

## **New Hope Christian School (NHCS) Physical Education Policy Statement**

Our Aim at NHCS is to give all pupils opportunities to experience a range of activities within physical education, which will enable them to feel confident and secure about their own bodies, become physically competent, and adopt generally positive attitudes towards physical activities and good health.

We intend to achieve this by:

providing a physical education curriculum which is accessible to all pupils irrespective of their abilities.

- **providing a progressive programme of learning objectives, covering areas of games,**
  - **gymnastic activities, dance, athletic activities and outdoor and adventurous activities.**
  - **preparing activities which are enjoyable, stimulating and challenging for all pupils.**
  - **enabling pupils to enjoy success and be motivated to develop further individual potential.**
- We will attempt to develop positive attitudes towards:**
- **physical activity and healthy lifestyles and an understanding of the beneficial effects of exercise.**
  - **in competition and good sporting behaviour as well as success and limitations performance.**
  - **Working with others and being part of a team.**
  - **Safety procedures and the importance of rules.**

### **AIMS AND PURPOSES OF PHYSICAL EDUCATION**

PE offers opportunities for children to:

- become skilful and intelligent performers
- acquire and develop skills, performing with increasing physical competence and confidence, in a range of physical activities and contexts
- learn how to select and apply skills, tactics and compositional ideas to suit activities that Guidance notes for Physical Education

**These notes are intended to highlight some of the issues related to the teaching of PE and clarify areas such as safety, resources etc.**

#### **Apparatus**

- Always ensure that the apparatus is in a good state of repair and never use anything
- which is not
- Ensure that the apparatus is of a suitable size for the children
- Involve the children in getting out and putting away the apparatus correctly (even Reception)
- Teach the children how to move and lift safely and the importance of putting apparatus
- away safely
- Always ensure there are enough children to carry a piece of apparatus safely
- Always bend at the knees and not at the back
- Clothing
- Children should always change into their PE kit for PE; shorts. The T-shirt should be tucked in to prevent baggy, loose clothing, which can be a hazard.

Children can do Gymnastic and Dance activities in bare feet or with plimsoles on, never in just socks. loose hair should be tied back. Girls could be encouraged to keep a hair tie in their PE bag; they should also remove hair clips.

- Teachers also need to be suitably dressed and changing for PE would be advisable.
- Teachers MUST wear suitable footwear. It is also recommended that teachers also tie back long hair.

### **Tracking progression in Physical Education Games Activities**

- Move fluently, changing direction and speed easily and avoiding collisions
- show control and accuracy with the basic actions for rolling, underarm throwing,
- striking a ball and kicking
- understand the concept of tracking, and get in line with the ball to receive it
- understand the concepts of aiming, hitting into space, and taking the ball into a good position for aiming
- use skills in different ways in different games, and try to win by changing the way they use skills in response to their opponents' actions
- recognise space in their games and use it to their advantage, planning where to stand to make it difficult for opponents
- describe what it feels like to breathe faster after exercise
- explain why running and playing game is good for them
- watch others' movements carefully
- describe what they have done or seen others doing
- copy what they see and say why it is good
- Gymnastic Activities
- perform basic gymnastic actions, including traveling, rolling, jumping and climbing and stillness
- manage the space safely, showing good awareness of each other, mats and apparatus
- make up and perform simple movement phrases to simple tasks
- link and repeat basic gymnastic actions
- perform movement phrases with control and accuracy
- know when their body is active and talk about the difference between tension and relaxation
- carry and place appropriate apparatus safely, with guidance
- watch and describe accurately a short sequence of basic gymnastic actions, using appropriate language
- copy a partner's sequence of movements
- Dance Activities
- respond to different stimuli with a range of actions
- copy and explore basic body actions demonstrated by the teacher
- copy simple movement patterns from each other and explore the movement
- choose movements to make into their own phrases and perform them in a controlled way
- know where their heart is and understand why it beats faster when exercising use simple dance vocabulary to describe movement
- talk about dance, linking movement to moods, ideas and feelings

