

# **FAIRFIELD ENDOWED CE (C) JUNIOR SCHOOL**

## **PHYSICAL EDUCATION POLICY**

### **Rationale**

Physical Education (PE) is concerned with developing children's enjoyment, confidence and skill in physical activity and introducing them to the pleasures of sport. It is a practical subject which gives all opportunities for participation, enjoyment and success. PE experienced in a safe and supportive environment is a vital contribution to a pupil's physical development and well-being.

### **Purpose**

PE allows children to:

- Develop as wide a range of movement, games, outdoor adventurous activities
- Develop physical competence, confidence, and help to promote physical development
- Learn, through experience, to value the benefits of participation in physical activity while at school and throughout life
- Develop an appreciation of skilful and creative performances across the areas of activity
- Understand the basic principles of health , personal hygiene, fitness and safety
- Develop as an individual and as a member of a team
- Develop the personal qualities of commitment, fairness, enthusiasm and self discipline

### **Guidelines**

1. All children are given equal opportunities to follow the National Curriculum for PE.
2. Work is planned to ensure progression of content and skills across each year group in Key Stage 2, appropriate to the children's ages and abilities.
3. Cross curricular links are made with other subjects, including ICT, where appropriate.
4. Children experience activities in PE based on progressive learning objectives which combined with a variety of teaching styles, produce appropriate, stimulating, enjoyable and challenging learning situations.
5. Children regularly experience a variety of physical activities such as dance, gymnastics, athletics, games and outdoor and adventurous pursuits.
6. Children develop, in game situations, skills as an individual and as a member of a team. Children are taught to respect the authority of referees, the values of rules, and the sporting acceptance of victory or defeat is emphasised.
7. External coaches are used to enhance provision where appropriate.

8. Children at our school have swimming lessons provided by the local authority.
9. All children are made aware of Health and safety issues when undertaking work in PE especially when handling and assembling equipment.

### **Conclusion**

PE promotes social, intellectual and physical skills and fosters co-operation, tolerance and self-esteem. We aim to promote an enjoyment in undertaking exercise in all children that will hopefully, be continued into adulthood as part of a healthy lifestyle.

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