

Physical Education Policy

Opening Statement

At Holy Trinity our curriculum is designed to give cohesion, meaning and motivation, developing the commitment, curiosity and creativity of each child. This has been done by linking the learning experience into a meaningful whole. A thematic approach stitches together the individual subjects of the National Curriculum into a 'seamless coat of learning'.

Physical Education is a foundation subject within the National Curriculum. PE develops children's enjoyment, confidence and skill in physical activity, whilst promoting personal, social, intellectual and physical development.

PE 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 adult lifestyle.

Aims

- To reflect the school's overall aims and ethos.
- For children to find enjoyment and fun in physical activity.
- To promote physical activity and healthy lifestyles, including cardiovascular health, flexibility, muscular strength and endurance, relevant postures, personal hygiene, relevant safety procedures - the foundations of which will serve children for the rest of their lives.
- To promote positive attitudes towards physical activity, as individual participants, team members and spectators, i.e., to observe the conventions of fair play, honest competition and good sporting behaviour.
- To cope with success, failure and limitations and to encourage the practice and improvement of physical skills.
- To develop personal qualities such as self-esteem, leadership skills and motivation, along with social skills and positive attitudes towards others, e.g., teamwork, co-operation, etc.
- To provide opportunities for children to acquire, plan, perform, evaluate and develop a wide range of motor skills, whilst encountering the associated language and terminology.
- To meet the statutory requirements laid down in the National Curriculum.

- P.E. should involve pupils in the continuous process of planning, performing and evaluating. The greatest emphasis should be placed on the actual performance aspect of the subject.
- All children must be able to swim 50 metres by the time they leave Holy Trinity in Year 6

Areas of Activity

Whilst highlighting the need for children to plan, perform and evaluate their work as part of the P.E. programme, the main emphasis in the National Curriculum is on participation for all.

In KS2 the National curriculum requires that children experience the following activities.

Dance Activities

Games Activities

Gymnastic Activities

Swimming Activities and Water Safety

Athletic Activities

Outdoor and Adventurous Activities

Children should have the opportunity to work:-

- as a whole class
- in groups - size dependent on age
- in pairs
- individually
- co-operatively
- competitively
- in teams of various sizes
- in mixed ability groups
- to lead
- to make decisions / choices about their work

Learning resources

There is a variety of games equipment to enable pupils to work with balls, bats and rackets, which are best suited for their age and stage of development. Most equipment is stored in the physical education sheds. Larger equipment is stored in the hall.

Pupils should be trained to select, collect and replace all equipment tidily, but it is the responsibility of the staff to ensure that this is done properly.

Children should wear appropriate clothing and footwear.

Teaching methods and approaches

All children will have one games afternoon and one other session during the week. Children will experience a range of games, athletics, swimming, outdoor adventure, gymnastics and dance activities throughout their four years at Holy Trinity as advised by the National Curriculum. There will be opportunities for children to represent school in local, county, regional and national competitions.

Safe Practice

Safety aspects should be discussed with the pupils prior to activities. Pupils should be taught how to improve their own abilities to assess risks.

First aid equipment is available in the medical room, and all staff should know what action to take, including calling for assistance in the event of an accident. Inhalers for pupils suffering from asthma must be readily accessible.

Regular checks should be made on all equipment. The co-ordinator should make frequent checks for wear and tear and security of major items, and all staff should be responsible for reporting to the co-ordinator if any items show wear and tear. Any items constituting a danger should be taken out of use immediately and the co-ordinator must be informed of any faults.

Pupils should be taught how to move and use apparatus safely under the supervision of a teacher or responsible adult.

Pupils should be made aware of safe practice when undertaking any activity,

Provision for Special Educational Needs, Equal Opportunities and Gifted and Talented

At Holy Trinity School the provision for children with SEN and Equal Opportunities is an integral part of our school ethos. It is based on a belief that every child is valued as an individual and entitled to a broad and balanced education, allowing them to achieve their individual potential socially, emotionally, physically and academically.

We also recognise that each child is unique, displaying a range of intelligences and abilities. We aim to enable all children, including those who are gifted and talented to develop their full potential academically, emotionally, socially and spiritually.