



Wansdyke School

Physical Education (PE) Policy

Date agreed: September 2018
Review Date: September 2019

General aims and objectives for PE at Wansdyke

Recognising the importance of PE as part of British Values, Wansdyke School primarily teaches from the RealPE scheme, alongside specialist external coaches. The school aims to provide a balanced PE programme developing the children's fundamental movement skills, so that children at different stages of development, of varying ability and of either gender, have the opportunity to experience a variety of athletic activities, gymnastics, dance and outdoor pursuits as prescribed by the National Curriculum, in as safe an environment as possible.

RealPE

The real PE programme provides fun and simple to follow Schemes of Work and support for Early Years Foundation Stage, Key Stage 1 and Key Stage 2 practitioners that give them the confidence and skills to deliver outstanding PE.

It is fully aligned to the proposed National Curriculum and Ofsted requirements and focuses on the development of agility, balance and coordination, healthy competition and cooperative learning. The foundations of the Schemes are based on Fundamental Movement Skills (FMS) of agility, balance and coordination, inclusive competition and broader essential holistic skills (creative, cognitive, social and personal skills).

We aim to:

- 1) **Promote physical activity and healthy lifestyles by teaching children:**
 - a. To be physically active.
 - b. To engage in activities that develop Co-ordination, balance and agility.
 - c. To adopt the best possible posture and appropriate use of the body.
 - d. The need for personal hygiene in relation to vigorous physical activity. (Also developed through PSHE).
- 2) **Develop a positive attitude in life by teaching children:**
 - a. How to observe the conventions of fair play, honesty and sporting behaviour as individuals, team members and spectators.
 - b. How to cope with success, failure and limitations in performance, thus building self-esteem.
 - c. The importance of practise to consolidate their performance.
 - d. To be mindful of others, thus developing interpersonal skills.
- 3) **Ensure safe practice by teaching children:**
 - a. How to follow relevant rules, laws, etiquette, and safety procedures when engaged in practice or competitive activities.
 - b. About the safety risks of wearing appropriate clothing, footwear and jewellery.
 - c. How to lift, carry and use equipment.

Safety

Safety is an important aspect of PE and children are encouraged to show concern for their own and others safety whilst taking part in PE activities and moving equipment and apparatus.

The importance of warming up and cooling down to prevent injury is taught as well as the need for a controlled, quiet working atmosphere when appropriate. Care of equipment is taught and where appropriate children 'put out' and 'clear away' apparatus (under adult supervision) as part of the lesson.

See Appendix A

PE Kit:

- White t-shirt or T-shirt in house colour
- Black/blue shorts.}Indoor, no long trousers.
- Black/blue tracksuit bottoms – these are not be to fashion accessories with large zips/very baggy but for PE use. } Only outdoor.
- Tracksuit tops – as appropriate.} Only outdoor.

If a child consistently forgets their PE kit, a letter will be sent home to remind parents of the requirements and to ensure that all children are able to enjoy a varied and fulfilling PE curriculum

The health and safety reasons for this are emphasised and the responsibility for remembering kit should be fostered. (For hygiene reasons children should not be wearing the same items of clothing that they wear for general school use).

- Indoor work will be done in bare feet to promote freedom of movement, increased agility and safety on apparatus. Tracksuit bottoms or 3/4 length shorts or jumpers should not be worn.
- Outdoor work requires appropriate sports' footwear, i.e. trainers with laces (not the slip on fashion trainers, as these do not support the ankle when running). Children should be wearing daps or trainers – school shoes are not acceptable.
- All jewellery MUST be removed before PE lessons and teachers will check that this is the case. Stud earrings may be covered with tape.
- Long hair must be tied back.

Staff should dress appropriately to take part in PE lessons. If the teacher is wearing a change of clothing and footwear, children will be encouraged to see the health, safety and hygienic reasons for their own changes in clothing. It is also more comfortable.

Time Allocation

All children in KS1 and KS2 should receive 2 hours of PE per week.

Early Years: Two lessons of 30 minutes. To satisfy the requirement of 2 hours of PE per week, this will be supplemented by (approximately 50 minutes) and bikes (approximately 20 minutes).

Key Stage 1: At least 2 hours per week, one hour of RealPe, and a second hour of sport specific PE.

Key Stage 2: At least 2 hours per week, one hour of RealPe, and a second hour of sport specific PE.

Any child who has been excused from the PE lessons should observe, assisting the teacher wherever possible. It will be at the discretion of the teacher whether they work with a T.A. inside on other curriculum areas of work.

Extra-Curricular Activities

We are committed to recognising the importance of physical activity of children outside the curriculum. We believe that links with local sporting clubs and organisations and the provision of extracurricular activities organised by the school is a positive experience.

Pupils are given regular opportunities to represent Wansdyke School in various sporting events throughout the local community and are provided with opportunities for skill development sessions run by local sporting clubs.

We also have links to various inter and intra school clubs that operate after school hours. Students are encouraged to participate in these clubs, where possible, to further promote an awareness of the value of physical activity.

Co-ordinator

The PE co-ordinator is responsible for:

- 1) The PE policy and scheme of work.
- 2) Allocating the funding provided by the government sports funding scheme.

- 3) Safety checks on resources and equipment.
- 4) Offering appropriate advice, support and current information to teachers/other adults linked to the school.
- 5) Monitoring the continuity, progression and assessment.
- 6) Provision and organisation of resources.
- 7) Keeping abreast of new developments, participating in and providing INSET when appropriate.

Funding

The school is currently in receipt of government sports funding, and is using this to ensure that PE within the school is consistently delivered and improved both physically, new resources, and with additional training where necessary for members of staff. A spreadsheet is maintained by the school to monitor the investment.

Related policies

Assessment Policy

Behaviour Policy

Curriculum Policy

Equality and equal opportunities Policy

Health and safety Policy

SEN Policy

Signed:  Chair of Governors