

Physical Education Policy

Updated April 2022

Review Date: April 2024



Aims and Objectives

At Little Acorns School Physical Education forms an important part of the education of each pupil. We aim to promote an active, healthy and enjoyable lifestyle and encourage our pupils to have the motivation, confidence, physical and social competence, knowledge and understanding to maintain physical activity throughout life.

P.E. is about introducing children to the world of sport, which, combined with an enjoyment of exercise, will hopefully provide the foundations for a healthy, active lifestyle. Physical Education lessons take place off-site, in the outdoor area of Little Acorns and in case of bad weather in the classrooms.

The aims of Physical Education at Little Acorns School are:

- To promote positive attitudes towards physical activity.
- To develop social co-operation and positive attitudes towards others and to compete with a sense of fair play.
- To promote physical activity, physical skills development and a healthy lifestyle.
- To show an awareness, knowledge and understanding of safety when participating in physical activity.
- To encourage lifelong involvement in physical activity.

- To develop fair play through cooperation, collaboration and competition and manage to varying levels of success in competitive and cooperative situations and retain a proper sense of perspective in competition.
- To always try to achieve personal best.
- To have age appropriate activities.
- To understand the need for rules in games.
- To provide equal opportunities for all children regardless of their race, gender, background or ability, thus providing a programme of study that is inclusive.

Curriculum

The teaching of PE is split into the following areas of activity:

- Invasion games
- Net and wall games
- Striking and fielding
- Athletics
- Swimming
- Yoga and Meditation
- Horse Riding (for some children)

Outside facilities are often used including local squash courts, the golf club, leisure centre, the woods and The Julie Rose athletics Stadium.

Special Needs

Wherever practical, provision will be made for children with special educational needs where it affects their performance in P.E.

For Children with a natural ability or who do exceptionally well will have 1:1 time with the PE teacher , M. Goldsmith or with outside specialists such as Tom at Sports Route Coaching.

Equal Opportunities

All pupils at Little Acorns School will be given equal opportunities to access the P.E. curriculum regardless of race, sex, religion, ethnic group, culture or ability (including more and less able pupils).

A well-balanced and planned P.E. programme should meet the physical and social needs of all pupils thus allowing all children across the ability spectrum to succeed.

By setting suitable learning challenges, responding to pupils' diverse learning needs and overcoming potential barriers to learning and assessment, teachers will create a positive and achievement orientated learning environment.

Assessment

Assessment in PE is ongoing and formative. Children will receive feedback and support during the lessons. Assessment in P.E should provide opportunities for pupils to assess their own performance through talk and observation of peers. They should be encouraged to recognise ways of improving skills and make positive comments on their own and others work.

Dress Code For Pupils

It is expected that children will wear the school PE kit during lessons. This includes:

White T shirt
Navy blue shorts/ joggers
Navy blue sweatshirt
Black plimsolls/trainers.
No jewellery
Hair must be tied back

In outdoor P.E lessons, when it is cold, tracksuits may be worn. No hats, gloves or scarves.

Use and Storage of Apparatus

Large apparatus is stored in the shed and the children are taught how to move and lift the apparatus safely. Smaller apparatus is kept in the store cupboard of Maple and Oak Classroom.

Health & Safety

Physical Education is by its very nature a challenge to growing children. Pupils will be placed in situations where risk of an accident or injury is ever present. Therefore it is important for teachers to be aware of the importance of safety and to plan it in their work so as to minimise the risk of accidents to both pupils and teachers. The following list is a general outline of safe practice in P.E.

- All forms of physical activity should be preceded by an appropriate warmup.
- The pupils must be given tasks which are challenging, but within the scope of their ability.
- Teachers must carry out a risk assessment of all equipment before use and give pupils disciplined strategies for safe handling of the equipment whilst the work is in progress and safe storage when the work is complete.

- Appropriate levels of lighting must exist to facilitate a safe working environment.
- The surface that the pupils are expected to work on should be clean and free of litter or other hazards that could cause an accident. The teacher should pay special attention to the suitability of the surface, after rain on the playground or on the grass as this may make the area too slippery to be safe.
- All jewellery, watches and religious symbols should be removed.
- Long hair should be secured as appropriate to the activity at all times.
- Appropriate clothing must be worn by pupils and staff.
- The teacher must ensure the preservation of body heat after hard physical exercise and use good methods to cool down pupils after such exercise.
- The teacher must be aware of any medical condition which may affect physical ability (e.g. diabetes or asthma) and make the appropriate adjustments in planning and implementation of the lesson to allow pupils who suffer from any conditions to take part actively but safely.
- Staff should have a working knowledge of First Aid and know when and how to summon qualified First Aid assistance.

Risk Assessment

The P.E. Teacher and Alison Neal are responsible for carrying out a thorough risk assessment of sporting equipment and facilities. Regular checks and risk assessments are made by all staff involved in delivering the P.E. curriculum, these checks are ongoing. Risk assessments should also be carried out on any facilities that are used for sporting activities outside of the school grounds.

Annual safety checks and repairs are carried out on gymnastic equipment and staff should check apparatus when it is being taken out for use in lessons. If a potential hazard is identified it is immediately taken out of use and reported to the P.E. Teacher.