



## HESKIN PEMBERTON'S C.E. PRIMARY SCHOOL

### PHYSICAL EDUCATION POLICY

*"Physical Education is for every youngster- to help them learn about themselves, learn about their bodies, learn about ways to become physically active"*

*G. Graham*

*"Street hockey is great for kids. It's energetic, competitive, and skilful. And best of all it keeps them off the street."*

*Radio 1 Newsbeat*

#### MISSION STATEMENT

We are a happy Christian school, where everyone is helped to do the best they can.

JOY - LOVE - RESPECT - CREATIVITY - FORGIVENESS - PERSEVERANCE - THANKFULNESS

#### INTRODUCTION

This policy reflects the school's values, ethos and philosophy in relation to the teaching and learning of Physical Education at Heskin Pemberton's Primary School.

#### THE NATURE OF PHYSICAL EDUCATION

Physical Education is about developing every child's enjoyment, confidence and skill in physical activities and introducing them to the pleasures and benefits of sport and sporting activities. It is a practical subject which gives all children, irrespective of age or gender, opportunities for participation, enjoyment and success. Physical Education also promotes personal, social, intellectual, physical and problem-solving skills and at Heskin Pemberton's it attempts to foster cooperation, tolerance and positive self esteem.

## AIMS

The national curriculum for physical education aims to ensure that all pupils:

- Develop competence to excel in a broad range of physical activities
- Are physically active for sustained periods of time
- Engage in competitive sports and activities
- Lead healthy, active lives.

In addition to that, at Heskin Pemberton's we aim to promote an enjoyment in undertaking physical activity and exercise in all children that will be continued into adulthood as part of a healthy lifestyle.

We aim to:

- Enable pupils to experience a broad and balanced curriculum.
- Develop physical competence and to promote physical development, coordination, balance, flexibility, stamina and strength.
- Develop problem solving skills.
- Enable pupils to recognize, through experience, the benefits of participation in physical activities in an enjoyable, safe and challenging way.
- Increase self esteem through the development of physical confidence and enjoyment.
- Develop inter-personal skills and cooperation.
- Develop the appreciation of fair play and honesty.
- Develop the ability to appreciate the aesthetic qualities of shape and movement.

- Enable pupils to identify ways of improving their performance and the performance of others.
- Enable to pupils to understand and cope with a variety of outcomes, including success and failure.
- Develop the pupils' understanding of the term 'healthy lifestyle'.

## INCLUSION

At Heskin Pemberton's we recognise our responsibility to provide a broad and balanced curriculum for all our pupils, as identified in the Inclusion Statement in the National Curriculum. All aspects of the curriculum reflect the three principles essential to developing a more inclusive curriculum:

- setting suitable learning challenges
- responding to pupils' diverse learning needs
- overcoming potential barriers to learning and assessment for individuals and groups of pupils

## HEALTH & SAFETY

The school follows the safety requirements as stipulated by the guidelines in 'Safe Practice and Physical Education' (BAALPE). During Physical Education sessions children will be encouraged to discuss safety implications concerning themselves, the setting, equipment and other participants. They will be expected to behave in a considerate, responsible manner.

Staff will also ensure that:

- All equipment and apparatus is safe to use.
- All pupils understand how to use and move equipment and apparatus safely.
- Children are appropriately supervised.
- Appropriate precautions and procedures are followed during swimming lessons, e.g. a red swimming cap should be worn, whilst swimming, by children who have specific medical conditions.

- All settings are safe and free from hazards.
- All staff participating in a Physical Education lesson are clothed appropriately for the activities.
- All children participating in a Physical Education lesson are clothed appropriately for the activities.
- Long hair is secured.
- Jewelry is removed or secured.

## PLANNING & TEACHING PHYSICAL EDUCATION

The Class Teacher will plan lessons covering the aims and objectives of the National Curriculum for Physical Education. The delivery of the curriculum will be supported by the Lancashire Scheme of Work for Physical Education and appropriate coverage of each of the various areas of Physical Education will be guided by our school's Planning Cycle. Evaluated Medium Term Plans will be monitored by the Subject Leader and support/observations will take place, as and when appropriate, in order to help monitor the attainment of pupils throughout the school. The pupils at Heskin Pemberton's will experience at least two hours of high quality Physical Education and/or Physical Activity every week. The teachers at Heskin Pemberton's will use a wide range of resources and teaching styles to deliver the Physical Education Curriculum and will endeavour to make suitable and worthwhile links to other areas of the curriculum in order to support creativity.

## EYFS

At Heskin Pemberton's we encourage the physical development of our children in the Reception Year Group as an integral part of their work. We follow the Statutory Framework for the Early Years Foundation Stage (September 2014) and we relate the physical development of the pupils to the objectives set out in the Early Learning Goals, which underpin the curriculum planning for children aged three to five years of age.

We encourage the children the opportunity to:

- Being active & interactive

- Develop their co-ordination, control & movement
- Understand the importance of physical activity
- Make healthy choices in relation to food
- Be safe when participating in physical activities

At Heskin Pemberton's we give all children the opportunity to undertake activities that offer appropriate physical challenge, both indoors and outdoors, using a wide range of resources to support specific skills and abilities.

### ASSESSMENT, RECORD KEEPING & REPORTING

At Heskin Pemberton's, Assessment is continuous. Members of staff will make informal judgements throughout every lesson and formal assessment, evaluations and annotations will be made on Medium Term Plans, if appropriate.

Formal assessment of swimming ability and water safety knowledge will be made at the end of each academic year.

The children will be encouraged to evaluate their performances and the performances of others, utilising the principles of Assessment for Learning.

Parents are welcome to discuss the progress of their child at anytime with the Class Teacher. Formal notification of Effort and Attainment in Physical Education will be graded and reported to parents in Annual Reports.

### COMPUTING

The pupils at Heskin Pemberton's will be provided with opportunities to use their ICT skills, knowledge and understanding in order to support their work in Physical Education.

### REVIEW

The Policy will next be reviewed in February 2022.

Alan Brindle  
February 2020

