

St Laurence Church Infant School

Physical Education (PE) Policy



Approved by: Curriculum, Safeguarding and
Pupil Welfare Committee

Last revised on: May 2022

Next review due by: May 2025

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Intent

Why do we teach PE?

The physical development of children is usually well advanced by the time they begin school. A well planned Physical Education programme extends this natural ability and makes a significant contribution to a child's emotional, intellectual and personal development whilst, in particular, enhancing self-esteem.

At St Laurence Church Infant School we believe that all children should be entitled to a balanced and broad Physical Education curriculum in which staff support them to realise their full potential in all aspects of physical activity. Our curriculum aims outlined below enable all children to appreciate their own and others' achievements but most importantly enjoy their own experiences.

Our aims in teaching PE at St Laurence Church Infant School

From this programme the children gain in:

1. Health and fitness.
2. Enjoyment.
3. Physical development and competence.
4. Self-esteem, confidence and resilience.
5. Physical skills.
6. Opportunities to participate in a wide range of activities.
7. Aesthetic awareness and appreciation of body movement.
8. Experience in success and failure.
9. The chance to develop attitudes of fair play and sportsmanship.
10. Interpersonal skills and life-long participation.

The distinctive contribution of Physical Education is to enable children to:

- Be physically literate - competent and confident in a range of physical activities.
- Have an understanding of the relationship between activity, fitness and long term health.
- Be able to work as individuals, in groups and in teams.
- Use the physical medium to be creative and to work co-operatively and competitively.
- Plan, perform and evaluate to improve physical performance
- Have positive attitudes towards physical education and enjoy participation.
- Have an appreciation of the factors involved in quality movement.
- Enjoy learning and achieving through the kinaesthetic medium.
- Developing self-confidence and self-discipline

Implementation

How we teach PE

The PE curriculum for Early Years Foundation Stage and Key Stage One will be taught through dance, gymnastics and games. Our PE curriculum focuses on ensuring our children gain the knowledge, skills and vocabulary to ensure lessons provide appropriate challenge and foster an

enjoyment of physical activity. Our planning sets out the PE units which are to be taught throughout the year and ensures that the requirements of the Early Years Foundation Stage and National Curriculum are fully met. We provide a PE curriculum which carefully plans for progression and depth of skills through series of lessons. Children participate in high quality PE lessons each week led by qualified PE coaches and teachers.

Pupils are taught about how to handle equipment and move safely within all PE disciplines. Within lessons, there is an emphasis on pupils being able to achieve their personal best and building resilience. Pupils are taught how to play fairly, creating a sense of teamwork, friendship and respect.

In addition, we run a range of extra-curricular clubs and workshops to highlight the importance physical activity can have on both physical and mental health and wellbeing. These include a sports club, dance club and musical theatre club as well as dedicated lunchtime activity sessions. We hold PE parent workshops where parents are invited into school to learn about how we teach PE and support their child's learning. Our annual Sports day enables all children to participate in competitive activities to demonstrate the knowledge and skills they have learnt throughout the year.

How we teach PE in EYFS

In EYFS, PE is taught as part of Personal, Social and Emotional Development, Physical Development and Expressive Arts and Design. We plan and teach sequences of lessons that give children the prerequisite skills for PE in the national curriculum. In the Autumn term, children have one hour of PE each week in the hall led by qualified sports coaches. In Spring and Summer terms, children have two hours of PE each week. This supplements the Personal, Social and Emotional Development, Physical Development and Expressive Arts and Design teaching and learning that takes place both inside and outside of the classroom on a daily basis.

How we teach PE in KS1

In KS1, PE is taught following the learning objectives outlined in the National Curriculum and we ensure there is progression in the knowledge, skills and vocabulary used by the teachers and children. Each week, children have two hours of PE led by qualified sports coaches and teachers.

How we ensure all children access the PE curriculum.

At St Laurence Church Infant School all children access the PE curriculum regardless of ability. Wherever practicable we will ensure that activities are inclusive and adapt them accordingly. Additional support may be provided by staff in order to meet the needs of individual children.

How we assess PE

Assessment for learning strategies apply to PE as to all other subjects; judging what a child can do and what they need to learn to do next to develop their PE skills. In lessons, success criteria are shared with the children and how they can improve and develop their knowledge and skills in line with the PE knowledge and skills progression map. Photographs and observations are used to evidence children's progress.

How is the teaching and learning of PE monitored?

The subject lead has regular discussions with class teachers and sports coaches about the delivery of the PE curriculum. The Subject Lead provides support with lessons planning and delivery, monitors teaching and learning and speaks to pupils to monitor effective implementation of our PE curriculum. Feedback from any monitoring then informs future plans and adaptations to suit the developing learning needs of our children.

Apparatus and equipment

Work on apparatus is potentially dangerous and must not be permitted except under direct supervision.

It is essential that a uniformly high standard of discipline is maintained when working with apparatus. The apparatus must be correctly assembled, appropriately placed and safe, with no extraneous items such as chairs presenting a hazard. No lesson should proceed without these checks having first been made.

There is an annual safety inspection of the apparatus; however, any concerns over the condition of apparatus will be reported to the Headteacher.

When moving apparatus, we will remind children to:

- Stand close to the apparatus.
- Use their knees to lift and not bend their backs.
- Keep fingers underneath and not on top.
- Move sideways and look where they are going.

A sufficient number of children should be used in order to make the apparatus light. Once apparatus is set up, the responsibility for the final safety checks lies with the adult leading the lesson.

All apparatus is safely stored at the end of each lesson in a designated place in the hall.

Impact

Our PE curriculum improves the wellbeing and fitness of all children not only through the physical, social and emotional skills taught but through the underpinning values and disciplines that Physical Education promotes. Within lessons, children develop self-discipline and resilience and an understanding that to be successful you need to take ownership and responsibility for your own

health. We equip our children with the necessary skills and a love for sport in order to live happy and healthy lives utilising the skills and knowledge acquired through our PE curriculum.

Review

This Policy will be reviewed within the next 3 years or before if there are changes to the PE curriculum.