GRINDON INFANT SCHOOL

WHOLE SCHOOL

PHYSICAL EDUCATION POLICY

Physical Education Policy

Introduction

Physical Education allows children to develop a love for sport that lasts their whole life. It develops pupils' physical competence and confidence so they can apply the skills learnt in range of activities. It promotes physical skilfulness, physical development and the knowledge of the body in action. Within Grindon Infant School, we embed positive attitudes towards active and healthy lifestyles. Children are encouraged to be active during break times and lessons where appropriate. Within this subject area, children are provided with the opportunity to be competitive which allows them to rationalise success and failure.

Aims and Objectives

- To promote physical development and the importance of living active and healthy lifestyles.
- To provide children with a range of activities and experiences to allow them to develop a love for sport.
- To build self-esteem through growing physical competence and to cope with success and failure in competitive and co-operative activities.
- To reflect on their own abilities, set their own targets and strive to improve upon their skills.

Curriculum

At Grindon Infant School, we follow the REAL PE programme, this focusses on 12 fundamental movement skills and 6 learning behaviours through fun and engaging lessons. In the Foundation Stage, children experience a range of activities both indoors and outdoors, in order to access the Physical Development aspects of the Curriculum. The children also have access to the main hall twice per week and complete 2 P.E lessons with a Class Teacher.

Within our curriculum, we ensure that:

- Each Key Stage 1 class is timetabled so that they can access the hall at least twice per week.
- Each EYFS class is timetabled so that they can access the hall at least once per week.
- Weather permitting; children have access to an outdoor area for PE.
- Class Teachers follow planning set out by the PE Subject Lead.
- The playground area is used to facilitate activities such as outdoor activities and games.
- Teaching Staff deliver high quality PE activities/lessons for 2 hours per week.
- After school sessions are ran weekly for children to sign up to in their year groups.
- Lunch time clubs provide focussed activities helping to establish healthy lifestyles.

At playtime and lunchtime the children have access to OPAL which encourages imaginative and creative play using a wide range of resources.

Care and Possession of Equipment

Children are encouraged to look after the equipment and are responsible for putting it away safely, when appropriate.

Health and Safety

Children work in bare feet during gymnastics as it allows for better grip when using the apparatus. Plimsolls/trainers are worn for all other P.E sessions. Children wear Active Uniform to school each day consisting of a red t polo shirt, black leggings/joggers or shorts/skort as well as suitable black trainers. Children may only take part in P.E. if they are suitably dressed in appropriate clothes and footwear so that we can ensure that they are safe, if children do not come to School in their Active Uniform, then they will get changed into a spare PE kit before the PE lesson. Children are not to wear any jewellery for school, including earrings, all jewellery must be removed before School and long hair should be tied back for P.E. lessons. During lessons, expectations of behaviour and the rules of games are clearly shared and these are expected to be followed. All apparatus is checked by the Teachers before commencing the lesson. Any apparatus deemed unsuitable is reported to the P.E. Lead who will then take the appropriate action. All apparatus is checked annually by a contractor. Children are taught how to handle apparatus safely and when appropriate are asked to support the Teacher in collecting resources back in at the end of the session.

Sports Premium Funding

Schools must use the funding to make additional and sustainable improvements to the quality of P.E. Money can be used to develop or add to the P.E, physical activity and sport activities that we already offer. Money spent will build capacity and capability within the school to ensure that improvements made now will benefit pupils joining the school in future years. There are 5 key areas in which the funding is intended to be spent:

- The engagement of all pupils in regular physical activity. (The Chief Medical Officer guidelines recommend that all children and young people aged 5 to 18 engage in at least 60 minutes of physical activity a day, of which 30 minutes should be in school).
- The profile of P.E. and Sport is raised across the school as a tool for whole-school improvement.
- Increased confidence, knowledge and skills of all Staff in teaching P.E. and Sport.
- Broader experience of a range of sports and activities offered to all pupils.
- Increased participation in competitive sport.

We will ensure we report how the money is spent and have this readily available on our school website.

Investments made will be continuously reviewed and evaluated to ensure suitable next steps can be planned to allow us to develop our P.E. provision. The P.E. Lead will be responsible for keeping this is up to date.

Active Curriculum

At Grindon Infant School we embed active and healthy lifestyles throughout our school day, not just within P.E. lessons. To do this we aim to have all Key Stage 1 children to be active for at least 30 minutes throughout the school day. Teachers will do this by planning active sessions within daily lessons and encouraging children to access a range of resources available on the school yard. All children participate in the daily mile on an afternoon which allows children fresh air and daily activity.

Wellbeing

At Grindon Infant School we believe Physical Education is an integral component of wellbeing. Our P.E curriculum provides pupils with enjoyable and worthwhile learning opportunities. Pupils are given the opportunity to interact with each other in a group situation to promote their personal and social skills. Our P.E curriculum aims to help pupils to develop their tolerance, cooperation, respect and resilience.

Children participate in a 5-10 minute mindfulness exercise through Bluejay mindfulness activities each day within their classroom to support children having a healthy mind.

Parental Involvement

We believe that developing healthy and active lifestyles starts at home. Throughout the school year we will plan events that parents can take part in including a P.E. Café for each year group. We also support parents in living and maintaining a healthy active lifestyle at home.

Physical Education Policy

Author's Name	Grindon Infant School
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SIGNATURES:

Head Teacher	
Chair of Governors	