



## **Physical Education Policy**

At Standhill Infant School, we intend to provide a PE curriculum that

- children enjoy
- allows children to experience a variety of activities that help to develop their health, fitness and wellbeing
- provides them with the initial tools to succeed in a range of competitive sports in the future.

Pupils are provided opportunities to improve their confidence and resilience and are taught vital skills to succeed, such as knowing how to work well in a team and engage in sports safely. The opportunities the children access help to embed our core values such as working hard and showing respect. At Standhill, we believe that developing a healthy lifestyle and a positive growth-mindset are key skills that our children can use throughout their life.

### **Aims and objectives**

Physical education develops the children's knowledge, skills and understanding, so that they can perform with increasing competence and confidence in a range of physical activities.

### **Objectives**

- to enable children to develop and explore physical skills with increasing control and coordination;
- to encourage children to work and play with others in a range of group situations;
- to develop the way children perform skills, and apply rules and conventions, for different activities;
- to show children how to improve the quality and control of their performance;
- to teach children to recognise and describe how their bodies feel during exercise;
- to develop the children's enjoyment of physical activity through creativity and imagination;
- to give all children, irrespective of age or gender, opportunities for participation, enjoyment and success;
- to promote personal, social, intellectual and physical skills;
- to foster co-operation, tolerance and self-esteem;
- to promote a positive attitude towards a healthy lifestyle.

### **Teaching and Learning Style**

We use a variety of teaching and learning styles in PE lessons. Our principal aim is to develop the children's knowledge, skills and understanding. We do this through a mixture of whole-class teaching, individual or group activities. (See teaching and learning policy).

### **Planning & Assessment**

Class teachers use 'Leap Into Life' materials to plan PE whilst our sports coaches provide their own planning to deliver their sessions. Formative and summative assessment of PE is undertaken and supported by our sports coaches. (see teaching and learning policy).

### PE and Inclusion

We provide learning opportunities that enable all pupils to make good progress. We strive hard to meet the needs of those pupils with special educational needs, including those with disabilities, those with special gifts and talents and we take all reasonable steps to achieve this. (See SEN policy & Local Offer).

### Resources

There is a range of resources to support the teaching of PE across the school. Staff are encouraged to inform the PE co-ordinator if they require any additional resources.

### Health and safety

- Children should wear PE kit
- No jewellery is to be worn
- Long hair should be tied back
- Teachers should check the safety of apparatus before the lesson
- Suitable footwear (plimsolls), shorts, T-shirts to be tucked in for safety.