parents.

The children are reminded that the PE Code of Conduct is designed to promote health and safety as well as enjoyment. A copy of the Code of Conduct can be found on the school website.