

# Wicklewood Primary School and Nursery

## Physical Education Policy

### **Rationale**

Physical Education in school is the start of the development of a healthy active lifestyle that should endeavour to influence every pupil. Children should be given opportunities to develop a wide variety of skills, from individual to teamwork and both physical and mental.

### **Purposes**

At Wicklewood Primary School and Nursery, we aim for the curriculum to be enjoyable whilst following the demands of the National Curriculum. The curriculum develops a scheme of work which shows a steady progression in each area of activity. The school will contribute to the all-round physical development of each child whilst catering for individual needs. Two hours of physical exercise is a statutory requirement, as is swimming in KS2.

### **Broad Guidelines**

The curriculum will be separated into the five areas of dance, gymnastics, games, athletic activities and outdoor and adventurous activities. For the quality of teaching and children's learning, it is important that:

- The work is stimulating, energetic, challenging and fun.
- The teachers consider safety at all times and the children can use equipment safely
- The children can work in a team, appreciating the ability of others, enabling them to show good sportsmanship
- Resources are developed allowing activities to show appropriate progression and development
- Teachers and children dress appropriately for the activity and understand the need for this.

### **Additional**

Swimming will form part of the curriculum for Year 3 pupils who have an allocation of a school year at the Wymondham College pool.

Children will have chance to develop other skills at the after school clubs e.g., martial arts, football, netball. Physical activity is also strongly encouraged at break times and lunchtime through the use of playground equipment and resources.

P.E apparatus shall be kept in the storeroom at the end of the hall and in the outdoor shed in the playground.

### **Conclusion**

As P.E in school is the development of a healthy, active lifestyle, all children will be expected to participate in P.E according to their abilities. Children will be encouraged to participate with others as well as learning to recognise and celebrate their successes so P.E becomes an enjoyable experience. Children will be encouraged to participate in sports that they enjoy and join school sports teams.

This policy directly links/relates to the Teaching and Learning and SEN Information Report.