



Westcott Church of England School

High Street, Westcott, Aylesbury, Buckinghamshire HP18 0PH

01296 651360

office@westcott.bucks.sch.uk

www.westcott.bucks.sch.uk

Headteacher **Mr Barry Grace**

## Westcott C of E School

### Physical Education Policy 2021

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.

#### ABOUT THE POLICY

Westcott CE School is committed to providing all children with learning opportunities to engage in Physical Education. This policy reflects our school's values and philosophy in relation to the teaching and learning of PE. It sets out a framework within which teaching and non-teaching staff can work, and gives guidance on planning, teaching and assessment. The policy should be read in conjunction with the framework provided by The National Curriculum for Physical Education which sets out in detail the rationale for teaching each area of the PE Curriculum. The Framework for PE will give the detail of the specific skills that will be developed for the majority of pupils in each year Key Stage.

#### **Rationale:**

Physical activity not only improves health, reduces stress and improves concentration, but also promotes correct physical growth and development. Exercise has a positive influence on academic achievement, emotional stability and interaction with others. PE develops the children's knowledge, skills and understanding, so that they can perform with increasing competence and confidence in a range of physical activities.

#### **Purpose:**

1. To promote a healthy and fulfilling lifestyle by developing self-motivation to take part in physical activity outside school as recreation:
2. To contribute to the physical development of each child: size, strength, fitness, speed, gross and fine motor skills.
3. To contribute to the intellectual development of each child
4. To help establish the individual child's self-esteem and confidence. To develop social skills (cooperating in groups, playing fairly to rules, mixing with children from other schools).
5. To ensure that every class includes Level 1 competition (competition within the school) at the end of every unit of work.
6. To ensure every child is given the opportunity to take part in breakfast and after school sports clubs at a suitable age and, when possible, to enter external competitions and tournaments.





### Guidelines:

1. Support the development of flexibility, strength, technique, control, and balance through activities such as dance and gymnastics.
2. Teach skills such as running, jumping, throwing, and catching.
3. Provide the children with opportunities to play competitive games such as rounders, tag rugby, netball, and football, and to develop the skills associated with these.
4. Teach coordination.
5. Ensure that all children leave school able to swim 25 metres, using a range of strokes effectively and are all able to perform safe self-rescue.
6. Give children the opportunity to challenge themselves within a safe and structured environment.
7. Promote a healthy diet and regular exercise as an essential part of everyday life.
8. Provide the children with access to sports outside their everyday PE experience.
9. Develop our children's stamina and general fitness levels.
10. Teach team building and competitive skills.
11. Develop a lifelong enjoyment of exercise and an understanding of its benefits.
12. Follow a broad and balanced PE curriculum fulfilling the demands of the National Curriculum.
13. Provide opportunities for pupils to compete in Level Two competition (with other schools).
14. Integrate, where possible, into other curriculum areas.
15. Develop programmes that meet the needs of all the children, providing equal opportunities
16. Inclusion of SEN and physical disabilities.
17. Ensure children wear the Westcott P.E. kit for all lessons. Jewellery must not be worn, although earrings (studs) may be covered. Teachers should wear appropriate clothing to teach PE lessons.
18. Make allowances for children with disabilities and medical conditions, considering children with special needs, through modified and mini versions of games and practices.
19. Provide enjoyable experiences, where positive attitudes of sensitivity, cooperation, competition, and tolerance may develop

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.

Staff should use the *Safe Practice in Physical Education, School Sport and Physical Activity* located in the office to ensure they are following good health and safety guidelines during PE sessions.