



# Pinewood Infant School and Foundation Unit

## PE Policy Statement

Reviewed August 2024

### Introduction

At Pinewood, we recognise that Physical Education develops pupils physical competence and confidence and their ability to use these to perform in different 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 understanding and positive attitudes towards active and healthy lifestyles. Physical Education provides the opportunity to appreciate the skills of others and to rationalise success and failure. We want our children to grow up to be fit, healthy adults.

### Aims

- To develop a love of physical activity and recognise that exercise is enjoyable.
- To develop physical competence and confidence by developing fine and gross motor skills.
- To understand what happens to your body during exercise and promote a healthy lifestyle.
- To promote a positive, mental attitude to support well-being of all children.
- To be able to link movements with increasing control to show changes of direction, level and speed.
- To develop creativity in movement.
- To build self-esteem through growing physical competence and to describe own achievements and that of others.
- To lead healthy, active lives.

### The Early Learning goals for the end of the EYFS state the following (gross motor):

- Negotiate space and obstacles safely, with consideration for themselves and others
- Demonstrate strength, balance and coordination when playing
- Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.

### The National Curriculum for KS1 states the following:

- Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities

- Participate in team games, developing simple tactics for attacking and defending
- Perform dances using simple movement patterns.

## Curriculum

Throughout the Foundation Stage, children should experience a range of activities, both indoors and outdoors. Areas inside and outside are planned for and dedicated to improving children's fine motor skills to support writing development. The outdoor area has activities planned to support gross motor skills such as riding scooters, climbing and building on a large scale. In both F1 and F2 a PE coach delivers a weekly session covering fundamental skills, games, gymnastics and dance. A yearly plan is in place to ensure broad coverage.

In KS1 PE coach delivers a weekly session covering fundamental skills, games, gymnastics and dance. In summer, children are able to access Killisick School field. After school clubs in KS1 include multi-skills, archery and ball skills, all of which are taught by specialist coaches. A yearly plan is in place to ensure broad coverage.

Mental health and well-being is a priority at school and Mrs Symmons (Deputy Head) is leading a 3-year well-being plan.

Throughout their time at Pinewood, children are taught the importance of a healthy diet. In the EYFS, children are taught explicitly how to keep their hands, bodies and teeth clean.

Every year, we have the 'Life Bus' into school which is about keeping themselves healthy and links to our SCARF PSHE and RSE scheme.

## Health and Safety

- Children from F2 to Y2 come into school in their PE clothes on PE day
- Children work in bare feet when doing gymnastics. 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.
- Long hair should be tied back safely using soft hair accessories. Equipment is stored so that it is easily accessible to pupils.
- All apparatus is checked annually by a contractor. Any apparatus deemed unsuitable is reported to the P.E. Coordinator who will then take the appropriate action.
- Children are taught by the teacher/coach how to handle apparatus safely.

## Outdoor area

Foundation stage children engage in free flow play accessing the outdoor area on a daily basis. The trim trail is a popular part of our outdoor area, as is the castle and football pitch. During Spring and Summer, children are encouraged to dig the gardens and take care of the plants and in F2, take part in 'Forest Schools' sessions weekly. Areas are continually being reviewed and

developed. Each year group has their own colour co-ordinated PE bin containing high quality sports equipment to be used at playtimes and lunchtime.

### Monitoring

The PE co-ordinator monitors PE throughout school and arranges after school clubs alongside the business manager. Each year, key strengths are identified as well as issues for attention and an action plan is produced for the school year with clear targets set. The coordinator is responsible for ensuring the action plan is completed.

Lesson plans are developed between the sports coach and PE lead. On lesson plans, clear objectives are identified and there is space for children to note children who need extra support or who are exceeding expectations and these are acted upon either by extra support or where a child is excelling, parents are contacted and directed to out of school clubs that could support and extend their skills.

### Entitlement

We aim to make provision for all pupils, regardless of age, race, disability or gender. This is to ensure all children have the chance to succeed whatever their individual needs and potential barriers to learning may be.

Children are encouraged to wear the school PE kit (white t-shirt and black shorts).

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