

The Beacon Infant and Nursery School PE Policy

Rationale

At Beacon Infant and Nursery school we believe Physical Education and school sport should give all children the opportunity to improve and achieve physical competence in line with their age and potential. Physical Education and school sport enables children, whatever their circumstances or ability, to take part in and enjoy a wide range of activities. It promotes positive attitudes to health, safety and well being.

Aims and objectives

Physical education develops the children's knowledge, skills and understanding, so that they can perform with increasing competence and confidence in a range of physical activities. These include dance, games, gymnastics, athletics and outdoor adventure activities. Physical education promotes an understanding in children of their bodies in action. It involves thinking, selecting and applying skills and promotes positive attitudes towards a healthy lifestyle. Thus we enable them to make informed choices about physical activity throughout their lives.

The aims of PE are:

The PE Syllabus 2014 will lay a strong foundation for a lifelong pursuit of a physically active and healthy lifestyle. It will make use of the PE settings to help our students develop their characters and values. With the inclusion of Outdoor Education in PE, students will get to understand more about the environment as they learn to navigate, assess risks and make decisions about their own safety, while enjoying the outdoors.

Entitlement

All children are entitled to a progressive and comprehensive Physical Education programme which embraces the statutory orders of the National Curriculum and which takes account of individual interests and needs. All children have access to at least 2 hours high quality PE every week. All components of the National Curriculum programme of study ie dance, games, circuit training and gymnastics are covered throughout the year.

The school also provides a range of extra- curricular activities; these encourage children to further develop their skills; dance club, multi skills and a lunchtime football club.

Gifted and talented children are identified and placed on the Gifted and Talented register. Opportunities are signposted to them through local sports clubs and when appropriate will be supplemented by our own school clubs promoting physical literacy.

Equal Opportunities

All children should be provided with equal opportunities to participate in a curriculum in which there are no barriers to access based on race, gender, culture or ability. PE lessons should aim to provide quality experiences that challenge the children.

Risk Assessment

Safety is paramount when planning PE activities. The learning environment and equipment is maintained and checked regularly. The children are encouraged to consider their own safety and safety of others. They are taught how to move and use apparatus safely under supervision.

All children are required to have a PE kit comprising of shorts, t shirt and plimsolls. Children are sometimes not required to change into their full PE kit if the physical activity is deemed safe enough to be carried out in school uniform. The teacher in charge of the physical activity will make a professional decision based on risk. However if girls are wearing skirts they must change into shorts.

No jewellery or watches are to be worn for any physical activity, long hair should also be tied back.

Curriculum Planning

Within key stage 1, progressions have been linked to the National Curriculum programmes of study for physical education, focusing on the following areas of knowledge skills and understanding and taught within the process of evaluating and improving performance.

- Acquiring skills
- Selecting and applying skills, tactics and compositional ideas,
- Understanding of fitness and health

In the foundation stage each strand has been written in conjunction with the areas of learning and development as stated in the Early Years Foundation Stage Framework. The children's next steps inform future planning and must be progressive.

PE lessons are planned so that they build upon the prior learning of the children. There are opportunities for children of all abilities to develop their skills, knowledge and understanding in each area of activity. Lessons should be differentiated to allow all children to access the subject in a manageable way that develops their confidence successfully.

At Foundation Stage and KS1, physical activity is delivered through 4 strands:

1. functional movement
2. aesthetic movement
3. manipulative skills
4. movement concepts

Teaching and Learning

Lessons should be conducted in a secure, supportive and disciplined manner.

High quality lessons should contain the following elements:

Purpose- lessons should have clear objectives and defined learning outcomes that the children understand.

Progression- the ability of the pupils should be developed both physically and mentally. Building on previous learning is essential. Children should have a clear understanding of why physical education is so important for people of all ages and should be inspired to keep fitness as a priority throughout their lives.

Pace- there should be high levels of activity, tasks need to be easily and clearly explained with high expectations set for individual and group achievement.

Challenge- pupils should be extended both physically and mentally through interesting tasks.

Differentiation- this should be achieved using tasks and equipment that enable the children to be challenged appropriately and which ensures good progress for all ability groups.

Decision Making- children should be given responsibility for equipment, group organisation and at times their own learning as they practise and refine skills in order to improve the quality of their performance.

Assessment

Teacher's assessment of work takes place through observation during lessons. In LEAP into Life at Foundation stage and key stage one this takes place through an observation focus or Assessment for learning.

Outside Experts or Professionals

Experts or professionals will be used to enhance the curriculum where appropriate in accordance with our visitor's policy. All risk assessments and CRB checks will be done prior to any visit.

Approved by staff on

Approved by Governors on

Review date