



Physical Education Policy (P.E)

Agreed January 2021
To Be Reviewed January 2024

P.E Policy

Vision Statement

Our aim is for all children at Castle Hill Infant School to experience high quality Physical Education, school sport and physical activity that will lead to lifelong participation in sport as part of a healthy lifestyle. By taking part in PE and school sport, we aim for our children to develop an enthusiasm for being active and healthy. We will teach the children the basic skills needed to throw, catch and take part in simple ball games whilst promoting competition and sportsmanship in sport.

Philosophy

Physical education at Castle Hill Infant School aims to develop fundamental skills of agility, balance and, co-ordination, individually and with others. It is primarily focused on providing high quality physical education that inspires all pupils to succeed and excel in competitive sport and other physically demanding activities.

Aims

It is statutory that children receive two hours explicit P.E taught lessons per week. In addition the school will strive to provide a further 2 hours in the form of clubs, physical activity within other areas of the curriculum and during playtimes and lunchtimes.

Children will be involved in a range of physical activity, including: dance, gymnastics, games, athletics, multiskills and OAA (Outdoor Adventurous Activities)

These activities will.....

- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
- allow for participation in team games, developing simple tactics for attacking and defending
- develop a range of motor skills, both fine and gross
- maintain and increase physical mobility and flexibility
- develop stamina and strength
- build character and help embed values of fairness and respect
- develop the ability to appreciate the aesthetic quality of movement
- develop self confidence and understand their capabilities
- develop an understanding of the importance leading healthy and active lives
- develop an awareness of space, both on a personal level and space around them

Objectives

To enable pupils to –

- develop competence to excel in a broad range of physical activities
- be physically active for sustained periods of time
- engage in competitive sports and activities
- perform confidently in a way that supports health and fitness
- perform dances using simple movement patterns

- use and carry large and small apparatus safely and in a variety of ways
- share apparatus safely
- work co-operatively
- appreciate and respond to sound (to include music)
- be able to express their ideas clearly and grammatically

P.E. lessons follow the recommendations of the Hampshire P.E. document Physical Education in the Primary Years.

Assessment

Assessment is by teacher observation.

By the end of Key Stage 1, children are expected to know, apply and understand the matters, skills and processes specified in the relevant programme of study.

Internal records are transferred to next class. Records are then sent to each child's junior school at the end of Year 2.

Health and Safety

Whilst participating in Physical Education a safe environment for staff and children must be maintained. There should be an awareness of safety by all concerned and therefore the following regulations will need to be carried out:

- Appropriate clothing will be worn by all undertaking physical education e.g. shorts and t-shirts. Clothing worn needs to be tucked in
- No jewellery is to be worn, including earrings
- Children must wear suitable clothing i.e. trainers, tee shirt and shorts. Letters will be sent home if a child misses a session because of inappropriate clothing or if they are wearing earrings.
- Children should be barefoot in doors (even if children have a verruca)
- Trainers shoes should be worn outdoors
- Staff are required to wear appropriate footwear and clothing as an example
- No physical education is to be undertaken unless an adult is present and observing
- Before any strenuous activity, a suitable warm up is required
- Likewise a cool down is needed after a strenuous activity
- Before doing any physical education the area must be checked for sharp objects or any other hazards
- Children will be taught to carry equipment safely and correctly, under adult supervision
- All year groups will be expected to put out and put away mats. This will require four children, two on each side
- All year groups will be expected to carry small apparatus such as the tables/benches/'A' frames. These must be carried in a set way by all, so that accidents are avoided
- Children will not be expected to carry cheese boards, or put out the ropes and the wall frame

- Children will be taught to carry all equipment safely. They should ensure that no-one is near who could be hurt; that equipment is not carried over heads; and feet are clear when equipment is put down
- Before any physical activity takes place the children need to see that the equipment is checked for safety by the teacher. A thorough external safety check is also done once a year
- No apparatus should be too high for children to jump from (e.g. a high box top). Instead another level is to be provided so that children can climb down and up
- Mats are required under some apparatus and at the end of others to enable a softer landing
- Children will be taught at a young age how to jump and land, especially from apparatus so that injuries to themselves are avoided
- Wall bars are differentiated by height and relevant to year groups
- Ropes are not to be climbed to the top unless a child is able to do so and the adult is close by for supervision
- No child must forward roll or handstand
- If a child is unsteady, due to physical problems, they may need extra support and the apparatus must be suitably differentiated
- Children need to have respect for others by waiting turns and being aware of the presence of others
- Equipment needs to be placed back correctly afterwards in its named place. Fire exits are not to be blocked
- In colder weather, jogging bottoms and jumpers must be worn as part of the school PE kit.
- Physical education needs to be done sensibly at all times so that the teacher is in full control and accidents are avoided
- If a serious accident occurs the child must not be moved until the first aider has been called to the hall

Outdoor P.E. Apparatus

The trim trail in the playground is for use by the children who attend Castle Hill Infant School in playtimes, lunchtimes and outdoor lessons during supervised school time only. The bark is examined regularly and raked and replenished when necessary. It is the responsibility of the adult in charge to carry out a safety check prior to use. Children are expected to work with regard to their own and other's safety and are encouraged to be considerate whilst enjoying the apparatus.

The outside apparatus in the Early Years Outdoor Environment is for use by children who attend Castle Hill Infant School during supervised school time only. Any children using the apparatus at any other time do so at their own risk. A sign to this effect is located on site.

Linked Policies:

- SEN Policy
- Single Equality Policy
- Child Protection Policy

- Curriculum Policy
- Health and Safety Policy
- Physical Activity Policy