



## **Minet Nursery and Infant School PE Policy 2016**

### **Rationale**

A high quality physical education curriculum inspires all pupils to succeed and excel in sports. It should give every child, whatever their ability, an equal opportunity to be physically active, to develop their basic skills and physical competence and to encourage a healthy respect for exercise and fitness, underwritten by an enjoyment and love of sport and games. Physical Education provides the potential to build character and to help embed values such as fairness and respect.

### **Aims and objectives**

- To develop competence to excel in a broad range of physical activities
- To teach children to be more skilful in the way they control their movements and develop coordination
- To develop habits leading to a healthy and active lifestyle and promote physical fitness
- To help children to understand how the body responds to activity
- To contribute to children's social and emotional development. To promote self confidence and self esteem, developing qualities such as commitment, fairness, tolerance and a concern for others as well as individual success
- To engage in competitive sports and activities
- To enable the children to experience success and failure
- To develop communication skills and the ability to co-operate with others.
- To develop observational skills and the ability to make simple decisions.
- To involve the children in decision making to help them respond appropriately to physical tasks.

### **Teaching and Learning**

The National Curriculum programmes of study for physical education states that pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Pupils should be 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

The school organises PE in KS1 by providing a framework in which these areas are covered evenly throughout the two year groups. The hall and outside spaces are timetabled so that each class has two booked sessions per week.

All class teachers are responsible for PE within their own class. The PE coordinator is also used for support and development.

### **PE Teaching Assistant**

The school has a full time PE Teaching assistant who leads one hour of the Key Stage 1 classes PE sessions per week. As the PE co-ordinator they plan for the 3 areas of Physical Education; Games, Gymnastics and Dance. The PE teaching assistant also supports staff with new developments and safer handling procedures for equipment.

Minet and Nursery and Infant School is committed to high standards in PE by ensuring the following:

- A coordinator for PE with expertise, opportunity and support needed to influence practice
- A curricular physical education programme which meets the statutory National Curriculum requirements
- Ensure adequate physical education time to deliver a broad and balanced programme
- Provide a quality range of physical opportunities both within and outside curriculum time
- Promote positive attitudes towards active and healthy lifestyles
- Provide a programme accessible to all regardless of aptitude and ability level
- Ensure pupils are taught the safety aspects of PE and teachers and pupils are also safely and appropriately dressed

### **Curriculum planning**

- The PE Co-ordinator is responsible for planning for their classes each term as part of their general planning.
- Each year the school will run a Keeping Healthy Week to encourage the children to lead healthy lives.
- Every year a sports day will be held, which will be led by the PE Co-Ordinator

### **Foundation Stage**

Children in the foundation stage follow the Early Years which supports their early development within this subject. Please refer to the Foundation Policy for more detail.

### **Health and Safety**

In order to ensure the safety of pupils taking part in physical activity the following steps must be taken:

- All equipment is regularly checked by the PE Co-Ordinator
- Gymnastics apparatus is regularly checked by an external Health and Safety organisation.
- There are sufficient qualified first aid trained staff in school

- Class teachers should keep a record of all children with a medical condition that may affect their ability to participate in physical activity and that appropriate medication is taken with them when carrying out physical activity.
- Safe and effective exercise procedures are taught and adopted in all activity sessions within and outside school hours – this includes a warm up and cool down

Pupils are taught:

- To respond to instruction immediately in a safe and controlled manner
- To work confidently and safely with regards for themselves and others at all times
- The importance of warming up and cooling down
- How to lift, carry, place and use all equipment safely according to their Year 1: safe movement of mats and benches. Year 2: safe movement of mats, benches and movement tables.

## **SEN**

We enjoy teaching physical education to all children, whatever their ability. It is part of the school curriculum policy to provide a broad and balanced education to all children. We provide learning opportunities that are matched to the needs of children with learning difficulties. Work in P.E. takes into account the targets set for individual children in their Individual Education Plans (IEP's)

## **Assessment, Recording and Reporting**

Teachers and the PE Teaching Assistant will informally assess pupils on a constant basis to inform planning and delivery of lessons. This information can be used to ensure that future planning and delivery is pitched at the correct level and that children are accessing appropriate teaching and learning. These records can ensure continuity and progression along with the teachers taking photographs of the children carrying out these PE activities.

Children have the opportunities to observe and assess themselves and their peers in their lesson.

## **After School Clubs**

Extra curricular opportunities are provided for all children to enable, extend or enrich their curricular PE. Children are encouraged to attend at least one after school club. Several of these clubs are physical education clubs, which are led by PE Teaching Assistant. Clubs aim to aid sports development across the school as well as individuals' learning and performance and to provide access to new opportunities for children at school.

## **Role and responsibilities of the PE Coordinator**

The role of the PE coordinator is to:

- Lead in policy development and implementation of schemes of work that ensure continuity and progression
- Support colleagues in planning, delivering and assessing the PE curriculum
- Monitor progress and note action needed and refer to the head teacher as necessary

- Organise and order PE resources within an annual budget

## **Resources**

All resources are held centrally: gymnastics equipment in the hall and games equipment in the hall or in the shed on the back playground. Children are responsible for storing and using resources sensibly and with respect. This should be under adult supervision as it is the class teacher's responsibility to ensure that equipment is stored correctly at the end of a lesson. Resources are continually checked and maintained by the PE Co-Ordinator.

## **Safe Practice**

### Clothing and footwear

Clothing should not be too long or baggy so that it poses a potential tripping or snagging hazard.

When teaching PE in the hall, all children are to be in bare feet.

Children who do not have appropriate PE kit will receive a letter home to the parents.

### Jewellery

Where possible, all jewellery should be removed. This includes wrist watches, necklaces, rings, ear rings and ankle bracelets. Where it is not possible to remove the jewellery it should be taped up. However, if the jewellery can not be taped up securely the child should not take part in the session and the teacher must speak to the parent / carer regarding its removal due to the health and safety implications in PE.

### Hair

Long hair should always be tied back. Hair bands should be removed and hair secured with a hair tie.

Head scarfs are to be removed for PE, if a child refuses to remove their head scarf our PE Co-Ordinator will discuss alternatives with the child's parents.

## **Staff Clothing**

Staff must ensure that they are wearing suitable clothing so that they are able to model activities. Jewellery should be removed and suitable footwear worn.

## **Areas for Development**

- To develop the assessment procedures for PE.
- To obtain Silver award for Healthy Schools Hillingdon
- To train Teach First and Newly Qualified Teachers in basic safety and delivering basic skills to all children.
- Continue to meet the CPD needs of staff members.