



Physical Education Policy

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 face up to different challenges as individuals and in groups and teams. It promotes an understanding in children of their bodies in action and promotes positive attitudes towards active and healthy lifestyles, which will enable them to make informed choices about physical activity throughout their lives. Physical Education provides the opportunity to appreciate the skills of others and to rationalise success and failure.

Aims and Objectives

- To foster the enjoyment of physical activity through creativity and imagination.
- To teach children to recognise and describe how their bodies feel during exercise.
- To promote physical development and improve natural skills.
- To develop aesthetic and creative understanding in 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.

Curriculum Requirements

At FS children should experience a range of activities, indoors and outdoors, using a range of resources to support specific skills in order to access the Physical Development aspects of the EYFS Curriculum.

During Key Stage 1 pupils should be taught the knowledge, skills and understanding through Dance activities, Games activities and Gymnastic activities.

Manor Farm Infant School ensures that children have the opportunity to develop in all these three areas.

Time allocated to the teaching of P.E. in Manor Farm Infant School is in accordance with the Foundation Curriculum and National Curriculum Guidelines (2 hours per week).

The timetable is planned so that each class is allocated weekly hall time. During dry weather, teachers might choose to use the field or playground instead. Manor Farm Infant and Junior Schools share the school field and have an agreement over its use for P.E.

Care and Possession of Equipment

At Manor Farm Infant 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. This also allows the pupil to conserve energy for more demanding physical work. It encourages self discipline and creates a better working atmosphere.

If a child has a verruca, it is advisable that he/she wears a protective covering over the verruca. Long hair should be tied back safely using soft hair accessories.

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

The Caretaker checks wall bars and associated equipment where appropriate. 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.

Reviewed October 2023