



Physical Education

Tees Valley Education Trust

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Aims

- At Dormanstown Academy we aim to provide a broad and balanced Physical Education programme
- We aim to use this programme to develop the physical confidence of the children and to establish their self esteem in a positive and enjoyable way

- We aim to develop the physical competence of the children and to help them value the developmental benefits of taking part in PE whilst at school
- Our enthusiasm, and the childrens' learning and enjoyment, will help motivate the children and enable them to become interested performers and spectators at secondary school and throughout their lives
- Through PE we aim to develop skills of problem solving and to help the children be aware of their role as members of teams and partnerships
- Through PE we aim to promote a positive awareness of a "Healthy Body and Mind"

PE in the National Curriculum

Physical Education is to be regarded as of equal importance with other areas of the curriculum. We will ensure that at each Key Stage the children will receive the appropriate requirements:

Key Stage 1

The children will be taught through three areas of activity:

- Games
- Gymnastics
- Dance

Key Stage Two

The children will be taught through six areas of activity:

- Games
- Gymnastics
- Athletics
- Dance
- Swimming
- Outdoor and adventurous activities

At all stages the children should take part in, and be made aware of, the importance of warming up exercises and cooling down afterwards.

The Areas mentioned above should form part of a balanced PE Curriculum.

Areas of Activity

Dance - In Dance our teachers will aim to develop the childrens interpretations and creativity through the body and its movements using such ideas as rhythm and space. Such stimuli as poetry, stories, percussion, taped music, radio programmes and topic work may be used. Key Stage 1 and 2 will include country dance into their PE programme. They use taped music and the Country Dance guide by Mr A Dunn.

Games - Where appropriate, games lessons take place outside on the playground or on the school playing field. All the children have the opportunity to learn a variety of skills using a wide range of equipment. Throughout the school we encourage the children to work individually, in pairs, and in small groups providing them with the opportunity to create their own games. All games in lesson time are small-sided and are of mixed sex. Games which will be available include Unihoc, Football, Netball, Rounders, Short Tennis, Kwik Cricket, Badminton, Basketball and Mini-Rugby.

Gymnastics - ref Gym 4-7 and Gym 7-11 by Carol and Manners

Athletics - Both Key Stages practise the natural actions of running, jumping and throwing within their gymnastics and games programme. Our underlying principle is athletic activity for fun, and enjoyment with the challenge of competing against the child's own personal previous best performance. Equipment is stored in labelled boxes on shelved units in the upper school hall.

Swimming - Swimming is held at Redcar Baths. We have 4 x 20 minute sessions on a Tuesday. During these sessions we try to include all Y4 and Y5 children and we also include any Y6 children who have not acquired the 25 metre certificate (this organisation is reviewed annually). We hope to teach the children how to swim, have confidence in water, an awareness of safety procedures and basic water survival. As swimming is a requirement of the National Curriculum, it is necessary for parents or guardians to inform school by letter if their child is unable to partake on a given day because of illness or other reason.

Outdoor and Adventurous Activities - At Key Stage 2, Y6 children have the opportunity to go to Carlton Outdoor Education Centre where they take part in hiking, map reading, compass reading and environmental education. It is the aim of the staff of Dormanstown Academy School to afford children the opportunity for outdoor education whenever the curriculum and/or funding allows.

Dress - We require staff to wear appropriate footwear to enable them to move quickly and efficiently. Staff are also asked to wear suitable clothing. It is important to set a good example.

All children are required to wear correct PE clothing:

Key Stage 1 PE shoes or bare feet
 vest/pants or shorts/tee-shirt

Key Stage 2 indoor - PE shoes (bare feet are preferred for Gym)

shorts and tee-shirt
outdoor - as for indoor but with the addition of sweatshirt or
jumper or tracksuit. Trainers may be worn

It is advisable that children wear trunks or swimming costume to swim in - long shorts and bikinis are not acceptable. Goggles may be worn if the form teacher receives a note from the child's parent or guardian. All children, especially Key Stage 2, should have the reasons for changing into PE kit explained to them.

Watches/Jewellery - our whole school policy is that jewellery should not be worn for school. No child should take part in PE activities wearing any jewellery or watches. A valuables box is made available for watches.

All long hair should be tied back. In the case of a child who wears glasses, it should be that child's decision as to whether they wear them for PE or not.

Equipment

Lower School Hall - all PE equipment is stored around the hall. Small apparatus is found in labelled boxes.

Upper School Hall - all PE equipment is found around the hall on shelving on one side of the hall, gym mats being stored in the curtained cupboard on a trolley.

All children should be taught where to find, and how to handle, any PE equipment.

Please make sure everything is replaced tidily and safely once the lesson is over.

Handling - All the children should be taught to treat equipment with respect; to collect, use and replace individual items in the appropriate place. Children need experience in handling gymnastic equipment safely and efficiently; this is included in the Programme of Study. **At all times safety is imperative.** Should any equipment appear faulty or unsafe please remove from use, label and inform the PE Co-ordinator.

Safety - We follow the recommendations given in "The Safe Practice in Physical Education" by BAALPE with which all staff should be familiar.

Equal Opportunities - We encourage all children to acquire the skills necessary to participate in all aspects of PE, in an environment in which all pupils respect and value each other and their contributions. As PE is a requirement of the National Curriculum, inclusion in the lesson cannot be withheld as a form of punishment.

Special Needs - We endeavour to meet the child's individual needs where appropriate.

Extra-Curricular activities - In school we have clubs in football, Netball, Kwik cricket and basketball which take place after school hours. The children are made aware

that inclusion in these clubs is dependent on their attitude and behaviour in school. The football team takes part in inter-school matches and tournaments and we hope to begin playing a Netball team in the near future.

Outside Agencies - We use the swimming baths at Redcar under the tuition of Mrs D Phoenix. We benefit from the input of a number of agencies such as dance schools, mini-rugby development trainers, Middlesbrough Football Club trainers and students from the local Sixth Form College and Technical College, all of whom impart their own particular knowledge and expertise.

Teaching Resources - Teaching resources can be found on the PE shelf in the staff room. Please remember to replace them after use.

Record Keeping - Records of Achievement are kept in the child's personal profile. This is updated regularly as appropriate.