



Shears Green Junior School

PE Policy

Approved by: Mr Gladdish

Date: 28/06/24

Last reviewed on: 28/06/24

Next review due by:

PE at Shears Green Junior School

At Shears Green, we believe that Physical Education plays a vital role in the holistic development of our pupils. We aim to inspire a love for physical activity, promote healthy lifestyles, and foster a sense of teamwork and sportsmanship through our PE curriculum.

Our PE curriculum follows the guidelines set out in the 2014 National Curriculum for England. It includes a range of activities such as athletics, gymnastics, dance, outdoor and adventurous activities, and games. Lessons are planned to offer progression, challenge, and enjoyment for all pupils.

It is an expectation of the staff who are delivering PE, to have a clear learning objective for the lesson and to use the PE Pro lesson plans. This is applicable for all games, gymnastics, athletics and dance lessons. Swimming is delivered in year 5 in the form of 8 weeks of intensive swimming lessons at Cygnets Leisure Centre. Outdoor and adventurous activity is delivered throughout the year in the curriculum as well as forest school (other OAA are offered during year 6, on the residential trip to PGL). In addition, the school offers cycling opportunities in the form of visits to the Cyclopark in year 6.

Aims:

To provide a diverse and inclusive PE curriculum that caters to the abilities and interests of all pupils.
To promote physical well-being and mental health through regular physical activity and sports participation.
To develop fundamental movement skills, coordination, and sportsmanship among pupils.
To instil values of teamwork, resilience, and respect through physical activities and sports.

PE lessons should consist of:

- A warmup which should prepare the body and mind of the pupil and should include an activity to raise the heart rate and respiratory rate, followed by dynamic and static stretching.
- The main activity, which should involve a skills-based activity linking back to the lesson objective, should promote mastery of the skill. After that, the second part should be a game situation where pupils should apply the skill or strategy learned.
- A cool down after the lesson which should aim to lower heart and respiratory rate and decrease body temperature.
- A plenary at the end of the lesson should allow for reflection and evaluation of performance. Pupils should be able to discuss skills and strategies learnt from the lesson and use key vocabulary linked to the learning objective.

Inclusion:

We are committed to ensuring that all pupils have access to and benefit from our PE provision. We make adaptations and accommodations to cater to the diverse needs of our pupils, promoting inclusivity and equality of opportunity for all.

Partnerships:

We actively seek partnerships with local secondary schools, sports clubs, and community organisations to enhance our PE provision and offer pupils opportunities for further sporting development beyond the school curriculum.

Monitoring and Evaluation:

Our PE provision is regularly monitored and evaluated to ensure that it meets the needs and expectations of our pupils. Feedback from staff, pupils, parents, and external partners is used to continually improve our PE policy and practice.

Health and Safety:

The health and safety of our pupils are paramount in all PE activities. We conduct risk assessments, maintain safe equipment and facilities, and provide appropriate supervision to ensure that pupils can participate in physical activities safely and enjoyably. During gymnastics lessons, all children must remove their footwear and socks. Any child who does not comply with this, will be given an alternative activity.