



Holbrook School Policy for Physical Education

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.

Physical education promotes an understanding in children of their bodies in action. It involves thinking, selecting and applying skills and promotes positive attitudes towards healthy lifestyles.

Aims

Our aims in teaching physical education are that we encourage imaginative movement, creating and performing in a range of stimuli and to develop positive attitudes that include fair play and sporting behaviour and the ability to cope with success and failure.

- To develop skilful use of the body, the ability to remember, repeat and refine actions and to perform them with increasing control, co-ordination and fluency (acquiring and developing).
- To develop an increasing ability to select, link and apply skills, tactics and compositional ideas (selecting and applying)
- To improve observation skills and the ability to describe and make simple judgments on their own and others work, and to use their observations and judgments to improve performance (improving and evaluating)
- To develop an understanding of the effects of exercise on the body, and an appreciation of the value of safe exercising (knowledge and understanding of fitness and health)
- To develop the ability to work independently, and communicate with and respond positively towards others (working alone and with others).
- To promote an understanding of safe practice, and develop a sense of responsibility towards their own and others safety and well-being (applying safety principals).

Approaches for teaching Physical Education

- At Holbrook School Physical Education is taught by using the PE skills sheets for KS1/KS2 and the Foundation stage Guidance for FS2. To help teachers plan appropriate lessons KS2 have the 'Enfield' scheme of work, and KS1 and FS" have Leap into Life. Other supplementary resources are available to staff, such as the Top's Cards and QCA. The teaching staff follow the school planning map to ensure coverage of the appropriate areas of work. The areas of work are: Dance; Gymnastics; Games; Swimming, Athletics and Outdoor Activities.
- All staff teach through the 4 Aspects of Physical Education.
- Skills should be taught separately before they are incorporated into the areas of work.
- PE is taught as a class lesson of mixed ability groups/in ability groups/pairs or individually
- Where appropriate PE may be taught by a teacher other than the class teacher
- At times specialist teachers/coaches are brought in to teach the pupils

Differentiation

This should be done by a class teacher, adult support or by outcome where appropriate.

Pupils with special needs should be able to develop their sporting skills and the enjoyment of sport to the best of their ability.

Excellence in Physical Education is celebrated by:

- Praise
- Displays around the school

- Celebration Assemblies

Strategies for ensuring assessment, monitoring and continuity

- The PE co-coordinator talks to children about their work
- The PE co-coordinator monitors the school's skills sheets to ensure pupils are progressing & achieving their age related expectations for KS1 and KS2 and the Eye Profile for FS2.
- The Enfield + Leap into Life schemes of work are in place and staff follow the long and medium term plans
- Teachers and assistants assess children's work in PE by making assessments as they observe them working during lessons. These observations are used to inform future planning
- The PE co-coordinator keeps photographic evidence of children's work in a portfolio
- The PE co-coordinator observes lessons throughout the year
- The PE coordinator monitors planning at regular intervals

Health and Safety

We at Holbrook school encourage the pupils to consider their own safety and the safety of others at all times. We expect the pupils to change for PE into the agreed clothing for each activity area and the only jewelry that may be worn for physical activity is a stud earring in each ear. For Gym and Dance the pupils should wear shorts and T-shirts and have nothing on their feet. For Outside PE the pupils should wear shorts/tracksuit bottoms and a T-shirt and a jumper (not their school one) and daps or trainers on their feet (not the ones they wear to school). All long hair should be tied back. If a pupil has not got his/her kit for two lessons in a row then the teacher will contact their parents. Teachers are encouraged to set a good example by wearing appropriate clothing when teaching PE, especially footwear.

Children should **not go** into the PE sheds at all. It is the **teacher's** responsibility to make sure that all the equipment is put back in its correct place at the end of the lesson.

Out of School Hours Learning

When possible Holbrook School provides a range of PE related activities for pupils out of curriculum time. These encourage pupils to further develop their skills in a range of activity areas. The School sends details of the current club activities to parents.

The School participates in competitive opportunities against other schools, which allows the pupils to put into practice the skills that they have developed in their lesson and fosters a sense of team spirit and co-operation.

The School arranges residential visits for outdoor adventure activities.

Resources

Resources to support the schemes of work are centrally stored: books etc are located in the staff room; gym equipment is located in the hall; and all other PE equipment is located in either of the two PE sheds. The PE coordinator regularly checks the PE equipment and any lost or broken equipment should be reported to the PE coordinator.