**Beaufront First School P.E. Policy**

**Rationale:**

P.E. is the only subject that is concerned exclusively with the development of the ‘physical’ child. It involves the development of the physical skills, knowledge and understanding in games, dance, athletics, outdoor adventurous activities and swimming. P.E contributes to the school’s aims and ethos through providing opportunities for developing independence, team work and raising self-esteem.

PE. is important because:

• physical activity can provide challenge and fulfilment throughout life;

• good habits of exercise contribute to a healthy lifestyle;

• knowledge and understanding of all areas of activity increases enjoyment as a spectator and contributes to cultural understanding;

• regular exercise is important for physical growth, leading to a greater mechanical strength in bones and muscles and improving the cardiovascular system P.E. is a foundation subject in the National Curriculum and requires six areas of activity:

• games Key Stage 1 and 2

• gymnastics Key Stage 1 and 2

• dance Key Stage 1 and 2

• athletics Key Stage 1 and 2

• outdoor and adventurous activity Key Stage 2

• swimming Key Stage 2

We aim to provide two hours of quality P.E. per week for our children with opportunities for extra-curricular P.E. and sport activities.

**Aims**

Through the teaching of Physical Education, in line with the National Curriculum, we aim to:

• inspire all pupils to achieve their personal best;

• promote physical activity through enthusiasm, enjoyment and success;

• promote physical development and improve natural abilities;

• develop an understanding of the body’s needs and the effects of physical activity thus promoting a healthy lifestyle and lifelong participation in Physical Activity;

• develop positive attitudes to physical endeavour including perseverance, fair play and sporting behaviour, and the ability to cope with success and failure;

• develop aesthetic and creative awareness of movement;

• develop understanding and acceptance of the need for rules;

• develop personal and interpersonal skills in a practical way where discipline, safety and consideration for others become a natural habit

• provide competitive opportunities for ALL pupils.

**Objectives**

To encourage:

* perseverance and problem solving
* co-operation and leadership
* careful listening and carrying out of instructions
* self-expression and creativity - quality of movement, shape and performance - enjoyment

To develop:

* body awareness
* spatial awareness
* aesthetic awareness
* games skills; agility, balance and co-ordination
* water survival and swimming skills
* the playing of specified games
* the ability to use equipment and space appropriately and safely.

**Provision**

• Keep up-to-date with new developments and disseminate information to colleagues as appropriate;

• Liaise with other P.E. Co-ordinators and outside organisations;

• Co-ordinate visits by guest coaches. Assessment, Recording and Reporting • Feedback to pupils about their own progress takes place in the context of the P.E. lesson;

• Formative assessments are made by the PE Teacher and observations during P.E. lessons;

• Record keeping should be kept to a minimum: it should not be time-consuming or interfere with teaching activities;

**Resources**

The Governors and Head Teacher are responsible for setting the budget. All resources for P.E. are held in the P.E. shed.in the woods and the EYFS bike shed holds the balance bikes. They are used solely for the teaching of P.E. Equipment for play times is stored separately.

**Health and Safety**

P.E. is a potentially hazardous subject. All teachers and helpers should be aware of safety procedures, including procedures for fire.

* Know Safe and Unsafe Exercises
* Be aware of ‘at risk pupils’
* Make outside Coaches aware of the procedures
* All PE lessons will follow the latest Government guidance and National Governing Bodies for sport guidelines on the delivery of PE and Sport.

Teachers should:

• Establish routines and safe habits of preparation.

• Practise safe lifting, carrying and lowering of bulky equipment. The number of children required to carry an item of apparatus will depend on the child’s size rather than their age and teachers must err on the side of caution whilst understanding that too many hands can be hazardous too.

* Ensure that the children are suitably dressed in PE kits before the lesson begins.

P.E. KIT

This should be:

* Shorts, t-shirt and socks. Optional sweatshirt and jogging bottoms can be worn
* Bare feet for Gymnastics work.
* Ideally trainers for outdoor games, or indoor work that may pose a hazard to bare feet e.g. indoor hockey.
* Clothing should not be loose, long or baggy.
* Long hair must be tied back.
* All jewellery must be removed.

The policy was updated in January 2022 to align with the new National Curriculum. The policy is reviewed and updated annually by the PE Co-ordinator.