

# St. Michael's Nursery and Infants School Physical Education Policy

## Aims

At St Michael's Nursery and Infant School, we aim to provide the skills and motivation for all pupils to become engaged with physical activity. Through an energised and enthusiastic approach, we can promote healthy lifestyles for all children.

The aims of PE are:

- To 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.
- To engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Children should be taught to:

- Develop the ability to plan a range of movement sequences, organise equipment and design and apply rules.(Plan)
- Develop the ability to remember, adapt and apply knowledge, practical skills and concepts in a variety of movement related activities.(Perform)
- Improve observational skills and the ability to assess performance.(Evaluate)
- Develop an understanding of the relationship between PE and health, encouraging and promoting an active, healthy lifestyle.
- Adopt ideals associated with fair play and good sporting behaviour and to cope with a variety of outcomes, including success and failure.
- Respond readily to instructions and behave in a considerate, responsible manner showing respect for the safety of themselves and others.
- Increase mobility and flexibility, to develop stamina, strength, control and co-ordination.
- Work co-operatively and develop communication skills and use language appropriate to PE when talking about their work.
- Foster self-esteem through the acquisition of physical competence.

These aims will be developed in a context, which ensures:

- Participation in a broad and balanced programme.
- Appropriate groupings, experience and ability.
- Promotion of enjoyment, achievement, understanding, purpose and action with maximum participation.
- Promotion of co-operation, tolerance, fairness.
- A safe environment, which challenges but eliminates danger.
- A well managed and organised framework, which involves good levels of activity and sets high standards of performance and competition.

### **Areas of activity and Entitlement**

All children will have 2 hours of planned physical education curriculum time each week. By the end of year 2 all children will have covered numerous areas of activity. These include; gymnastics, games, swimming, athletics and outdoor and adventurous activities.

Children will learn the majority of these activities by qualified sports coaches, teachers will observe the delivery of these lessons as part of their CPD. Parents and children are also signposted to opportunities to take part in alternative sports such as walking football, Kombat fitness, chance camp outside of school hours.

Physical activity stations will be set up during lunch times to encourage and promote children to have 30 minutes additional physical activity each day, supporting the Obesity Strategy. These will be delivered by a PE coach, lunchtime staff or Year 2 Sports Leaders.

### **Planning**

Planning for PE is overseen by the PE coordinator and carried out by our sports coach and incorporates a range of themes, using iPEP – Interactive Physical Education Planner. All elements of iPEP have been specifically designed by iPEP to enable the provision of outstanding PE.

### **Assessment, Recording and Reporting**

Children are continually assessed, to ensure that they make good progress in the areas covered in Physical Education using the iPEP assessment tool. The fully interactive assessment tool enables tracking of individual pupil development allowing for enhanced, accurate and efficient reporting within schools. Class teachers, alongside the support of the sports coaches, are responsible for the assessment and reporting of children within their class.

### **Resources**

Equipment can be found in the P.E. store, situated in the hall. Teacher's reference books are also located on the shelves in the store.

Each member of staff will be responsible for returning any resources after use and reporting any faults to the PE co-ordinator. Large apparatus is checked by an authorised company each year and repaired or replaced when necessary.

## **Inclusion**

Differentiation will be achieved through a variety of strategies including:

- The setting of common tasks, which are sufficiently open-ended for all pupils to use, but can be completed at different levels
- The variation of the form and amount of adult support and/or intervention, according to specific needs
- The provision of different resources for individual or groups in need of additional support and to provide the appropriate support to enable them to progress
- Peer support and paired work
- The Special Needs Code of Practice is followed to identify individuals in need of additional support and to provide the appropriate support to enable them to progress.

## **Dress Code**

- Yellow T shirt
- Black shorts/joggers for outdoor activities
- Suitable footwear for outdoors only
- Swim Wear
- No jewellery

## **Aspects of Health and Safety**

Teachers are made aware of the book "Safe Practice in Physical Education" and are encouraged to use this, in conjunction to the Health and Safety Policy. All reasonable care is taken to keep risk at a minimum. Pupils are taught to:-

- lift and carry apparatus safely;
- understand why a particular code of dress should be worn;
- know the risks of wearing jewellery
- work in an atmosphere where they will be able to listen and respond to instructions quickly and without fuss, enabling the teacher to stop the lesson quickly if a dangerous situation should arise.

## **Equal Opportunities**

All children will be given equal access to Physical Education irrespective of race, gender, ethnicity, level of ability or nationality. Mutual respect and tolerance for all cultures will be promoted through the study of Physical Education in our school.

### ***Celebrating our Success!***

*We embrace the Olympic values of respect, excellence and friendship in all that we complete. This has enabled the children to thrive, as every sporting success is celebrated as a whole school. Our children's abilities are not only celebrated annually in our sports day but throughout the year as they complete a range of sporting activities as part of festivals, intra-school competitions and inter-school competitions. We ensure that all children are provided with opportunities to compete and gain experience of competitions and sporting celebrations. During PE sessions, children are encouraged to strive for and achieve their own personal goals.*

### ***Role of Physical Education Subject Leader:***

*The PE Subject Leader will facilitate the development of Physical Education in school in the following ways:*

- By managing the implementation of the PE Policy*
- By co-ordinating changes to the Policy and to the Long Term Plans for PE in school*
- By auditing and updating resources*
- By identifying training needs so that all staff are confident and competent in the teaching of PE*
- By keeping staff informed of new developments and initiatives, both nationally and locally*
- By taking an overview of whole school planning, to ensure that there is continuity and progression between year groups and across key stages*
- By attending any relevant training, to ensure up to date knowledge of the subject*