



DIOCESE OF CHESTER

**ASTBURY ST MARY'S  
CHURCH OF ENGLAND PRIMARY SCHOOL**

**PE POLICY**

## **ASTBURY ST. MARY'S CHURCH OF ENGLAND PRIMARY SCHOOL**

### **Policy on Physical Education (PE)**

#### **Aims and objectives**

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. These include dance, games, gymnastics, swimming and water safety and athletics. Outdoor adventure activities take place in Years 5 and 6 during residential visits. PE promotes the children's understanding of their bodies in action and changes that take place. It involves thinking, selecting and applying skills, and it promotes positive attitudes towards a healthy lifestyle. Through PE we encourage and enable the children to make informed choices about physical activity throughout their lives.

Our objectives in the teaching of PE are:

- to enable children to develop and explore physical skills with increasing control and coordination;
- to encourage children to work and play with others in a range of group situations;
- to develop the way in which children perform skills, and apply rules and conventions, for different activities;
- to show children how to improve the quality and control of their performance;
- to teach children to recognise and describe how their bodies feel during exercise;
- to develop the children's enjoyment of physical activity through creativity and imagination;
- to develop an understanding in children of how to succeed in a range of physical activities, and how to evaluate their own success.

#### **PE curriculum planning**

At Astbury school we follow the core tasks and Chris Quigley document, 'Planning a Skills Based Curriculum.'

Class teachers complete a lesson plan for each PE lesson, which identifies learning objectives and outcomes, and gives details of how the lesson is to be taught.

We aim to cater for all needs of the children no matter whatever their ability or individual needs. Where a child has gross or fine motor skills, provision is put in place to provide additional support, and where a child demonstrates a particular skill or talent, opportunities are provided for the child to extend their skills.

We provide a range of extra-curricular activities that allow children to put into practice that they have learnt in lessons.

#### **The Early Years Foundation Stage**

We follow the Development Matters document, in line with the Early Learning Goals, which underpin the curriculum planning for children aged birth to five years of age. We encourage the children to develop confidence, control of the way they move, and care in the handling of tools and equipment. We give all children the opportunity to undertake activities that offer appropriate physical challenge, both indoors and outdoors, using a wide range of resources to support specific skills. The children are supported in developing an understanding of the importance of keeping healthy, physical activity and the changes to their bodies when active.

#### **Assessment for learning**

Teachers assess children's work in PE by making assessments as they observe them working during lessons. Older pupils are encouraged to evaluate their own work and to suggest ways in which to improve. Teachers record the progress made by children against the learning objectives for their lessons.

## Health and safety

It is the general teaching requirement for health and safety that applies to this subject. We encourage the children to consider their own safety and the safety of others at all times. Guidelines are set out in the Government handbook Safe Practice in PE. We expect every pupil and staff to change for PE into the agreed clothing for each activity area. No jewellery is to be worn for any physical activity. If earrings cannot be removed, they must be covered with surgical tape. Hair must be tied back in a suitable manner.

If a child forgets their PE kit, a text message will be sent to parents as a reminder for the next lesson.

This policy will be monitored and reviewed at least every two years.

Approved for Issue

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Chairman of Governors

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Date

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Headteacher

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Date