

ST ANNE'S PRIMARY SCHOOL

PHYSICAL EDUCATION POLICY



The importance of Physical education

Physical education develops pupils' physical competence and confidence, and their ability to use these to perform in a range of activities. It promotes physical skilfulness, physical development and a knowledge of the body in action. Physical education provides opportunities for pupils to be creative, competitive and to face up to different challenges as individuals and in groups and teams. It promotes positive attitudes towards active and healthy lifestyles.

Pupils learn to think in different ways to suit a variety of creative, competitive and challenging activities. They learn how to plan, perform and evaluate actions, ideas and performances to improve their quality and effectiveness. Through this process pupils discover their aptitudes, abilities and preferences, and make choices about how to get involved in lifelong physical activity.

The School's Policy concentrates heavily on developing the children physically, emotionally and socially.

It is our desire to have each of our pupils gain confidence in performing fundamental movement skills along with a basic understanding of the movement principles necessary for efficient human movement. Children who develop a variety of movement skills are able to call on these experiences when they are learning new and more complex skills. This confidence in skill building will enhance our pupils' ability to participate and enjoy physical activity throughout their lives.

Our PE program calls for the children to be actively engaged in vigorous physical activities, which in turn will certainly enhance their fitness levels and help them to develop positive attitudes towards sport and all physical activities. Through this we aim to promote a healthy lifestyle amongst the children, one which will develop further as they do.

The physical education environment helps our pupils develop desirable social skills and positive self-concepts by allowing them to work individually and in co-operation with others. In essence, a strong mind and healthy body at a very young age can only enhance each pupil's ability to succeed in life and become responsible citizens in our challenging global society.

OUR PHYSICAL EDUCATION PROGRAMME

The Northern Ireland Curriculum has one attainment target: **Planning, performing and evaluating in Physical Education.**

Our PE programme is a broad and balanced one, which provides opportunities for all our pupils to participate in a non-competitive, fun- based manner. We cater for all five areas of the PE curriculum so that our pupils can draw from a wide range of experiences throughout their seven years at the school. The areas are as follows:

GYMNASTICS DANCE GAMES ATHLETICS SWIMMING

LEARNING OUTCOMES

Through the aforementioned areas of PE our pupils will...

- 1. Develop their motor skills and have a better cognitive understanding of movement.**
- 2. Develop an understanding and appreciation of their own bodies and their capabilities.**
- 3. Understand the relevance and importance of a healthy, active lifestyle, which will lay the foundations for a future healthy life.**
- 4. Develop an understanding of hygiene in relation to physical activity.**
- 5. Grow in self-confidence as they experience success through non-competitive activities.**
- 6. Develop crucial social skills as they work individually and interact with others in groups and small teams.**
- 7. Learn to master simple movements and develop the capabilities to perform more demanding, more complex skills.**

DEVELOPMENTAL NEEDS OF PUPILS

KEY STAGE ONE

ATHLETICS, DANCE, GAMES and GYMNASTICS

Here we have the development of three key areas:

1. Postured skills -bending, twisting, curling, stretching, balancing, and swinging.
Etc.
2. Locomotor skills -running, jumping, galloping, etc.
3. Manipulative skills -catching, throwing, dribbling, etc.

Play at this early stage is often self-centred and co-operative play only develops gradually towards the end of Key Stage 1 in a small group situation.

KEY STAGE TWO

ATHLETICS, DANCE, GAMES, GYMNASTICS AND SWIMMING

1. Here we begin to increase physical strength and stamina. We are therefore able to lengthen performance and are able to change skills rapidly, and think quicker, thus enabling an understanding and appreciation of rules.
2. Awareness of basic hygiene.
3. Safety practices.
4. Success and satisfaction of achievement.

SPECIAL EDUCATIONAL NEEDS AND DIFFERENTIATION

Children are given personal and realistic goals for self-improvement. Teachers will aim to give every pupil the opportunity to experience success in learning and to achieve as high a standard as possible. For pupils whose attainments fall significantly below expected levels at a particular Key Stage, a much greater degree of differentiation will be necessary. For pupils whose attainments significantly exceed the expected levels of attainment, Teachers will plan suitably challenging work.

CROSS CURRICULAR LINKS

Physical education has many obvious links with all other curricular subjects. Its cross-curricular themes include Cultural Heritage, EMU, Health Education and ICT.

TIME ALLOCATION

Each Class is time-tabled for one 45 minute Session per week in the P.E Hall and use the Playgrounds when required or as appropriate.

STAFF

- 1. Class teachers.**
- 2. PE specialists (advisory capacity)**
- 3. Externally-**
 - Swimming Coaches**
 - Basketball Coaches**
 - Soccer Coaches**
 - Gaelic Football and Hurling Coaches**

SAFETY AND PROPER PRACTICE IN PE

**We use 'Safe Practice in PE', issued by DENI as a code of practice.
Each teacher at the commencement of each lesson takes a risk assessment.**

Other rules include:

- * Appropriate clothing
- * Appropriate footwear
- * Obeying of rules set down by the teacher in charge, which may be an external Coach.
- * Own class teacher in overall charge when swimming, and in the presence of other external coaches.
- * No jewellery to be worn.
- * Equipment will be moved under supervision.
- * In an emergency the teacher in charge will use discretion and send for First Aid assistance.

MEDICAL CONDITIONS

1. Responsibility of the parents to inform school.
2. All levels of disability will be catered for.

NON-PARTICIPATION

This will only be permitted when -

1. A note from the parents is sent to the class teacher.
2. If the teacher deems that the child is unfit.
3. Suitable kit is not brought into school.

NB Persistent lack of kit is not an excuse for non-participation.

RESOURCES

FACILITIES:

- School Halls
- School Playground
- Rathmore's All-Weather Pitch when appropriate
- Swimming Pool at Olympia Leisure Centre
- Two well-stocked P.E Storerooms
- Local playing fields when appropriate

EXTRA CURRICULAR ACTIVITIES

The Staff of the School recognise the value and importance of after school activities. The school has a strong tradition and involvement in Gaelic, Hurling, Soccer and Basketball Tournaments.

The Parents Association support an excellent Programme of After School sporting activities which are open to both Key Stage One and Key Stage Two Pupils.

SCHOOL SPORTS

Five days in the Last Term are devoted to Sports Day. Emphasis is placed on the participation of all pupils.

REPORTING

The progress of all pupils will be monitored and commented on in the pupil's general annual report.