

PE Policy at Mereworth Community Primary School

Intent:

At Mereworth, we understand how critical a part Physical Education and sport plays in our children's futures. We aspire to develop a real passion for sport across the school and encourage all pupils to retain the motivation, resilience and drive to want to succeed within lessons, competitions and tournaments. Through high quality teaching and learning, we also aim to ensure that all pupils enjoy their physical education, develop their team work and positive attitudes, and have the knowledge to continue to improve further.

At Mereworth, we aim to develop our children's perseverance, determination and motivation whilst demonstrating excellent sportsmanship at all times. In line with the legacy of the London 2012 Olympic Games, we are committed to developing our sports provision and working with our children to give every child the opportunity to participate in a wide variety of sports. In addition to this, we endeavour to promote and support a healthy, active lifestyle to enable every pupil to have a brighter future.

Children are able to participate in a broadening range of sports across the year, taught by our experienced class teachers.

How Mereworth Community Primary School uses the PE and Sports funding

We believe that the sports funding must be used for:

Key indicator 1: The engagement of all pupils in regular physical activity.

Key indicator 2: The profile of PE and sport being raised across the school as a tool for whole school improvement.

Key indicator 3: Increased confidence, knowledge and skills of all staff in teaching PE and sport.

Key indicator 4: Broader experience of a range of sports and activities offered to all pupils.

Key indicator 5: Increased participation in competitive sport.

- all children benefit regardless of sporting ability;
- all pupils will be given the chance to develop their technical skills and reach a high level of physical fitness;
- children will have the opportunity to participate competitively in inter-school and district tournaments with local schools;
- staff have access to training opportunities and continued professional development.

Funding will be used to improve confidence amongst staff in the delivery of high quality PE lessons across the school. This is the most effective and efficient way for the funding to have a long lasting and positive effect on future learning and physical development of children within our school.

Our overall aim at Mereworth Community Primary School is to use our Sports Funding to continue to raise the quality of teaching PE and sport in school, ensuring that standards are consistently good and outstanding and pupils are motivated to keep themselves physically fit, fully understanding the long-term health benefits of physical exercise.

Mereworth Community Primary School

PE Policy 2019 – 2020.

Physical education, when experienced in a safe and supportive environment, is a vital and unique contributor to a pupil's physical and emotional health development and well-being.

Physical education develops pupils' physical competence and confidence and their ability to use these to perform in a range of activities. It promotes physical skilfulness, physical development and knowledge of the body in action. It provides opportunities for pupils to be creative, competitive and to face up to different challenges as individuals and in teams. It promotes positive attitudes towards active and healthy lifestyles.

Mereworth Community Primary School believes that physical education, experienced in a safe and supportive environment, is vital and unique in its contribution to pupils' physical and emotional development and health.

A balance of individual, team, co-operative and competitive activities aims to cater for individual pupils' needs and abilities. The scheme of work is based on progressive learning objectives which, combined with varied and flexible teaching styles, endeavour to provide appropriate, stimulating, challenging and enjoyable learning situations for all pupils.

The TLG-PE scheme aims to promote an understanding of the many benefits of exercise, through a balanced range of relevant activities. Physical Education is considered as a vehicle to facilitate access to cross-curricular themes, skills and dimensions, rather than a subject concerned exclusively with the acquisition of motor skills and techniques.

Curriculum Implementation:

Physical education involves pupils in the continuous process of acquiring and developing skills; selecting and applying skills, tactics and compositional ideas; knowledge and understanding of fitness and health; and evaluating and improving performance. Through the programme, pupils should have the opportunity to meet the physical education and school sport high quality outcomes:

- .. Learners show commitment to PE and school sport
- .. Learners know and understand what they are trying to achieve
- .. Learners understand that PE and school sport are part of a healthy, active lifestyle
- .. Learners have the confidence to get involved
- .. Learners willingly participate in a range of activities
- .. Learners think about what they are doing and make appropriate decisions
- .. Learners show desire to improve and achieve
- .. Learners have stamina, suppleness and strength
- .. Learners enjoy PE and school sport

HEALTH RELATED ACTIVITY

Pupils should be taught:-

1. How exercise affects the body in the short term.
2. To warm up and prepare appropriately for different exercises.
3. Why physical activity is good for their health and well-being. Pupils should be encouraged to develop active lifestyles that can be maintained throughout adult life.
4. To support teachers' and support staff's awareness of how health and fitness can support whole school improvements.
5. To foster an enjoyment, and positive attitude to Physical Education in school.

SUSTAINING THE IMPROVEMENTS

We are extremely proud of all the children who have participated in sporting events and who are always outstanding ambassadors for the school. We are determined to build upon these early successes during this academic year and will do this by:

- continuing to develop the P.E curriculum to ensure that all children, across the school, are introduced to a wide range of sporting activities.
- using coaches to up skill teaching staff to deliver outstanding PE provision.
- entering competitions, allowing the children to compete against others and develop their love of sports and P.E.
- sharing sporting successes within school e.g. in assembly, on newsletters, on the website etc.
- building upon the range of sporting clubs offered within school.
- promoting sports across the school and using children as ambassadors to encourage more children to participate.
- supporting children to develop their skills outside of school by sharing expertise as appropriate.

Impact

Our curriculum aims to improve the wellbeing and fitness of all children at Mereworth, not only through the sporting skills taught, but through the underpinning values and disciplines PE promotes. Within our lessons, children are taught about self-discipline and that to be successful you need to take ownership and responsibility of your own health and fitness. Our impact is therefore to motivate children to utilise these underpinning skills in an independent and effective way in order to live happy and healthy lives. In all classes children have a wide range of physical ability. Whilst recognising this fact, we provide suitable learning opportunities for all children by matching the challenge of the task to the ability of the child and in doing so raise pupils' health (considering

childhood obesity) and fitness levels, improve skills and develop pupils' respect, teamwork and perseverance (school values).

The use of assessment, questionnaires and surveys (pupils and staff) and by talking to children the quality of lessons and confidence in the teaching of PE improves and as a result the enjoyment and positive outcomes increases.

Appendix 1:

JEWELLERY, BODY PIERCING, PERSONAL EFFECTS AND CLOTHING

All personal effects, including but not limited to watches, earrings, religious artefacts and hair slides should be removed prior to a PE lesson. Teachers, support staff and PE coaches are not able to assist children with the removal of these items. In the event that it is not possible for such effects to be removed, the child in question will be prohibited from joining in with the practical aspects of the lesson.

Footwear should always be fit for purpose. When taking part in outdoor lessons, pupils should have trainers or plimsoles. When taking part in indoor lessons, pupils should have bare feet or plimsoles. Socks are not permissible, as they present a slip hazard.