

# **Dimple Well Infant School and Nursery**



## **Physical Education Policy**

Approved by Governors

October 2020

Physical Education develops pupils' physical competence and confidence. It promotes skilfulness, physical development and knowledge of the body in action. Physical Education provides opportunities for pupils to be creative, competitive, cooperative and face up to challenges as individuals and in groups and teams. It promotes positive attitudes towards healthy and active lifestyles. (National Curriculum for England and Wales).

## **Aims**

- to stimulate and maintain pupil interest and enjoyment in PE and to promote health and fitness for current and future lifestyles.
- to see PE as a major feature in our lives, related to employment, leisure and culture
- to understand the role of exercise in a fit and healthy lifestyle.
- to understand and use vocabulary related to P.E.
- to work independently and as part of a group.
- to develop their skills by observing, listening and experimenting through performing and competition.

## **Curriculum requirements**

At **Key Stage 1** the children are taught to:

- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.
- participate in team games, developing simple tactics for attacking and defending.
- perform dances using simple movement patterns.

At **Foundation Stage** the children are taught in line with the Physical Development section of the Statutory Framework for the Early Years Foundation Stage. This involves providing opportunities to be active and interactive and to develop their co-ordination, control, and movement. Children must also be helped to understand the importance of physical activity.

## **How our School Promotes Physical Activity and School Sport**

### Within class time

The children receive x1 lesson of P.E. from a professional sports coaches and x1 lesson from their class teacher based on dance and ABC (agility, balance and coordination). Teachers use the KeyPE Sports scheme of work to help with planning and assessment of these sessions.

Each class incorporates short breaks of physical activities into lessons wherever possible, using resources such as Go Noodle and BBC Super Movers.

### Extra-curricular time

There is a range of sports after school clubs, including football, taekwondo, yoga and Wake Up and Shake Up. Children with pupil premium funding may be funded for one after school club per half term.

A sports coach supervises sport and fitness activities at lunchtime, including dance and multi-sports games. In addition, we work with other schools in the local area to provide a Potted Sports event which gives the children opportunity to compete against other schools. As a school we run a range of activities for Sports Relief days and an annual whole school sport day.

## **Assessment and Monitoring**

Ongoing assessments of the children during their PE work are undertaken and documented on an assessment grid (see Appendix 1). As a school we are currently working on using the KeyPE Sport scheme of work to help conduct more thorough assessments. The children are encouraged to self-evaluate their own abilities and that of others.

## **Health and Safety**

Health and safety awareness is an integral part of children's learning in PE. Staff work to accepted codes of practice in PE following guidelines in the BAALPE safe practice in PE publication.

Teachers ensure that:

- Children are aware of the rules about the safe use of equipment.
- Children behave in a manner which is conducive to a safe working environment.
- Warm up and cool down activities are employed to reduce risk of injury.
- Other adults are aware of their role during the lesson.
- Safe methods of lifting and carrying equipment and attaching one piece to another are taught and supervised.
- Children are supervised by a member of staff whilst changing.

Parents/ carers and children should be aware of the following:

- No jewellery to be worn at all.
- Long hair should be tied back.
- A full change of appropriate clothing is required.
- Verrucas – bare feet. Plimsoles if painful.
- A note or verbal communication is needed from the parent/ carer if their child is not able to take part in PE lessons.
- A slip may be sent home with the child if appropriate kit is forgotten.

Equipment

Small apparatus, including bean bags and skipping ropes, are stored on a trolley in the hall. Hoops are in the large stock cupboard and mats and benches are against the wall at the back of the hall. There are two large climbing resources attached to the hall walls. The school grounds offer a trim trail, consisting of various climbing apparatus. Playtime equipment is stored on a trolley in the playground.

## **CPD**

Staff training will be met through observing a PE specialist along with courses, INSET days and staff meetings. Through the School Sports Partnership, staff will have access to further professional development.

## **Special Educational Needs**

All children at Dimple Well will be given the opportunity to develop skills to the best of their ability. Wherever possible, all children will be able to participate in the whole Physical Education curriculum. For children who have physical disabilities, some modification may have to be made to some areas of the curriculum. This modification is made in consultation with the appropriate outside agencies.

## **PE Co-ordinator Responsibilities**

Monitoring the teaching and learning of physical education through lesson observations, overseeing planning and discussing/evaluating is the responsibility of the teacher. A copy of formal observations also goes to the PE Co-ordinator.