



Shelley First School Physical Education Policy:

Policy Statement Shelley First School:

We recognise that high quality physical education, experienced in a safe and supportive environment, inspires all pupils to succeed and excel in competition sport and other physically demanding activities. It is a unique and vital contributor to a pupil's physical development, well-being and overall education and aims to provide opportunities for all pupils to become physically confident. It can teach the pupils, through purposeful experiences, to understand and value the benefits of participation in physical activity whilst at school and throughout life. A broad and balanced physical education curriculum is intended to facilitate the development of the pupil's body awareness, self-confidence and enjoyment of the activity. It is intended that pupils, irrespective of their innate ability, will enjoy success and achieve their full potential in P.E. we also aim to provide opportunities for all children to compete in sports and other activities that build character and promote values such as fairness and respect.



Aims Physical education offers opportunities for children to:

- Become skilful and intelligent performers
- Acquire and develop skills, performing with increasing physical competence and confidence, in a range of physical contexts
- Learn how to select and apply skills, tactics and compositional ideas to suit activities that need different approaches and ways of thinking
- Develop their ideas in a creative way
- Set targets for themselves and compete against others, individually and as team members
- Understand what it takes to persevere, succeed and acknowledge others' success
- Respond to a variety of challenges in a range of physical contexts and environments
- Take the initiative, lead activities and focus on improving aspects of their own performance
- Discover their own aptitudes and preferences for different activities
- Make informed decisions about the importance of exercise in their lives
- Develop positive attitudes to participation in physical activity



In addition to this we have a range of sporting activities on offer out of school hours which are changed each half term.

Useful websites:

<https://www.gov.uk/government/publications/national-curriculum-in-england-physical-educationprogrammes-of-study>

<https://www.yourschoolgames.com/>

<http://shelley.sites.schooljotter2.com/gallery>

<http://www.projectsport.org.uk/>

<https://www.thongsbridgetennisclub.org.uk/>