



## Policy for Physical Education

### **Rationale**

Children should be taught to be physically active and to engage in activities that involve the whole body, to improve flexibility and develop strength and endurance.

Through practise and repetition, Physical Education activities in school develop these skills. Children are also encouraged to be aware of safety in Physical Education, correct use of equipment, care of their own bodies and good hygiene.

### **Aims**

- Develop physical competence and to help promote physical development.
- Teach pupils to know about the benefits of physical activity throughout life.
- Develop an appreciation of improving personal skills in P.E.
- Develop commitment, fairness, enthusiasm and enjoyment in all physical activities.
- Develop self-esteem and inter-personal skills through P.E. activities

### **Objectives**

- For each pupil to be given a wide experience of different kinds of Physical Education, incorporating the use of specialized and nonspecialised sporting equipment.
- Activities all children will take part in will include Athletics, Dance, Games, Gymnastics, Outdoor and Adventurous Education and Swimming.
- Each child will be encouraged to aim for 2hrs participation in P.E. each week inclusive of curriculum and non-curriculum time.
- All classes are timetabled to take part in two sessions of Physical Education each week.

- Whenever possible and appropriate coaching specialists are brought into school to broaden the experiences of pupils and to improve the expertise of teaching staff, through working alongside these specialists.
- Through involvement in The School Sports Co-ordinator Programme, links between cluster schools will increase participation in Interschool competitions in P.E. and develop the use of a more varied range of resources.

**Guidelines** ○ The Q.C.A. schemes of work are used as a basis for the planning of each half terms work. This guarantees that pupils will cover all aspects of the P.E. curriculum as laid down in the programs of Study in the N.C. document.

- The L.C.P. scheme of work is available throughout school to use as an additional resource for teachers to use in their long term and short term planning.
- The Foundation Stage Profile is used as a basis for planning each half terms work.

### **Review and Monitoring**

The teacher in charge of the subject will be responsible for reviewing and monitoring P.E. in school.