

St. Hilda's C of E Primary School

PE Policy 2016/17

Rationale

Physical Education at St Hilda's enables pupils to succeed and excel in competitive sport and physical activities. Children will develop their confidence and competence enabling physical development and improved knowledge of their body in action. Healthy and active lifestyles are promoted through two hours of PE lessons and extra curricular sports clubs each week. Children are given opportunities to work independently and in teams, embedding social values such as teamwork, respect and fairness.



Pledge 1. To attend regular enrichment within your place of learning

Pledge 2. To attend regular enrichment activities beyond your place of learning

Pledge 3. To take responsibility for your own health and wellbeing

Pledge 9. To attend sporting and creative events

Pledge 10. To be involved in a volunteering or leadership role in or beyond your place of learning

Aims and Purpose

Children will be given the opportunity to:

- Develop a positive attitude towards physical activity and competition.
- Develop their understanding of the importance of exercise for their health.
- Excel in a broad range of activities by developing physical competence and confidence.
- Learn how to select and apply skills, tactics and compositional ideas to suit activities that need different approaches and ways of thinking.
- Develop their social and moral values.
- Evaluate their performance and the performances of others.
- Compete as an individual and as part of a team.
- Participate in activities at their own level and extend their skills and knowledge to achieve their potential.
- Be physically active for sustained periods of time during lessons.

Curriculum

Phase 1:

Following the national curriculum, children master basic movements such as running, jumping, throwing and catching and develop their balance, agility and co-

ordination through activities in PE lessons as well as outdoor, continuous provision with access to equipment.

Phase 2 & Phase 3:

Children are taught to use running, jumping, throwing and catching in isolation as well as in activities during striking & fielding sessions, invasion games and athletics. They develop flexibility, strength, technique, control and balance through athletics, gymnastics and dance. Children also take part in outdoor and adventurous activities individually and as part of a team in PE lessons and on residential trips to Castleshaw and Robinwood. Year 3 attend swimming lessons.

PE Kit

Indoor PE Kit

Boys: Yellow t-shirt, red shorts, black pumps or bare feet.

Girls: Yellow t-shirt, red shorts or red/black/navy leggings, black pumps or bare feet.

Outdoor PE Kit

As above or:

Boys: Grey, navy or black tracksuit.

Girls: Grey, navy or black tracksuit.

- If a child fails to bring their kit for more than one consecutive lesson then parents must be informed by a phone call home.
- Teachers must wear appropriate footwear and PE kit.
- Single sex changing rooms are provided for Year 5 and 6.
- Ear studs that cannot be removed must be taped up.
- Appropriate swimwear must be worn for swimming lessons.
- Children must remove pumps and socks for indoor gymnastic sessions.

Equipment

- Teachers, external coaches and sports councillors collect and return equipment to the correct places.
- List of indoor storeroom equipment and outdoor storeroom equipment is kept by all teachers.
- When moving heavy equipment extra care must be taken.

Health and Safety

- Classroom first aid kits should be taken to the PE session or should be easily accessible for the first-aider.
- Playing areas should be checked by the teacher before the PE session and children should be informed of any potential hazards at the start of the session.

Monitoring and Review

The PE coordinator is responsible for monitoring the standards of the children's learning and the quality of teaching. They are responsible for supporting colleagues in the teaching of PE. The PE coordinator provides the headteacher with an annual action plan that evaluates the strengths and weaknesses of the subject.

SEN

Children with special educational needs will learn alongside their peers, but sessions will be differentiated. We aim to meet the full entitlement of every child in our school. Therefore, necessary adjustments will take place to include all children. Teachers and coaches must differentiate for both more able and less able pupils.

Equal Opportunities

We believe that all children have the right to the equal access of PE irrespective of race, gender or ability. We ensure that every child is treated with the respect and equality that they are entitled to.

Conclusion

In conclusion the policy will be reviewed in consultation with staff, governors and external coaches.