

THE NEW RUSH HALL SCHOOL

PE POLICY

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THE NEW RUSH HALL SCHOOL



A London Borough of Redbridge School

Physical Education Policy

Rationale

At New Rush Hall School, we believe that high quality physical education is essential to the physical, intellectual and emotional development of all our pupils.

Aims

Our overall aim is to increase the activity levels of the whole school through the provision of a supportive environment conducive to the promotion of physical activity.

We aim to provide quality physical activity opportunities, both within and outside of curriculum time, which consider the needs and interests of all pupils, enable pupils to develop a full range of basic movement skills and to increase their knowledge and understanding of the importance of physical activity and therefore have a positive impact on their health.

The Physical Education curriculum aims to provide for pupils' increasing self-confidence through an ability to manage themselves successfully in a variety of situations.

Objectives

- To provide a curricular physical education programme which meets statutory National Curriculum requirements
- To provide relevant in-service training opportunities for all those leading physical activity sessions
- To provide adequate resources and funding for physical education
- To provide safe and effective exercise procedures, including warm ups and cool downs
- To provide safe and stimulating areas in which children can play and be active
- To raise the profile of physical activity throughout the school and encourage cross-curricular links.
- To make facilities and equipment available for pupils to use at lunchtime and break times and encourage pupils to be active at these times.
- To provide pupils with the information and confidence they need to take up physical education opportunities outside school

- To organise specific events e.g. Sports' Day which promote physical activity
- To develop links between EYFS, Primary and Secondary by providing opportunities for children and young people to work together e.g. Sports Leader programme.

Health and Safety

We understand that the safety of children in lessons is paramount. Risk assessment for this subject forms part of New Rush Halls Health and Safety Policy. The Association for Physical Education publication 'Safe Practice in Physical Education and School Sport' is also available to all staff.

Timings

EYFS and **KS1** pupils will receive 45 minutes of PE per week and swimming for 6 weeks during the summer term.

Pupils from **KS2** will receive two hours of timetabled PE per week along with one term of swimming and one of horse riding. Year 6 pupils have the opportunity to attend a residential trip at an outward bounds centre in the summer term.

Students in **KS3** and **KS4** will receive 2 hours and 15 minutes of PE per week along with a range of active sessions outside of this setting such as swimming and canoeing. **KS3** and **KS4** students will have the opportunity to attend a weeklong residential trip at an outward bounds centre.

Entitlement and Equal Opportunities

We aim to provide all pupils with the opportunities to participate and achieve in the physical activity opportunities offered within school.

We aim to monitor and ensure that the needs of girls are being met within the physical activity environment.

Staff are sensitive to the cultural/religious needs of pupils around clothing i.e. wearing a hijab or long trousers, and changing.

We aim to match tasks to pupils of different abilities, needs and interests by balancing challenge with the likelihood of success.

We aim to ensure that pupils at different starting points all make progress.

We aim to ensure that pupils with specific disabilities and/or health conditions are included and are able to take an active part in physical activities.

Assessment/Recording/Reporting

The school will follow the NC guidelines to give pupils a ‘best fit’ NC level at the end of each school year. The information will appear on the end of year report as part of a formative report of their progress, strengths and weaknesses and targets for progression in this subject.