



# Physical Education (P.E.) Policy

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Physical Education (P.E.) Policy  
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## 1. Introduction

- 1.1. At St. George's School we believe 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. Therefore both teachers and children should be aware of its importance. We provide the broad and balanced programme of physical education we believe every child should have; with activities designed to be enjoyable, vigorous, purposeful and regular. Through providing positive experiences, a lifelong interest in physical activity is encouraged. The range of physical activities is wide and includes athletics, dance, games, gymnastics, swimming and outdoor education. A high quality programme is designed to satisfy the needs, abilities and interests of all individual children. At St. George's School each class receives 1 hour of games, 1 hour of dance and 1 hour gymnastics or swimming per week. The sessions will contain elements required by the National Curriculum.

## 2. Aims

- 2.1. To promote a healthy and fulfilling lifestyle by developing self-motivation to take part in physical activity outside school as recreation:
  - by developing a positive attitude and interest in a wide range of physical activities.
  - by raising awareness of issues regarding Health Related Fitness.
- 2.2. To contribute to the physical development of each child: size, strength, fitness, speed, gross and fine motor skills.
- 2.3. To contribute to the intellectual development of each child:
  - by showing appreciation and understanding of Dance and Gymnastics.
  - by showing a greater understanding of the importance of tactics in team games.
- 2.4. To help establish the individual child's self esteem and confidence.

- 2.5. To develop social skills (co-operating in groups, playing fairly to rules, mixing with children from other schools).
- 2.6. To ensure every child has the opportunity to take part in P.E lessons and extra curriculum sports clubs.

### **3. Teaching structure**

#### **KS1 pupils**

##### 3.1. KS1 pupils should be taught to:

- Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
- Participate in team games, developing simple tactics for attacking and defending
- Perform dances using simple movement patterns.

#### **KS2 pupils**

##### 3.2. Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

##### 3.3. Pupils should be taught to:

- use running, jumping, throwing and catching in isolation and in combination
- play competitive games, modified where appropriate (for example, football, hockey, dodge ball, rounders and shuffle ball), and apply basic principles suitable for attacking and defending
- develop flexibility, strength, technique, control and balance (for example, through athletics and gymnastics)
- perform dances using a range of movement patterns
- take part in outdoor and adventurous activity challenges

both individually and within a team

- compare their performances with previous ones and demonstrate improvement to achieve their personal best.

#### **4. P.E. Lesson Structure**

- 4.1. At St. George's School we promote a warm up activity, main game and a cool down activity.

#### **5. Special educational needs**

- 5.1. At St. George's School we aim to ensure that all children have access to the P.E curriculum whatever their ability or individual need. We plan lessons which allow the curriculum to be tailored to the needs of the individual.

#### **6. High Potential Learners**

- 6.1. It is fundamental to the ethos at St. George's School that each child is seen as an individual and that we ensure opportunities are given to develop talents in a particular area. We aim to provide opportunities and experiences to further develop those children seen as high potential learners in P.E and enrichment activities are incorporated within their learning wherever possible such as:

- Using a specialist dance teacher
- Using specialist gymnastic teacher
- Using specialist swimming teachers who have multiple groups based on ability
- Organise outside sports workshops
- Sports Day

#### **7. Health and Safety**

##### **7.1. P.E Kit**

At St. George's School we insist on the children wearing the correct kit for P.E these are:

- **Gymnastics** – Full St Georges P.E. Kit (shorts, t-shirt, tracksuit, white socks and trainers).

- **Swimming** – Full school tracksuit, towel, swimming hat (long hair) and swimming costume (plain black or navy)
- **Games** – Full St Georges P.E. Kit (shorts, t-shirt, tracksuit, white socks and trainers)
- **Dance & Drama** – Plain black t-shirt, plain black trousers and trainers.

#### 7.2. *Children without Kit*

At the beginning of each term parents will be informed by letter of PE kit requirements and they will have the opportunity to discuss any serious reservations with the Head Teacher. A child who has forgotten their kit should first be reminded by the teacher. If it is an ongoing problem an informal conversation with the parents would be appropriate.

#### 7.3. *Accidents*

For minor injuries (bruises and bumps) children should be encouraged to continue where possible but sit and watch if necessary. For small cuts or grazes the teaching assistant should accompany the children to apply first aid. For serious accidents (head injuries, serious cuts or suspected fractures) the teacher should stay with the child and send the teaching assistant or two responsible children to inform the school office. After the incident the teacher must complete an accident report form.

#### 7.4. *Medical Conditions*

It is the responsibility of the teacher to take note of any medical conditions of individual children in their class (such as asthma, diabetes or epilepsy) so they can participate safely and as fully as possible. It should be noted that cold dry weather will exacerbate breathing problems for asthmatics and they should have their inhalers at hand if necessary.

#### 7.5. *Other Issues*

Swimming sessions have been risk assessed. The premises have been risk assessed by the Health and Safety Officer. All playgrounds and halls (including apparatus) will be safety checked annually. Equipment is checked by the subject

leader on an ongoing basis. If any defect is found in any of the PE equipment this must be reported immediately to the PE coordinator and taken out of use. Children should be made aware of safe handling of the PE equipment.

#### 7.6. *Locating equipment*

Core Games equipment is kept in the PE shed in the playground. Any new equipment required can be ordered through the PE coordinator. The school has already invested in new equipment to be used during playtimes and in PE lessons, this is ongoing.

### **8. Recording and Assessment**

- 8.1. At St. George's School we have introduced an assessment tracker to provide an individual guide to key skills; these are based on the National Curriculum. These will be assessed once a term. Progress in P.E is reported to parents formally in the full school report.

### **9. Monitoring and Review**

- 9.1. This policy will be monitored by the Deputy Head Teacher and reviewed yearly.

**14 April 2016**  
**Stuart Compton, Deputy Head Teacher**