

Ashleigh Primary School and Nursery, Wymondham

*"We are all stars, Ashleigh makes us shine"*

## Physical Education (PE) Policy

Persons Responsible - PE Co-ordinator

Date of Policy: January 2016

Next Review Due: January 2019

Adopted by Full Governing Body

Signed .....

Date .....

Chair of Governors

Review completed .....

Review completed .....

Review completed .....

## Physical Education Policy

### Policy Statement

At Ashleigh Primary School and Nursery we believe that Physical Education (PE), experienced in a safe and supportive environment, is a unique and vital contributor to pupils' physical development and well-being.

### Aims

We aim for children to:

- Develop a positive attitude towards, and enjoy, PE in order to achieve their true potential
- Acquire, develop and apply skills, performing with increasing physical competence in a range of activities
- Become skilful, confident and intelligent performers and players
- Learn to assess themselves and others positively in order to improve skills
- Think and respond imaginatively and work creatively
- Develop the appropriate vocabulary and use this to communicate thoughts and ideas confidently about their own and others' work
- Make cross-curricular links
- Understand the importance of working safely and being dressed appropriately
- Make informed decisions about the importance of exercise in their lives
- Develop an awareness of physical disabilities

### Guidelines

To achieve these aims teachers will:

- Ensure progression in knowledge, skills and understanding
- Plan as a year group, following the school's agreed long term and medium term plans
- Ensure that a minimum of 2 hours each week is devoted to the teaching of PE
- Value and celebrate children's in and out of school PE achievements
- Model new skills, teach techniques and provide opportunities that allow children to explore movement
- Provide opportunities for children to work independently, collaboratively and competitively
- Provide activities appropriate to the needs of all children
- Give children the opportunity to talk about their work and the work of others, encouraging them to use the correct technical vocabulary where appropriate

- Use the inside and outside environment as appropriate
- Plan assessment opportunities
- Ensure children are taught to follow safe procedures when setting up, using and putting equipment away.
- Ensure that children change into appropriate clothing for PE and remove or cover (with tape) all jewellery
- Ensure that children are barefooted for dance and gymnastics, and wear plimsolls or trainers for other PE lessons
- Ensure adults change and dress appropriately for PE - lead Teacher to change into PE kit and change back. Support staff to wear appropriate clothing to support children safely.
- All adults to remove jewellery and watches.
- Staff to use CPD opportunities to develop their knowledge and skills for teaching PE.

### **Foundation Stage**

Foundation Stage children follow the Development Matters and Early Learning Goal Statements related to Physical Development including the outdoor environment.

### **Non Participants**

All children are expected to participate in PE lessons and will only be excused for medical reasons (indicated by the parent/carer or staff member). When children are unable to participate, teachers involve them in lessons in other appropriate roles.

### **Extra-Curricular**

At Ashleigh we aim to extend and enrich the curriculum for the benefit of children through after school clubs and special events.

### **Safe Practice**

Children are supervised at all times in lessons by a teacher: teaching assistants are not insured to supervise PE lessons. Students are supervised at all times in lessons by a Class Teacher.

### **Equal Opportunities**

At Ashleigh we are committed to ensuring all children have opportunities to develop a positive attitude towards and enjoy PE in order to achieve their true potential