



# Trinity St Stephen First School

## PE Policy March 2021

A handwritten signature in blue ink, appearing to read "Ch. Higney".

Signed:

Headteacher

Dated: March 2021

Date of Next Review: March 2024

**Introduction:**

Our school believes that physical education, experienced in a safe and supportive environment, is a unique and vital contributor to a pupil's physical development and well-being. We aim to promote and foster an enjoyment and appreciation of the benefits of a healthy lifestyle as well as supporting the children in their development of team building skills.

**Our P.E curriculum is designed to:**

- Support the development of flexibility, strength, technique, control and balance through activities such as dance and gymnastics
- Teach skills such as running, jumping, throwing and catching
- Provide the children with opportunities to play competitive games such as hockey, bench ball, tag rugby, netball and football, and to develop the skills associated with these
- Set outdoor and adventurous activity challenges
- Teach coordination

**In addition, we aim to:**

- Give children the opportunity to challenge themselves within a safe and structured environment
- Promote a healthy diet and regular exercise as an essential part of everyday life
- Provide the children with access to sports outside their everyday PE experience
- Develop our children's stamina and general fitness levels
- Teach team building and competitive skills
- Develop a lifelong enjoyment of exercise and an understanding of its benefits.

**PE Lessons:**

PE is delivered through two weekly PE lessons. All children are expected to wear appropriate clothing, as are staff and to participate to their full capacity. Our PE kit comprises of shorts and t shirt for gymnastics and dance (bare feet are required for these lessons), and additional tracksuit bottoms and trainers for outdoor activities. Jewellery cannot be worn. The children are taught both indoors and outdoors throughout the changing seasons. Cold weather does not limit our curriculum; indeed we encourage the children to get outside as often as they can.

Children participate in a range of activities across the year, receiving a broad and balanced curriculum which teaches balance, control, coordination and stamina and which build on skills year upon year.

**Daily Mile:**

Children are given the opportunity to complete a daily mile during the school day. The aim is to improve fitness and general well-being.

**Lunchtimes:**

We aim to promote fitness and sport during the Lunchtime break. As such, PE equipment is available for the children to use and Year 4 leaders lead team games once a week. 'Sports Leaders' – children who have been trained to set up and lead games. This has been limited by 'Bubble' restrictions but will resume as soon as it is safe to do so.

**Extra-Curricular activities:**

We aim to provide the children with the opportunity to experience sports that may be beyond their usual experience. We aim to offer after school clubs such as: street dance, aerobics, gymnastics, football and multiskills. These clubs have been impacted by lockdown and Government restrictions.

**Sports Funding:**

We receive £17,170 each year to use within school to improve the quality of our PE provision within school. This is spent in a variety of ways including staff training, specialist P.E. coaching, resources, and providing the participation in competitive sport. For further information, please see our PE/Sports funding action plan.

*This policy is the subject of constant scrutiny and review to reflect the changing needs and development of our children and staff.*