

# **Physical Education Policy**

**FEBRUARY 2016**



## P.E. POLICY

Ysgol Cedewain believes that physical education, experienced in a safe and supportive environment, is vital and unique in its contribution to a pupil's physical and emotional development and health. The physical education curriculum aims to provide opportunities for pupils' individual physical development needs and promotes increasing self-confidence and a healthy lifestyle. The Physical Education provision developed at the school covers all areas of activity outlined as statutory in the PE National Curriculum Wales. It also includes wide areas of specialist provision offered through the school and supported by outside agencies.

### AIMS AND OBJECTIVES

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|----------------|--|
| Gymnastics:    | To establish skilful control of body movement (travelling, rotation, balance)  |
| Dance:         | To develop an awareness of the body as a medium for communication and expression, and to appreciate the aesthetic qualities of movement.   |
| Games Skills:  | To provide the opportunity for children to acquire a variety of games skills and to provide opportunities and practice for children to create their own games, and be introduced to the games that are part of our heritage. |
| Athletics:     | To encourage children to participate in, and develop their individual skills in running, throwing and jumping.   |
| Swimming:      | To enable children to learn to enjoy being in the water and to be able to swim confidently and have a basic knowledge of personal survival techniques.   |
| Hydro therapy: | To provide total body support in water and a sensory experience through which to develop and enhance muscle function and co-ordination.  |

Outdoor and Adventurous Activities: To develop children's orienteering and problem-solving skills with an emphasis on building trust and working as a team.

Physiotherapy/Rebound activities: To develop body awareness, strength and co-ordination through carefully guided and supported activities, often with a health professional.

Touch Trust: To develop an awareness of own body and the importance and positivity of the physical aspect of touch as a method of communication.

## METHODS AND RESOURCES

In spite of the limitations that the current site has we do make the best of some of the facilities available for example:-

Children are supported to access all types of P.E. activities suitable for their individual abilities and developmental needs on site at Ysgol Cedewain and at Maldwyn Sports Centre. Wider physical activities are offered off site in specialist activities organised throughout the academic year. The school has aged facilities such as a hall, hydrotherapy pool, two outdoor play areas and a playing field. We have an outdoor orienteering program set up inside school grounds and also are part of 'Clwb Dal i Fynd'. We have easy flat access (by foot) to the large local sports centre and all the facilities it can offer for swimming and fitness sessions and limited access to the sports hall. Ysgol Cedewain has a suitably resourced PE store for all key stages to access the National Curriculum, portable football and basketball goals, portable gymnastics equipment as well as many soft play mats and floor equipment. We also have a trampoline on site for use with physiotherapy sessions and for general physical education. Physiotherapy support equipment is also available at school. Equipment is checked regularly and stock monitored by a yearly audit of resources.

## ASSESSMENT

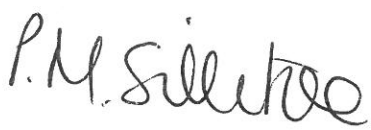
Teachers record children's work in PE by making assessments as they observe them during lessons. They record the progress made by children against the learning objectives for their lessons. At the end of a unit of work, teachers make a judgement as to whether the child has met, exceeded or is working towards the expectations of each individual's learning target for the unit. They record the information in their assessment

and planning files and use the information to plan the future work of each child. These records also enable the teacher to make an annual assessment of progress for each child, as part of the child's annual report to parents. The PE co-ordinator keeps photographic evidence of children's work (in a portfolio).

### CROSS CURRICULAR LINKS

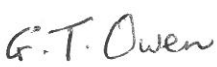
Physical education is considered as a vehicle to facilitate access to cross-curricular themes, skills and dimensions, rather than a subject concerned exclusively with the acquisition of motor skills and techniques. PE offers many opportunities for direct cross curricular links across the school such as PSHE, Literacy , Numeracy and Science . PE is also adaptable for thematic topics of work across the whole school age range. It also links into developing wider skills such as The Duke of Edinburgh Awards.

Lisa Stephens - P.E Co-ordinator

Signed: 

Headteacher

Date: 11/2/16.

Signed: 

Chair of Governors

Date: 11/2/16