

Date: Autumn 2017

Review Date: Autumn 2020

Revision

P.E. STATEMENT

In Physical Education (P.E.), children will experience an enjoyable, balanced programme focusing on developing their fundamental movement skills through Gymnastics, Dance and Games. The children will be taught the benefits of exercise to their health and the changes to their bodies that occur during exercise. Our aim is that the enjoyment experience during PE at school will lead to the participation of keeping active outside of school and in later life. In addition to PE lessons we offer the children other opportunities to be active such as morning exercises, the mile run, Forest Schools and weekly gardening sessions.

Aims

- To provide children opportunities to master basic movements including running, jumping, throwing and catching.
- To provide children opportunities to develop their balance, agility and co-ordination.
- To provide a programme which allows the pupils to develop and apply this knowledge and skills in different situations.
- To understand the tactics used in team games and having opportunities to practice using these.
- To develop a child's confidence during physical activities in a variety of situations, e.g. when performing to peers
- To develop the children's ability to work competitively and co-operatively
- To help children to evaluate and understand how successfully they, and others, have achieved what they set out to do
- To listen and respond to instructions and to understand the need for rules which are necessary for reasons of safety
- To promote good practice when exercises, e.g. the importance of a warm - up and warm - down.
- To understand the effects of exercise on the body and the changes that occur.

Guidance notes for Health and Safety

Clothing and Footwear

Indoor - Tee shirt and shorts

Barefoot work at all times

Outdoors - Shorts and tee shirts

(black jumper and tracksuits if suitable weather)

Socks and plimsolls or black trainers

Adults show 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 treater should be covered by a plaster. Plimsolls may not be worn for indoor PE.

Hair

Long hair should always be tied back. Grips or hand 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 bends knees to pick up, straighten to lift and bend to put down again. A maximum of six children may carry a mat.

Benches/Horses

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.