



HOLY FAMILY PRIMARY AND NURSERY SCHOOL

PHYSICAL EDUCATION POLICY

Definition

Physical Education can be described as learning to move and learning through movement. It is concerned with the development and refinement of children's basic movements such as running, jumping, throwing catching, climbing, balancing, swinging, bending, skipping, twisting and turning. It extends and develops the child's range of skills and can enhance his confidence and self-esteem. It develops thinking and decision making skills and promotes positive attitudes to health and hygiene.

The aims of the PE curriculum are:

- **PE for enjoyment:**
 - to promote a positive attitude towards physical activity and exercise and to develop among pupils an enjoyment of physical activity.
 - to enhance a child's confidence and self-esteem by experiencing success in mastering a skill.
- **PE as a subject in its own right:**
 - to provide a balanced PE programme which will enable all pupils to participate in a carefully structured and wide range of activities in gymnastics, games, dance, athletics and swimming.
 - to develop body dexterity, control and co-ordination and to develop among pupils an awareness of the importance of physical activity.
- **The value of PE in everyday life:**
 - to encourage physical activity and to perceive it as a hobby or interest which can be pursued outside school and into adulthood.
 - to promote positive attitudes to health and hygiene by encouraging the pupils to see the value of exercise for physical and mental well being.
 - to develop thinking and decision making skills among pupils.
 - to form attitudes such as co-operation, team work and safety awareness, self-discipline and resilience in pupils.
 - to understand and value the need for rules and guidelines.
- **Application of PE skills to other subjects:**
 - Pupils will be encouraged to see the obvious links between PE and other curriculum areas eg. science, health education, english etc.

Learning and Teaching styles

Depending on the nature and location of the lesson the children will work individually, with a partner, in a group or as a whole class. The teacher will organise the lesson so that it has a warm up, a main activity and a development and will take into account the differing needs of the children in his/her class. Where appropriate, the children will be made aware of the learning outcome of the lesson and will have opportunities to plan, perform and evaluate their performance. Key stage 2 pupils are encouraged to drink water during the PE lesson.

Developing a positive attitude

- a. During the PE lesson all pupils should experience a sense of fun, success and enjoyment in all activities.
- b. Pupils should develop confidence in physical activity as individuals, working with a partner or as a member of a group or the whole class.
- c. Pupils should recognise personal progress as they work through their physical activities.

Developing skills and understanding

- a. Over the school year a range of physical activities will be provided ie. Gymnastics, dance, athletics, games, P6 swimming, outdoor play and risk taking.
- b. Within each area eg. athletics, a wide range of activities will be experienced by the children.
- c. As the children progress through the school the activities they participate in, in each area will be more challenging, demanding higher levels of skill, team work, understanding of rules and communication.

Using the language of PE

- a. The pupils will become familiar with the language of PE by participating in the lessons and by demonstrating their understanding of instructions through physical response.
- b. The pupils will answer questions about how they move and take part in discussions in planning and evaluating performances.

Developing pupils ability to think clearly

- a. Pupils will have opportunities to develop skills and ideas through planning and discussion in whole class, group, partner and individual activities. As pupils progress through the school they will have the opportunity to develop strategies when participating in individual and team activities. Pupils will be encouraged to express their strategies and viewpoints.
- b. Pupils will be given opportunities to review their performance and identify methods of ensuring enhanced performance.

Cross-curricular links

PE provides many opportunities to support other curriculum areas such as English eg. the development of listening skills. Other areas which are reinforced are mathematics, science, history, geography and music. Staff will ensure appropriate linkages are made between curricular areas so as to facilitate the development of pupils' understanding.

Continuity and Progression

Continuity and progression will be ensured by all teachers adhering to the school scheme and covering the topics and skills assigned to their year group in a manner which is appropriate to the ability levels existent in the class. This continuity and progression will be closely monitored by the co-ordinator and the principal.

Differentiation

Learning activities will be differentiated by task and by outcome.

- Differentiation by task - Children study the same area of PE such as games (throwing and catching) but are given different, related tasks according to ability level. Activities could be differentiated for example by using balls of different size, throwing and catching from different distances with objects travelling at different heights and speeds.
- Differentiation by outcome - Children are given tasks which allow for progress to be made through their own knowledge, understanding and effect eg. travelling in gymnastics could be performed differently by each child according to their own skill and imagination.

Time Allocation

Primary 1 to 4 have two PE sessions of per week while primary 5 to 7 have one 45 minute session per week. Three playgrounds and a playtrail are available for outdoor PE (weather permitting). Primary six classes will engage in swimming lessons on a weekly basis for a fifteen week period.

Timetabled PE lessons are a compulsory area of the curriculum. All pupils have a right to their PE lesson. Exclusion from PE lesson should never be utilised as a punishment.

Co-ordination

Half termly planners are monitored from P1 to P7 to ensure that all areas of the PE curriculum are covered and that there is progression and continuity from P1 to P7. Planners are also monitored to ensure that they meet the requirements of the programmes of study for PE in Key Stage 1 and 2. Meetings are held with staff members to discuss the PE curriculum and how it can be delivered more effectively. In-service training is given when required. Co-ordination and implementation of this policy is the responsibility of the PE co-ordinator.

Homework

Homework for this subject may be given if a teacher wishes children to practise a particular skill such as controlling a ball. Some children may like to devise their own games to be played during the PE lesson.

Resources

The equipment is stored in the PE hall and an inventory is available to all teachers. Audio tapes are available from the PE co-ordinator or a year group representative. Teaching resources are also available from the PE co-ordinator. An updated inventory will be circulated each year. The school has a well resourced assembly hall, three large primary playgrounds and one moderate nursery playground. In the primary playgrounds all areas are demarcated for various team games.

Safety

Safety is of the utmost importance during the PE lesson and thus:

- Children involved in the PE lesson should have appropriate clothing (All jewellery must be removed)
- Slippers and trainers should be worn by all pupils and staff. In exceptional circumstances pupils may be allowed to participate in PE lesson without gear but with appropriate footwear.
- Clear instructions should be given to ensure that the children understand what they are required to do.
- The PE hall should be clear of any unnecessary equipment and the floor dry.
- Pupils should be able to lift, carry, place, use and store equipment safely.
- Equipment should be checked by the teacher before the lesson begins.
- Children will be made aware of the need to change for the PE lesson and after the lesson for the purpose of hygiene.

Extra-Curricular Clubs

Children will be encouraged to take part and participate in the extra curricular activities which are organised for their particular year group. At present P2 fun, P3 fun, soccer, netball, cross country and indoor football clubs are operational. An annual Sports Day and Swimming Gala is also organised with all children encouraged to participate.

The aims of PE curriculum are evident in the ethos of the extra-curricular clubs.

The Role of Parents

Parents are made aware of the importance of the PE curriculum and the need to provide the children with appropriate footwear and clothing for the PE lesson. Parents are encouraged to take an active role in extra-curricular clubs.

Assessment and Record Keeping

Participation in PE classes is monitored by the teacher. Key Stage 2 pupils will be encouraged to set targets and record personal bests eg speed bounces per minute.

The pupil's progress in, and application towards, PE will be monitored and assessed in an ongoing manner. This progress will be noted in the Annual Report to parents.

Review

The PE policy will be reviewed regularly. The next review will be in February 2012. Responsibility for the review rests with the PE co-ordinator.

