

## **A Whole School Policy For Physical Education**

### **Introduction.**

The school believes that physical education, experienced in a safe and supportive environment, is vital and unique in its contribution to a pupil's physical and emotional development and health. The physical education curriculum aims to provide for pupils' increasing self-confidence through an ability to manage themselves successfully in a variety of situations. A balance of individual, team, co-operative and competitive activities aims to cater for individual pupil's needs and abilities. The scheme of work is based on progressive learning objectives which, combined with varied and flexible teaching styles, endeavour to provide appropriate, stimulating, challenging and enjoyable learning situations for all pupils. The scheme aims to promote an understanding of the many benefits of exercise, through a balanced range of relevant activities. Physical education is considered as a vehicle to facilitate access to cross-curricular themes, skills and dimensions, rather than a subject concerned exclusively with the acquisition of motor skills and techniques. We provide at least 2 hours of P.E. each week for all children, to develop the skills associated with P.E.

### **Aims**

- To develop an ability to plan a range of movement sequences, organize equipment and apparatus, and begin to design and apply simple rules.
- To develop an ability to remember, adapt and apply knowledge, practical skills and concepts in a variety of movement based activities.
- To promote positive attitudes towards health, hygiene and fitness.
- To foster an appreciation of safe practice.
- To develop psycho-motor skills through a range of relevant movement based activities.
- To develop a sense of fair play and sportsmanship.
- To foster an enjoyment, and positive attitude to, the subject in
- To develop communication skills, encouraging the use of correct terminology, to promote effective co-operation.
- To foster an enjoyment, and positive attitude to, the subject in school.

### **Objectives**

- Children will participate in a range of psycho-motor / movement activities in order to develop personal physical skills. (Practical attainment)
- Children will be made aware of their body in relation to others and their immediate environment and aim to promote quality of movement. (Kinaesthetics)
- Children will be made aware of simple physiological changes that occur to their bodies during exercise. (Physiology) to achieve shared goals. (Teamwork)

- Be given opportunities to develop imagination and co-operation to achieve shared goals. (Teamwork)
- Be given opportunities to develop personal characteristics like initiative, self-reliance and self discipline (Self knowledge)
- Be given opportunities to enjoy and succeed in the subject as well as be stimulated and challenged. (Problem solving)
- Be given the opportunity to develop areas of activity of their choice in extra-curricular time.
- Make full use of the facilities here to prepare a child mentally and physically for key stage 3 and beyond.

## **Organisation**

The curriculum in this subject has been organised to ensure that children in both key stages have access to all areas specified in the national curriculum and go beyond its statutory requirements. We are confident that children following our curriculum have the opportunity to surpass the expectations at the end of each key stage.

## **Resources**

The facilities for the teaching of physical education at Wallsend Jubilee are, we believe, unique. As a primary school we have access to a hall, adventurous activity areas, hard court areas and a grassed field. The school also has a well resourced PE store in both key stages, portable football and netball goals, portable and fixed gymnastics equipment as well as many mats and benches. Equipment is checked regularly and stock replenished as often as budget allows. Teachers have access to equipment and literature, via the coordinator, and can always rely on advice when needed.

## **Training**

Training is always available to the staff here to ensure that standards of delivery are high. Staff here regularly attend courses offered by Burnside High School and by a sports specialist at Premier Sports. Local coaches are often invited in to work along side teachers and this has helped enormously to raise the standard of teaching in these sporting areas.

## **Planning**

The Physical Education curriculum and scheme of work developed at the school covers all suitable areas of P.E. for each year group. Each year group covers certain aspects of the curriculum during the child's time at the school. The range of activities includes games, gymnastics, swimming, outdoor and adventurous, dance, athletics and striking and fielding.

## **Inclusion**

All children are included in any physical education lesson. If a programme needs to be adapted then the teacher in charge will do this in consultation with the coordinator and SENCO (if applicable).

## **Health and Safety**

All equipment is checked regularly and risk assessments are in place for all aspects of P.E. A first aider is always available.

## **Extra Curricular Activities**

Wallsend Jubilee offers a variety of extra curricular activities, out of school clubs and opportunities for competition to all pupils. These may be organised by school staff or outside agencies. Registers are kept of children attending any of these activities.

## **P.E. Clothing**

All pupils and teachers must be dressed appropriately for P.E. They must wear sandshoes or trainers and the agreed PE uniform. No jewelley should be worn.

Policy Updated By S. Chambers

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