

## **P.E. POLICY**

### **Rationale:**

Physical Education contributes to the overall education of young people by helping them to lead full and valuable lives through engaging in purposeful physical activity. It can develop physical competence and help to promote physical development. It can teach children, through experience, to know about and value the benefits of participation in physical activity while at school and throughout life as part of a healthy lifestyle.

### **Aims & Objectives:**

- To develop the self-esteem of children through the development of physical confidence.
- To develop inter-personal skills by helping children be aware of their roles as members of teams and groups and taking account of others' ideas.
- To develop the personal qualities of
  - commitment
  - fairness
  - enthusiasm
- To develop emotional resilience by involvement in competitive sports.

### **Organisation:**

Children in YR follow the EYFS for Physical Development.

### **Gymnastics**

Both Key Stages in school experiences gymnastics sessions in the Junior Hall. Safety in the gym is a key teaching element in all classes. The number of units of gymnastics varies for each Key Stage.

### **Games**

The games scheme of work is planned to develop skills for and knowledge of a variety of games as the children progress through the school in line with the National Curriculum requirements.

Children experience games in the Junior Hall, on the playgrounds and at King Edward's Grammar School Trinity Roads Playing Fields as appropriate.

### **Dance**

The dance scheme of work is planned to develop the children's experience and level of performance, in line with the National Curriculum requirements. Dance takes place in the Junior and Infant Halls.

### **Swimming**

All children in classes 4 – 7 have weekly swimming lessons at Newtown Pool for one term. They are taught in groups appropriate to their ability and both the large and the small pool are used to facilitate this. The children are transferred up the groups as they progress and are given opportunities to attain swimming badges and certificates as they develop their water confidence and skills.

### Athletic Activities

Athletics is experienced by children in Key Stage 2. Classes undertake athletic activities designed especially for safe use on the Junior Playground.

### Outdoor Adventurous Activities (OAA)

All classes experience OAA – allowing them to build their skills, confidence and resilience. All classes experience 'Forest Schools' within our own school site to develop these skills further.

### **External Agencies:**

The school take advantage of additional sports opportunities provided by King Edward's Sports Partnership.

### **Assessment:**

Assessment of the children's attainment is a continuous process and is integral to all teaching and learning. It is done through direct observation of the child either working individually or as part of a group. A summative assessment in relation to skills for each unit takes place at the end of each unit.

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Initial date of policy:	June 1995
Policy last reviewed:	July 2018

It is the intention to review this policy annually.