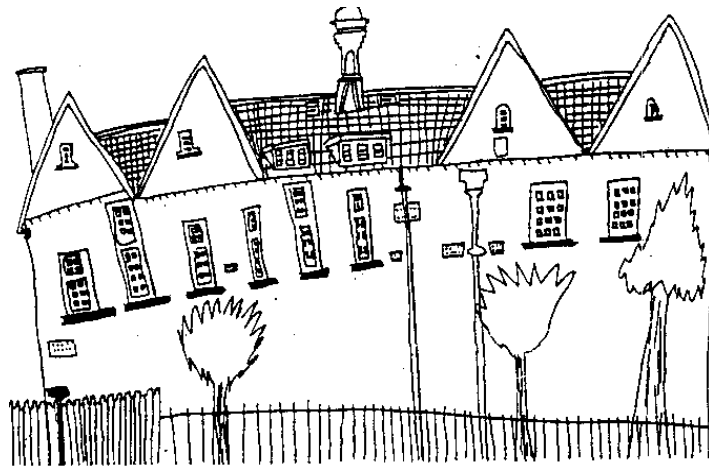


# Letchmore Infants' And Nursery School

## Physical Education Policy



**September 2024**

**Review Date - September 2026**

## 1. **INTRODUCTION**

PE is a non-core subject within 2014 National Curriculum and part of the Physical Development area of the EYFS. This policy outlines the purpose, nature and organisation of PE at Letchmore Infants' & Nursery School.

The implementation of this policy is the responsibility of all teaching staff who will ensure that teaching assistants are aware of the contents of this policy.

## 2. **NATURE OF PHYSICAL EDUCATION**

PE is concerned with developing children's enjoyment, confidence and skill in physical activity, introducing them to a range of competitive sport and encouraging them to excel in a broad range of physical activities.

It is recognised as contributing to the overall education and development of children and to help foster a healthy, active lifestyle.

## 3. **AIMS**

We aim to offer children opportunities to: -

- acquire and develop skills, performing with increasing physical competence and confidence, in a range of physical activities and 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 creative ways and respond imaginatively to a range of stimuli
- perceive sport as a means for helping others through taking part in regular charitable events
  
- understand and set targets for themselves and to play competitive games against others, individually and as team members
- respond to a variety of challenges in a range of physical context and environments
- take the initiative, lead activities and focus on evaluating and improving the quality of their own performance
- develop positive attitudes to participation in physical activities
- apply rules and conventions for different activities

- develop coordination and control
- understand the importance of being active in relation to fitness and health.
- understand how their bodies feel during and after physical activity
- to understand the need for safety and join in PE activities safely
- To be confident and physically literate

#### 4. ENTITLEMENT

All Y1 and Y2 children are entitled to access to games, gymnastics and dance.

It has been agreed that swimming will be taught at Almond Hill Junior School.

Children in the Foundation Stage (N and R) will have opportunities to take part in a range of physical activities appropriate to their development, leading through statutory framework for the Early Years Foundation Stage.

#### 5. IMPLEMENTATION

- Activities will be selected as appropriate to help develop children's fundamental skills, agility, balance and coordination.
- PE will be taught as a separate subject once a week, linked when appropriate to other curriculum areas.
- Both EYFS and KS1 will use *Get Set for PE* to support their PE teaching and assessment.
- Skills will be taught by teachers and TAs during Child initiated sessions in the week. This will link to the PE lessons and will focus on physical literacy skills.
- Children are taught in their normal class groups, divided into smaller groups or working individually as necessary.
- Aspects of all three areas of activity at KS1 will be taught in both Y1 and Y2.
- Sporting partnerships with Premier Sports will support the delivery and teaching of PE activities through the curriculum and through extra-curricular activities.

- Children with Special Educational Needs will have activities planned to meet their needs within the class, supplemented by support from a classroom assistant as necessary.
- Activities will be planned to allow full and active participation by all children irrespective of ability, gender, culture and ethnicity and disability.
- Health Education, particularly areas involving the benefits of exercise, will be addressed during appropriate PE lessons.
- The activities planned will meet the requirements of the school Health and Safety Policy.
- Children will wear appropriate PE Kit for indoor PE and will usually be barefoot. For outdoor sessions, children will wear PE Kit and appropriate footwear (e.g. plimsolls, trainers).
- No jewellery will be worn during PE. When children are wearing studs, these must be removed or taped over by the child, assisted by the teacher. If earrings cannot be removed or covered the child will not take part and parents will be informed.
- Long hair should be tied back
- Skills to be developed through this approach are
  - ability to move and set up pieces of apparatus independently and safely
  - ability to listen to, follow and carry out instructions
  - ability to work individually and co-operatively in groups
  - ability to understand and follow safety rules
  - ability to observe and evaluate the actions of themselves and others
- Details of knowledge, understanding and skills to be developed in games, gymnastics and dance at KS1 are contained in the New National Curriculum and to be in the PE folder.

6. **ASSESSMENT**

Assessment will be ongoing in accordance with any NC requirements and will be planned as an integral part of teaching and learning.

Get set for PE assessment criteria will be used to inform assessment and teacher assessment will then be recorded termly on Arbor.

7. **RESOURCES**

Equipment will be inspected annually to meet safety requirements.

Large apparatus is stored and sited in the Hall and should be replaced correctly at the end of every session. Children are trained in lifting, carrying and setting out apparatus as appropriate for their age group.

Small apparatus is stored in trolleys, used in conjunction with individual mats in the hall or outside. The playground has a marked grid for use in PE sessions.

Dance resources are stored in the Hall and in the classrooms.

Games equipment and a parachute for games are stored in the Hall.

Reception and Nursery have their own selection of resources.

Lunchtime resources for use with trained MSAs are stored in outside sheds.

8. **BACKGROUND DOCUMENTATION**

This document was informed by reference to the National Curriculum 2014 and the EYFS.