



**Date: Autumn 2014**

**Review Date: Autumn 2017**

**Revision 1.0**

## **P.E. STATEMENT**

At Polesden Lacey Infant School we aim to provide an enjoyable, satisfying and balanced programme in PE, with opportunities for all children to develop physically, socially and emotionally.

Children will be taught that exercise is beneficial to health. Our aim is that this will lead to the participation and enjoyment of healthy leisure pursuits in adulthood.

### **Areas of Activity**

The areas of activity studied will be gymnastics, dance and games.

### **Aims**

- to appreciate the need to change into and wear the appropriate clothing as quickly and carefully as possible
- to listen and respond to instructions and to understand the need for rules which are necessary for reasons of safety
- to promote good practice in PE lessons, e.g. to understand the need for warm-ups and warm-downs
- to provide a programme which allows the pupils to develop and apply the knowledge and skills, which they have learned
- to increase each pupil's awareness of his/her own capabilities and an appreciation of individual differences
- to develop a child's confidence during physical activities in a variety of situations, e.g. when performing to peers
- to help children to evaluate and understand how successfully they, and others, have achieved what they set out to do
- to develop the children's ability to work co-operatively

## **GUIDANCE NOTES for Health and Safety**

### **Clothing and Footwear**

Indoor - Tee shirt and shorts  
Barefoot work at all times

Outdoors - Shorts and tee shirt  
Socks and plimsolls  
Track suit

### **Adults should change footwear and clothing as appropriate**

#### **Valuables**

Watches and items of jewellery should not be worn in PE lessons. In particular, **earrings** should not be worn at any time of physical activity.

#### **Medical - Alert bands**

These should be taped around or covered with a sweatband.

#### **Verrucae**

Children should not be excluded from PE because of a verruca on the foot. Untreated verrucae do not need to be covered, those being treated should be covered by a plaster. Plimsolls may not be worn for indoor PE.

#### **Hair**

Long hair should always be tied back. Grips or hard headbands should not be worn.

#### **Mats**

Mats should only be used as a continuation of apparatus and not to be considered as safe landing places under apparatus. When carrying mats, children should be facing the direction in which they are going. Children should always bend knees to pick up, straighten to lift and bend to put down again. A maximum of six children may carry a mat.

#### **Benches**

A child should be at each end to move a bench away from the wall. Then a maximum of six children should carry the bench, facing the direction in which they are going.