



Dover Down Lower School

Physical Education Policy

Adopted Spring 04
Reviewed Spring 18

Policy Statement for Physical Education

Introduction

The school believes that physical education, experienced in a safe and supportive environment is vital and unique in its contribution to a child's physical and emotional development and health.

The school believes that fundamental movement skills and basic skills will be taught in KS1. This will give the children access to more traditional games in KS2.

A balance of individual, team, co-operative and competitive activities aim to cater for individual pupil's needs and abilities. The scheme of work followed is based on progressive learning objectives which, combined with varied and flexible teaching styles, endeavour to provide appropriate, stimulating, challenging and enjoyable learning situations for all pupils.

We aim to promote an understanding of the many benefits of exercise, through a balanced range of relevant activities including various extra-curricular activities.

As a school we recognise the importance of healthy competition and ensure all children are exposed to the competitive element of sport and P.E. Children in KS2 get various opportunities to compete against other schools.

Aims

- To promote enjoyment of healthy exercise and the development of a positive attitude towards health, hygiene and fitness, which will continue into adult life.
- To gain experience in all areas of P.E
- To engage all pupils in regular physical activity.
- To continue to value the importance of exercise.
- To increase confidence, knowledge and skills of all the children and staff.
- Broaden the range of sports offered to the children
- Increase participation in competitive sport.

Objectives

- To provide a range of experiences and opportunities in line with the National Curriculum.
- Give all children the opportunity to participate in all areas of PE whilst having regard to individual safety.
- Children will be made aware of their body in relation to others and their immediate environment.

- Be given the opportunity to develop imagination and co-operation to achieve shared goals.
- Be given opportunities to develop personal characteristics like initiative, self-reliance, perseverance and self-discipline.
- Be given opportunities to enjoy and succeed in the subject as well as be stimulated and challenged.

Resources

As a lower school we have access to an indoor hall, a local heated indoor swimming pool (years three and four), an outdoor adventurous activity area, a grassed playing field and playground.

The school also has a well-resourced PE shed, where outdoor resources are kept with a PE trolley for indoor resources. Along with this we have fixed and portable football and basketball/netball goals, portable and fixed gymnastic equipment as well as many benches and mats.

Equipment is checked regularly and stock replenished as often as the budget will allow. An annual safety inspection is also carried out.

The PE Co-ordinator provides advice and access to equipment and literature. Along with this the school employs specialist coaches to support curricular teaching.

Planning, Continuity and Progression.

The Physical Education curriculum and schemes of work cover all areas of activity as outlined in the PE National Curriculum. Each year group gives full coverage of the programmes of study. Continuity and progression are provided through planned activities and experiences in order to identify future development. Where appropriate PE is integrated into and alongside of, other areas of the curriculum.

Learning strategies

- To employ as wide a range of teaching styles and learning strategies as possible.
- To take account of the varying ability and rates of progression within the school.
- To adopt the appropriate teaching strategy depending on the activity and class.
- To foster independent and co-operative learning.

Records and Assessment

No formal assessment is undertaken, all assessment should be as simple and as straightforward as possible. It should be based upon teacher's own judgement of pupil's performance.

Special Needs / Inclusion

As is stated in the National Curriculum children with special needs will be included in any physical education lessons. If a programme needs to be adapted, then the teacher in charge will do this in consultation with the co-ordinator and the SENDCO (if applicable). There will be no discrimination between gender and race in the opportunities provided.

Timings

All children from Reception up to Year Four will receive a minimum of two hours of high quality PE a week.

Health and Safety

We are fully aware of and understand that the safety of the children in lessons is paramount. Therefore, we will ensure that;

1. Jewellery is not worn including earrings.
2. Long hair is tied back.
3. Appropriate footwear and clothing is worn.
4. Children are taught how to set up, carry and put away equipment correctly and safely.
5. Apparatus is regularly through an annual inspection checked and used in a safe way.
6. Accidents are reported and recorded immediately in line with the Health and Safety document. (A risk assessment is in place)

Review Procedure

The school's policy for PE will be reviewed when:

- 2 years has elapsed.
- A new co-ordinator has been appointed.
- There has been a significant change in; the programmes of study for PE, staff or pupils.

Passed by the Governing Body: Spring 2004