



# **Physical Education Policy**

**Review Date: September 2021**

# **P.E. POLICY**

## **RATIONALE**

All children have a right to a broad, balanced and relevant education, which provides continuity and progression and takes individual differences into account. We believe it is important to build on children's enthusiasm for movement to ensure success in P.E. Children should be given the opportunities to participate in a wide range of enjoyable, physical activities and through these, experiment with movement and ideas. We want children to develop confidence in their physical abilities, to find out what they can do and to take on new challenges.

## **AIMS**

The aims of P.E. are to enable the children:

- to become skilful and intelligent performers;
- to acquire and develop skills;
- to perform with increasing physical competence and confidence in a range of activities;
- to find enjoyment in Physical Education at their appropriate level;
- to provide equal opportunities for all;
- to learn how to learn and apply skills, tactics, compositional ideas to suit the activities and the effect exercise has on the body;
- to encourage the children to look closely at their work and suggest areas for improvement;
- to set targets for themselves and compete against others, individually and in a team;
- to understand what it takes to succeed and acknowledge others' success;
- to make informed decisions about the importance of exercise in their lives;
- to develop positive attitudes to participation in physical activity.

## **IMPLEMENTATION**

- to provide two hours of high quality P.E. per week for each class across the four strands of learning;
- to provide a balanced PE programme which is progressive , continuous and inclusive throughout the school;
- to use published schemes to deliver the P.E. curriculum;
- to use DVD's to show the core task for each unit so they know what to aim for and to help them improve their performance;
- to promote physical activity and healthy lifestyles;
- To inform the children of clubs outside of school hours which they could attend to achieve the five hour target for each child.

- To make sure in the planning there are opportunities for the more able children.
- Using school club links get the more able children into clubs outside of school for more expert coaching.
- Send the more able students to the gifted and talented day run by the School Sports Partnership.

### **ASSESSMENT AND RECORDING**

- After each six week unit of work the teacher will assess the pupil's progress by using a traffic light system. Green for above expected for the year group, yellow for expected for that year group and red for below expected;
- The results from these assessments can then be put together to give an overall assessment for gym, dance and games for the whole year.
- the assessment is recorded on a class list which is stuck next to the learning outcomes for the particular unit they are covering;
- Use photographs to record level of achievement.

### **EQUALITY AND INCLUSION**

- Osidge School is committed to inclusion and the ethos of the school is to help provide a P.E. environment in which he/she can develop to their full potential, whatever that pupils needs and irrespective of ability, race or gender.

Policy to be reviewed Autumn 2021