

Physical Education

Purpose

This procedure reflects the values and philosophy of the school in relation to Physical Education (PE).

Rationale.

Physical education is a foundation subject within the National Curriculum. In this school the work is set within the context of "learning from doing"

Ewanrigg School aims, through physical education:

- To improve the health and wellbeing of every child.
- To provide background skills and the motivation to opt into physical activity as a lifestyle habit.
- Through the areas of activity within the Curriculum programmes of study, provide and contribute to the whole curriculum, through artistic, aesthetic, cultural, personal and social education, health and fitness and cross-curricular learning.

Aims

PE develops the children's knowledge, skills and understanding, health and well-being so that they can perform with increasing competence and confidence in a range of physical activities.

- To enable children to develop and explore physical skills with increasing control and co ordination.
- Children should be given the opportunity to participate as individuals, in pairs and in groups.
- To develop the knowledge, understanding and skills to plan, perform and critically evaluate their own and others success and performance of an activity.
- To develop a range of physical skills and appreciate the benefits of physical activities in school and throughout life.
- To develop personal and interpersonal skills, showing appreciation of fair play, honest competition and good sportsmanship.
- To develop knowledge of how the body moves and works and be able to name the different parts of the body.
- To develop the children's enjoyment of physical activity through creativity and imagination.
- To develop personal qualities such as self esteem, self-confidence, tolerance and empathy.
- To develop the health and wellbeing of all children.
- Physical Education lessons should be as active as can be with little time spent on queuing, sitting and standing.
- To provide a safe environment that provides challenge but eliminates danger.

Teaching and Learning style

We use a variety of teaching and learning styles in PE lessons our principle aim is to develop the children's knowledge, skills and understanding and we do this through a mixture of whole class teaching and individual/group activities. Teachers draw attention to good examples of individual performance as models for the other children.

We provide suitable learning opportunities for all children by matching the challenge of the task to the ability of the child. We achieve this through a range of strategies:

- Setting common tasks that are open ended;
- Setting tasks of increasing difficulty.
- Grouping children by ability and mixed ability, setting different tasks to different groups.
- Providing a range of challenge through the provision of different resources.

Long Term Plans

This is a very broad plan, which includes planning for the whole year. This will be done with every year and will ensure that progression is going to take place throughout the school.

From the long-term plan the medium term plan can be drawn up.

Medium Term Plans

The class teacher should complete medium term plans. Once complete the subject leader will look over the plans. A discussion will then take place to see if any improvements can then be made. If the teachers are struggling they are able to approach the subject leader for suggestions.

Medium term plans are usually completed for a 6 - 8 week period these will be slightly more in depth than the long term plan and provide a vague over view of what will be taught in each lesson.

The medium term plan will be used to develop a daily lesson plan.

Assessment

Assessment should be carried out in every lesson that is taught. You can assess the whole group, small groups or a few individuals in any one lesson. Teachers assess children's work in PE as they observe the children working during the lesson. The children can also be questioned and discussions can take place as ways of assessing.

Teaching PE to children with Special Educational Needs (SEN)

At Ewanrigg Junior School our aim is to provide a broad and balanced PE curriculum to all children, irrespective of their ability, SEN, medical problem, religious background or social circumstances.

Children with special educational needs will never be left out and made to feel as if they are not a part of the lesson. There is a safety aspect with wheelchair users, but all staff users will be notified of the correct procedures.

We enable pupils to have access to the full range of activities involved in learning PE where children are to participate in activities outside our school a risk assessment will be carried out prior to the activity.

Health and safety activities

This will be considered at all times and is a risk assessment. If an accident occurs two children will be sent to notify a first aider in the school. Equipment and the area will be checked before the start of the lesson. We follow the correct regulations for the checking of PE equipment. Children will be shown how to handle equipment safely.

Clothing

Children and staff are to be dressed appropriately for physical education, all children are provided with a free PE kit then it is the parents/carers responsibility to purchase another. All jewellery is to be removed and long hair should be tied back.

After school activities

Children are encouraged to attend after school activities they have the opportunity to be in competition against each other and other schools if they wish. Parent consent is required for all children who participate in after school activities.