



Pinewood Infant School and Foundation Unit

PE Policy Statement

Reviewed September 2022

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 encourage healthy competition, teamwork and determination.
- To allow children to become resilient through P.E
- To build self-esteem through growing physical competence and to describe own achievements and that of others.

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 a 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, football, cricket, gymnastic, dance and martial arts. A yearly plan is in place to ensure broad coverage.

From F2 to Year 2, 'Take 5' is being used to train children to be in tune with their breathing and to teach them techniques to be calm. Our children's mental health is a priority.

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. In Year 1 they cover healthy eating and how to clean themselves healthy.

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

Below is a list of activities we do to promote physical activity regularly within school, some of these will be daily, some weekly and others as regularly as possible:

- Planned sequenced PE Lessons
- Promote lunch time and break time physical activities
- Promote various Sports and physical Activity after school clubs each week
- Opportunities to compete and take part in a variety of sports festivals (including SEND)
- Classroom brain breaks such as Go Noodle, Mindful activities, Yoga, Dance break

Equal Opportunities

All children can access our Physical Education programme at Pinewood. As a school we take into consideration the interests and needs of all individuals to help deliver our programme to the national standard. This may also mean altering lessons & activities to help meet the needs of individuals. It is extremely important to promote inclusion within our school and is promoted throughout all subjects.

Health and Safety

- Children from F2 to Y2 are expected to come in dressed appropriately for P.E.
- 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.
- 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. Areas are continually being reviewed and developed. We use the anomaly board outside to encourage fitness through dance and exercise apps.

Monitoring

The PE co-ordinator monitors PE throughout school and arranges after school clubs. 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, overseen by the head teacher. 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.

Teachers team teach sessions with their PE coach. Teachers are able to write notes to support the children's progress further. P.E Coaches are directed to children at dinner times to support those children who need interventions or support. Also they are directed to children who need to be challenged further.

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 their own P.E kit to school which is weather and school appropriate. However, school has a selection of spare PE clothes to ensure children who forget their kit are included in all lessons.

P.E Events

Physical Education should be celebrated! We ensure that we have different P.E events to celebrate the children's success in P.E. It allows us to learn about different sports, raise money and having competitions within school.