



# HANDWRITING POLICY

## **INTRODUCTION**

The policy is underpinned by all four of the Academy's core values:

serve learn love challenge

## **RATIONALE**

Physical education, when experienced in a safe and supportive environment, is a vital and unique contributor to a pupil's physical, cognitive, social and emotional development as well as the role it can play in a child's spiritual, moral and cultural development.

At Rothwell C of E Primary Academy we aim to provide an engaging PE curriculum that is inspiring, motivating and inclusive for all pupils. We believe that 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 knowledge of the body in action. Our PE curriculum provides opportunities for pupils to be creative, competitive and to face up to different challenges as individuals and in teams. It promotes positive attitudes towards healthy and active lifestyles.

## **AIMS**

### **Physical development:**

- To develop competence and confidence by acquiring and developing a range of fine and gross motor skills.
- To be aware of the different shapes and movements that can be made with the body.
- To develop knowledge, skills and understanding, and the ability to remember, repeat and refine actions with increasing control and accuracy.
- To promote fitness and a healthy lifestyle by understanding the effects of exercise on the body and the importance of developing strength, endurance and flexibility.
- To appreciate the value of safe exercising.

### **Social and Emotional Development:**

- To develop a love of physical exercise
- To develop the ability to work independently and communicate with, and respond appropriately towards others using verbal and nonverbal communication.
- To develop confidence in their own skills and abilities.
- To promote an understanding of safe practice, and develop a sense of responsibility towards the safety of themselves and others.
- To realise that the right exercise for you can be fun and will give you energy for other things in life.
- To develop a sense of fair play.

### **Cognitive development:**

- To develop decision making and problem solving skills.
- To develop reasoning skills and the ability to make judgements.

- To develop an increasing ability to select, link and apply skills, tactics and compositional ideas.
- To improve observational skills, the ability to describe and make simple judgements on their own and others' work, and to use this knowledge and understanding to improve their own performance.
- To be able to evaluate performance and act upon constructive criticism.

#### **Spiritual, Moral and Cultural Development:**

- To develop a positive attitude to themselves and others.
- To experience a range of differing activities and realise that physical activity doesn't have to be about winning a competition – doing your best is just as important.
- To be able to encourage others and give praise for their achievements so that when children perform they do not fear failure.
- To treat your team, the opposition and the referee with respect.
- To raise self-esteem through opportunities to celebrating sporting success.

#### **KEY PRINCIPLES**

Physical education involves pupils in the continuous process of acquiring and developing skills; selecting and applying skills, knowledge and understanding of fitness and health and evaluating and improving performance. Within our PE curriculum, pupils will have the opportunity, through PE and school sport, to meet the following outcomes:

- Pupils show commitment towards PE and school sport
- Pupils know and understand what they are trying to achieve
- Pupils understand that PE and school sport are part of a healthy, active lifestyle
- Pupils have the confidence to get involved
- Pupils willingly participate in a range of activities
- Pupils think about what they are doing and make appropriate decisions
- Pupils show desire to improve and achieve
- Pupils have stamina, suppleness and strength
- Pupils enjoy PE and school sport

#### **PE PROVISION**

At Rothwell C of E Primary Academy we aim to provide a well-balanced curriculum which covers the statutory requirements of the Early Years Foundation Stage (EYFS) and the PE National Curriculum. The academy now follow the Real PE Scheme which provides engaging lessons based on the development of core skills before moving onto game based situations. In Reception, opportunities are provided for children to be active and to develop their fine motor skills (coordination, control and movement) through moving and handling activities which involve the use of a range of equipment and involve different spatial experiences. Structured PE lessons and opportunities for outdoor physical activity amount to at least 2 hours per week.

Pupils in both KS1 and KS2 engage in two hours of high quality PE during the course of each week. The KS1 curriculum focuses on the fundamental movement skills (FMS) to develop children's agility, balance and coordination. The content of the KS1 curriculum includes ball

skills and team games, gymnastics and dance activities. In KS2 children continue to develop these skills and apply them into a range of sporting situations.

### **A TYPICAL LESSON**

Swimming:

The National Curriculum for PE states that children should be taught to swim competently, confidently and proficiently over a distance of at least 25 metres, use a range of strokes effectively and perform safe self-rescue in different water based situations by the end of Key Stage 2. Children attend swimming lessons, taught by qualified swimming coaches, at Rothwell Sports Centre in Years 3 and 4, totalling to a full year of swimming lessons by the time they leave Year 4.

Children should ensure they have appropriate swimwear, i.e. a one piece costume for girls and swim shorts for boys and a towel in school on their swimming days. Goggles can be worn during some parts of the lessons however; on some occasions the instructors may ask children to complete activities without their goggles.

### **EXTRA-CURRICULAR ACTIVITIES**

At Rothwell Church of England Primary Academy we aim to provide all children with an opportunity to participate in extra-curricular sporting activities.

### **SAFETY**

As with all physical activity, it is important that certain procedures are followed to minimise the risk of injury:

- All teachers teaching PE will be dressed in suitable sportswear when teaching PE.
- Children should dress in shorts and t-shirts.
- Children will work in bare feet for all indoor and apparatus work.
- Pumps or trainers are worn for outdoor games, together with a tracksuit if it is cold.
- Jewellery is not to be worn; all watches and earrings should be removed and collected by the teacher before starting the lesson and kept in a safe place in the classroom.
- Long hair should be tied back.

We recommend that children bring their PE kit on the first day of term and leave it in school until the school holidays. This minimises children forgetting to bring their kit. In the event that children do not have their kit, there will be a bank of spare kit that children will have to borrow so that they can still take part. On the occasions where children aren't physically able to participate in PE, they are still required to get changed as there are still roles where they can be involved such as; officiating, setting up equipment and leading activities.