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**PHYSICAL EDUCATION POLICY**

WHAT IS PHYSICAL EDUCATION?

Physical Education promotes physical activity and healthy lifestyles and well being. It teaches pupils to be physically active and to engage in activities which develop their cardiovascular health, flexibility, muscular strength and endurance. Physical Education helps pupils to appreciate the need for personal hygiene in relation to physical activity.

THE AIMS OF TEACHING PHYSICAL EDUCATION

Holy Family’s aims for Physical Education in our school are to ensure two hours quality PE per week, developing positive attitudes in all pupils by teaching them to:

\* Practise the principles of fair play, healthy competition and good sporting behaviour whether they are participant or observer.

\* Deal with successes and limitations in their work.

\* Consider the needs and skills of others.

We at Holy Family believe that Physical Education promotes:

\* lively, imaginative, enquiring minds with the ability to question, argue rationally and apply themselves to tasks;

\* positive self-esteem and self-awareness as children develop skills and overcome challenges presented to them;

\* an understanding of the challenges  and opportunities offered by the competitive world in which we all live;

\* an understanding of the independence of individuals, groups, nations and the environment;

\* healthy, fit, strong bodies;

\* interests and skills which will enable them to enjoy and make the best use of our leisure time;

\* the capacity to become independent learners and participants;

\* an understanding of how everybody has different skills to bring to physical education, which should be celebrated;

\* Good sportsmanship and sensitivity to the needs of others.

In delivering Physical Education there are four essential types of activity for pupils to follow:

\* focused practical tasks in which pupils develop, practise, improve and refine particular skills and knowledge;

\* activities which promote a positive attitude to an active healthy lifestyle;

\* opportunities for further development of interest in sport and physical activity after school and in the community;

\* Activities which challenge and motivate children through being fun and enjoyable to them.

STRATEGIES FOR TEACHING PHYSICAL EDUCATION

PLANNING AND ORGANISATION

The successful delivery of Physical Education depends on successful plans in which breadth and balance, continuity and progression clearly define coverage of the essential elements of the programmes of study. Our scheme of work identifies clearly what pupils need to learn, when and how the subject is to be taught and the amount of time to be spent on each element of the programme. There is also clear guidance on the teaching strategies to be adopted, given to staff at staff meetings and via handouts, organised by the co-ordinator under the guidance of the head teacher.

The breadth of the subject requires a high regard for balance in a pupil’s experience. In each Key Stage, balance is required against:

\* the range of activities; individual, team, expressive, aspiration or endurance;

\* the range of contexts – home, school, community and beyond;

\* The type of physical challenge given to pupils – whether it is closed, focused or open.

We focus in our teaching of Physical Education at Holy Family on:

\* pupils learning how to take responsibility for their own learning;

\* tasks suitably challenging pupils;

\* open-ended tasks;

\* pupils being given a range and variety of tasks;

\* the acquisition and application of skills and processes through careful teaching and demonstration;

\* predictive thinking, the ability to plan ahead and to understand implications;

\* allowing children time to evaluate, analyse and refine skills and ideas;

\* allowing children to be given time towards the use of experimentation in Physical Education;

\* Allowing children to be given the opportunity to work as part of a team.

TEACHING AND LEARNING

Teachers of Physical Education at Holy Family will ensure they work in partnership with others, sharing ideas and resources, expertise, success and failure. Pupils learn in many different ways and as a result of this, teachers should vary their delivery to match both pupils’ needs and the project being developed.

The teaching of Physical Education at Holy Family should include opportunities for:

\* exposition of teacher;

\* demonstrations which are teacher led;

\* time given to discussions between teacher and pupils and between pupils themselves;

\* individual teacher pupil interaction;

\* consolidation and practice of skills and techniques;

\* time for children to evaluate and modify performances;

\* time for children to explain their work;

\* time for children to analyse the work of others;

\* exploration with new activities;

\* differentiated activities enabling all pupils to access activities as well as offering challenge to the more able pupils;

\* quality evaluation;

\* Using up-to-date equipment.

DIFFERENTIATION

Differentiation at Holy Family in PE can be by outcome, task or intervention. Strategies are to:

\* organise the pupils in particular groups to match their individual needs;

\* allow children to understand steps, condensing and breaking up when necessary;

\* modify activities to make more demands of a particular group of pupils;

\* provide apt resources to extend particular pupils performance;

\* plan and implement extension activities to challenge all pupils abilities and needs;

\* Provide additional adult support to individuals or groups needs where necessary.

Differentiation is appropriate to the age, stage, ability and needs of the children and is to be provided through:

\* open-ended tasks which can be fulfilled through a variety of individual responses;

\* appropriate resources allocated for the task;

\* tasks structured to combine differing levels of skills;

\* development of particular skills through additional support or teaching where necessary;

\* Appropriate organisation of pupils in groups to match their needs.

ASSESSMENT, RECORDING AND REPORTING

(Refer to Holy Family assessment policy)

Pupils will be regularly assessed against learning objectives to inform planning and to ensure appropriate teaching and learning opportunities.

SPECIAL EDUCATIONAL NEEDS AND EQUAL OPPORTUNITIES

(Refer to Holy Family Special Educational Needs policy)

All pupils are entitled to a broad, balanced and relevant curriculum in Physical Education at an appropriate level regardless of ability, gender, religion, race, social circumstances or first language. We aim to support all children to the best of our ability.

HEALTH AND SAFETY

To ensure safe practice pupils should be taught:

\* to respond readily to instructions;

\* to recognise and follow relevant rules, laws, codes, etiquette and safety procedures for different activities or events, in practice and during competition;

\* about the safety risks of wearing appropriate clothing, footwear and jewellery and why particular clothing, footwear and protection are used for different activities;

\* how to lift, carry, place and use equipment safely;

\* To warm up and recover from exercise.