

Garton on the Wolds C.E. (V.C.) School

Physical Education Policy

What is Physical Education?

A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.

Aims

At Garton CE (VC) Primary School we aim that children will:

- Be active and find enjoyment in physical activity
- Develop physical skills, habits and interests that will promote a healthy lifestyle and good posture
- Develop positive attitudes to physical activities including perseverance, fair play and sporting behaviour and an ability to cope with success and failure.
- Learn how physical exercise affects the body
- Understand the need for safe practice in physical activities and know how to achieve this
- Develop a good self esteem through the development of physical confidence
- Develop inter-personal skills through working as part of a team or group and take account of team member's ideas
- Take part in ten minutes aerobics every morning, in separate classes, to reinforce the importance and enjoyment of exercise, and to raise standards of education
- Give two hours Physical Education a week for Key Stage 1 and 2 and 1 hour to Foundation Stage.
- Have the opportunity to take part in extra curricular sporting activities.

Health and Safety

Health and safety issues in PE include:

- The use of equipment, apparatus and techniques in accordance with health and safety requirements
- Appropriate storage of equipment
- Using appropriate techniques when assembling and dismantling apparatus in order to minimise the risk of injury
- All staff to be kept up to date through professional development training
- No footwear or socks to be worn in gymnastics
- Plimsolls or no socks to be wore when participating in PE in the hall.
- Pupils are taught to understand the need for safe practice in physical activities
- The removal of jewellery, sharp objects and valuables prior to the lesson
- The need for appropriate footwear (trainers) for outdoor activities
- A change of clothes to ensure comfortable movement in PE activities
- Teacher awareness of any medical conditions children have that may affect them during a PE lesson and have quick access to inhalers or other medical equipment which may be required
- The use of established rules and routines which children should follow sensibly and safely
- The hall floor should be clean and kept free from sharp objects, it should not be polished
- Any dinnertime benches, tables and other objects corned off when working in the hall
- The school playground and field should be checked and cleared of foreign objects

Planning

The Long Term Plan has incorporated units of work for PE which is developed by the PE Co-ordinator using a variety of sources. Coaches deliver the PE sessions to Year 2 – Year 6 children.

Teaching

Mr Woods is a specialist Physical Education instructor and teaches Games on a Tuesday afternoon to Class 3, 4 and 5, Thursday afternoon P.E. is taught by an outside coaches. During the spring term the children will have the opportunity to take part in Gymnastics at Wolds Gym and in the summer term they will have the opportunity to go swimming.

Accommodation

PE is taught in class groups throughout the school, using the hall, playground, school field, Wolds gym and Driffield Leisure centre.

We aim to provide a minimum allocation of two hours per week teaching time and five hours including extra curricular.

Assessment

Assessment of pupil's attainment is a continuous process and is integral to all teaching and learning. Summative assessment in PE should be recorded to inform future planning for both key stages and formal recording of pupil's performance will be recorded in the annual report to parents, and possibly through parent evenings.

Special Educational Needs, Inclusion and Equal Opportunities

We aim to use teaching methods that enable pupils with special needs to develop confidence and express their feelings in PE, a subject in which success does not depend on academic ability.

All children will have equal access to PE and to experience success and enjoyment in their PE work. All children have an entitlement to take part in PE activities and there will be no discrimination on grounds of gender or physical capability or any other criteria other than the appropriateness of the activity for the age and ability of the children.

Cross Curricular Links

PE offers links with other areas of the curriculum; Music, Speaking and Listening, Mathematics, PSHCE, Geography and Science work can be reinforced through PE.

Many PE activities lend themselves to co-operative work and there are opportunities for children to develop personal and social skills through teamwork and appreciation of others.

Preparation, Planning and Assessment

Seasonal Activities will be under taken.

Tennis

Rugby

Hockey

Tri-golf

Football

Dance
Team games
Netball
Gymnastics
Outdoor activities
Swimming – Yr1,2,3,4,5 and any year 6 (non-swimmers)

Extra-curricular

Seasonal: Rugby, Martial Arts, Games club, Football, Netball, rounders, dance, tennis golf, hockey

Resources

PE equipment is stored in the shed, on the field, gymnastic equipment is stored at in the hall. No children are permitted in the PE shed unless supervised.

Documents to support planning and teaching are kept with Mrs Chadwick.

Appendices

1. Swimming

September 2016
Review – September 2017

Appendix 1

Swimming

At Garton CE Primary School we are committed to a swimming programme to meet the National Curriculum standard for swimming. Funding is available to pay for lessons targeted for Key Stage 1/2.

It is the responsibility of the Headteacher and the Governing Body to ensure children achieve the statutory National Curriculum standards of attainment at Key Stage 1/2 for PE, of which swimming is a mandatory element within the new curriculum.

Key Stage 2 requirements are:

Children should be able to:

- swim competently, confidently and proficiently over a distance of at least 25 metres
- use a range of strokes effectively such as front crawl, backstroke and breaststroke
- perform safe self-rescue in different water-based situations.

Swimming Programme

- Our swimming programme will consist of 10 lessons, which are held at Driffield Swimming Pool, led by a qualified swimming instructors
- Parents will be encouraged to follow up the school swimming programme by ensuring that their children continue to develop swimming skills outside school
- Parents will be kept informed by the Governors of any changes to the swimming programme