



All Saints C of E
Infant and Nursery School

Selston C of E
Infant and Nursery School

Physical Education Policy 2024-27

*Opening hearts and minds through
the grace and love of God*

Date of Review: September 2024
Date of next Review: September 2027

**ALL SAINTS CHURCH OF ENGLAND (VA) INFANT SCHOOL
AND NURSERY SCHOOL**

**SELSTON CHURCH OF ENGLAND (VC) INFANT AND
NURSERY SCHOOL**

MISSION STATEMENT

***Opening hearts and minds through the grace and love of
God***

At All Saints Infant School and Nursery School and Selston Infant and Nursery School children always come first and we try to nourish, challenge, prepare and inspire them within a Christian ethos.

We believe in valuing all who contribute towards the successful running of our schools including children, parents, carers, governors, teaching and non-teaching staff.

This Mission Statement lies at the heart of our schools' aims. It is the philosophical basis for all of the schools' policies and through these, for everything that happens in and round our schools. Our aspiration is for everyone at All Saints and Selston to:

- feel happy, secure, safe and valued at school
- develop a growing awareness of their own inner self and spirituality, and of the power of the Christian faith to transform lives
- develop healthy relationships based on care, trust, compassion and forgiveness
- show acceptance for and understanding of others who may have different beliefs or needs
- strive for the highest standards of achievement, developing the confidence and skills to be independent, motivated and self-disciplined learners
- have a positive approach to life, contributing to the well-being of the community and building hope for the future

We hope that children will leave our schools with open hearts and minds, ready to respond to the opportunities that lie before them and to experience the joy of life in all its fullness.

Physical Education Policy 2024-27

Introduction

Physical Education develops pupils' physical competence and confidence and their ability to use these to perform in a range of activities. It promotes physical skilfulness, physical development and the knowledge of the body in action. Physical Education provides opportunities for pupils to be creative, competitive and to be resilient. It promotes understanding and positive attitudes towards active and healthy lifestyles. Physical Education provides the opportunity to appreciate the skills of others and to rationalise success and failure.

At All Saints CE Infant and Nursery School and Selston CE Infant and Nursery School we aim to provide a full, varied and interesting Physical Education curriculum which challenges, engages and excites staff and pupils alike. We see Physical Education as a vital part of the education experience as a whole.

Aims and Objectives

- To foster the enjoyment of physical activity.
- To promote physical development and improve natural skills.
- To develop aesthetic and creative understanding of movement.
- To develop personal and inter-personal skills in a practical manner where discipline, safety and consideration for self and others become a natural habit.
- To build self-esteem through growing physical competence and to cope with success and failure in competitive and co-operative activities.
- To appreciate achievement whether greater or lesser than one's own.

Our Curriculum and Vision

Time allocated to the teaching of P.E. is in accordance with the Foundation Curriculum and National Curriculum Guidelines (2 hours per week). We also support children to achieve 30 minutes activity within each school day.

The timetable is planned so that each class is allocated weekly hall time.

Foundation Stage

At the Foundation Stage children experience a range of activities, indoors and outdoors. We use a child-centred approach to challenge each child. In Summer 1, the children begin the REAL PE and Gym programme to develop their fundamental movement skills ready to start Year 1.

Key Stage 1

Teachers will use planning provided by Create Development, REAL PE and REAL Gym. They share our inclusive vision of physical education. We believe that children should form positive relationships with physical activity for life. We create an environment where every child has the physical literacy, emotional and thinking skills to be successful in PE and sport. We will teach the core skills of physical activity enabling children to transfer these to any sport they choose.

These core skills are:

- Coordination
- Static Balances
- Dynamic Balance and Agility
- Ball skills
- Agility/ reaction and response

Each half term children will be taught Gym, following the REAL Gym programme.

- Shape
- Travel
- Flight
- Rotation

Individual lessons plans

Individual lesson plans will be taken from the REAL Gym and REAL PE portal; Jasmine. Each lesson will include:

- A warm-up that includes an application of skills developed in previous lessons, increasing heart rate and prepares the body for exercise.
- Outline of the specific skills we are learning today
- Differentiation to include all children
- Application of taught skill. This could be through a game or applied within a story context.
- Children assessing their abilities against the skill cards provided by REAL PE
- Cool Down

Swimming

In Year 2 children will access swimming during the school year. This provides our children with a unique experience, preparing each child for Key Stage 2 and developing the initial steps of water competency and proficiency. Swimming will be taught by ASA certified coaches, who will assess and share information with our Year 2 teachers.

Assessment

Teachers will make ongoing assessment throughout their lessons and will make appropriate changes to support skill progression throughout their lessons. Teachers will also adapt their objectives in light of previous lessons. We aim to provide children with the skills to accurately assess themselves and peers. This understanding will be developed throughout the academic year. Children will be assessed at the end of each term. This data will be disseminated to SLT and PE coordinator.

Care and Possession of Equipment

At All Saints CE Infant and Nursery School and Selston CE Infant and Nursery School we believe that the P.E. lesson starts when the children get undressed for the lesson. We believe that dressing and undressing develops children's fine motor skills.

During gymnastics and games, children are taught how to take out and put away apparatus safely. They are encouraged at all times to respect equipment.

Health and Safety

Children work in bare feet when working indoors. This allows for better balance, grip and foot manipulation. Plimsolls/trainers are worn for outdoor P.E.

Children may only take part in P.E. if suitably dressed in appropriate PE kit. They may not take part in a P.E. lesson wearing jewellery.

Children are encouraged to work quietly indoors. This promotes better concentration when on potentially dangerous apparatus. It encourages self-discipline and creates a better working atmosphere.

Long hair should be tied back safely using soft hair accessories.

Equipment is stored so that it is easily accessible to pupils.

All other apparatus is checked by the teachers before commencing the lesson. Any apparatus deemed unsuitable is reported to the P.E. Co-ordinator who will then take the appropriate action. All apparatus is checked annually by a contractor.

Children are taught by the teacher how to handle apparatus safely and when appropriate they return all apparatus to the same stable position at the end of the lesson.