

Whytemead Primary School
P.E Policy



Completed by: J. Firth June 2017

The role of PE in the Curriculum.

PE is an important part of the curriculum as it completes a well rounded education. It teaches the child the need for healthy, fit lifestyles and that physical well being is as important as intellectual wellbeing for now and the future.

Children are encouraged to work individually, in pairs and as part of a team. They are encouraged to evaluate and improve theirs and others performances and strive to achieve their best, whilst understanding the positive effects on both their body and mind. They will learn, improve and develop skills in order to take part in a range of different sporting activities, whilst challenging themselves to have ago and be the best they can be.

Aims of PE at Whytemead Primary School.

- To develop children's confidence, agility, co-ordination strength and stamina through a range of physical activities.
- To develop positive attitudes towards and knowledge of PE and a healthy, fit lifestyle, hygiene and safety.
- To develop the confidence to learn, apply and adapt knowledge and skills to a range of practical situations.
- To provide a framework that ensures that every child receives a broad and balanced curriculum.
- To give children the skills to work both collaboratively and independently to enjoy sport and be the best they can be.
- To develop communication skills through collaborative group work, and Outdoor Adventurous Activities (OAA).
- To develop, practices and apply transferable skills
- Expressing feelings and moods through the medium of dance, whilst developing appreciation of others responses to music.
- Developing a sense of well being (science and PSHCE), knowledge and understanding of health and fitness.

Planning

- Planning for P.E. is set out in the P.E. schemes of work (Val Sabin) Long and medium term plans allow progression throughout their entire School life.
- Teachers do and will adapt lessons to suit the progress of their class.
- Specialist coaches to help develop both staff and students learning

Assessment

- Assessment is part of the everyday lesson taken from the learning objectives.
- Children are asked to assess themselves and others using a variety of appropriate techniques.

Safety in PE lessons

- Children are taught to listen and respond appropriately to instructions.
- Noise levels are kept to appropriate levels for the activity.
- Children should begin their work on apparatus and equipment safely and appropriately.
- Children will be taught the importance of warming up and cooling down in each PE lesson.
- At the higher end of KS 2 children will change for PE in separate areas.

Moving Equipment

- We follow the requirements set out in the national curriculum. The children are taught how to lift, carry, place and use equipment safely.
- Damaged equipment should be reported to the PE co-ordinator.
- PE monitors are chosen by the class teachers they are taught how to set out and pack away simple equipment, before and after lessons, whilst all children are given responsibility with in lessons. At the upper end of the school the House captains and playground leaders, will also help support an active playtime, by organising and running appropriate games.

Clothing

- Children should wear appropriate clothing for all PE lessons.
- PE kits that include T-shirt, shorts, socks and trainers must be kept in school and taken home and washed regularly.
- Long hair should be tied up for all PE lessons. It is expected that this should be done at home on PE days.
- In Dance and Gymnastics the work should be done in bare feet to allow greater control.
- In Games and Athletics footwear should be worn (Trainers)
- In a child has a foot infection then trainers may be worn.

- If appropriate clothing is not provided then a letter will be sent home with the child informing the parents of the schools policy. Children will still participate in lessons, if clothing is appropriate.

Jewellery

- West Sussex County Council policy is that Jewellery should not be worn during PE lessons.
- Earrings must be removed by parents at home on days where a child has PE.
- Where earrings are not removed they will be tapped and a letter sent home with the child.

It is expected that all staff should wear appropriate PE kit during PE lessons.

Primary Aid

- In case of accidents a runner will be sent to the office to request the designated Primary aider.

Extra Curricular activities

- Whytemead Primary School offers a range of extra curricular sporting activities throughout the school week.
- All outside coaches will have the appropriate checks to ensure the children's safety.
- The children are encouraged to undertake a variety of physical activities both self anticipated and staff supported, during playtimes, regardless of gender, race or age is encouraged to take part in.

The Role of the PE Coordinator.

- To inform and demonstrate new developments, ideas and equipment.
- To disseminate information from courses back to staff.
- To ensure the smooth running of the PE curriculum.
- To monitor teaching and learning.