



Vision for PE

At Long Ditton Infants we aim "to achieve the physical potential of every child and develop their confidence to contribute to the health and well being of themselves and the others within the school and the local community."

The children will be encouraged to develop their physical potential and develop their self-esteem through the participation of two hours high quality learning within and beyond the P.E. curriculum each week.

We aim to value the benefits of a healthy balanced lifestyle and to develop children's physical competence by being actively involved in a variety of physical activities which are both formal and informal. At Long Ditton Infants throughout the year the children will take part in outdoor games, gymnastics and dance. Each term there will be a new focus area. Along with this, the children take part in a morning march during the school day; We also provide a range of play opportunities that encourage and develop active play at lunch -time; as well as the possibility to attend after school clubs.

PE in the EYFS

- ◆ To build children's confidence to take manageable risks in their play.
- ◆ To motivate children to be active and help them develop movement skills through praise, encouragement, games and appropriate guidance.
- ◆ To notice and value children's natural and spontaneous movements, through which they are finding out about their bodies and exploring sensations such as balance.
- ◆ To provide time to support children's understanding of how exercise, eating and hygiene promote good health.
- ◆ Body skills are taught as well as spatial awareness to develop coordination.
- ◆ To allow sufficient space, indoors and outdoors, to set up relevant activities for energetic play.
- ◆ Introduce appropriate vocabulary to children, alongside their actions.
- ◆ To give children opportunities to use a range of equipment to persist in an activity, practising new and exciting skills and learning from their mistakes.

PE in KS1

The National Curriculum for Physical education for KS1 aims to ensure that all pupils develop competence to excel in a broad range of physical activities, ensure all pupils are physically active for sustained periods of time, ensure pupils engage in competitive sports and activities, and encourage and promote pupils to lead healthy, active lifestyles.

Our pupils are taught to:

- Master basic movements including running, jumping, throwing, catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
- Participate in team games, developing simple tactics to attacking and defending
- Perform dances using simple movement patterns

Our children will become familiar with vocabulary used in our PE lessons such as: balance, roll, travel, jump / sequence, movement, pass, catch/ dribble, kick, warm up, cool down. They will also develop:

- ◆ Control, coordination and mobility.
- ◆ Skill and confidence in a range of physical activities
- ◆ An awareness of physical capabilities of the body.
- ◆ Co-operative and team building skills.

Planning and Assessment

In planning the following is considered: progression and continuity, differentiation, warm up and cool down, self evaluation and objectives. ICT is used to enhance pupils learning by using the digital camera, IWB and video camera for assessment and to evaluate their work and further develop their skills by observing and self evaluating their work.

Nursery: Are assessed against the EYFS profile and I can statements at the end of the year on P.E. as well as end of year reports and parent consultations

Reception: Are assessed the development matters statements and the Early Learning Goals, this is on going throughout the year and reported in parent consultations and end of year reports.

KS1: Children in year 1 and 2 are assessed using a record of the skills taught and whether they were working towards the expected level, at the expected level or surpassing the expected level. For example 'to be able to demonstrate a balance' or 'to be able to explain why a warm up is important'. Assessment is reported to parents in the end of year reports.



How you can help at home

- Encourage your child to join our active clubs or take part in sports clubs and activities that are outside of school.
- Try out and maybe join local sports clubs .
- Encourage your child to walk or cycle, scooter to school as often as possible.
- Play sports, games with your child such as throwing and catching, dribbling the ball, mini golf, tennis, swimming.
- Visit your local library and find out about different sports.
- Encourage your child to try an online workout on YouTube such as The body coach TV (Joe Wicks) kids workouts.
- Be brave and go and watch your local football team! Go to a dance show, or just regular trips to the park with friends. Try to make sure your child takes part in at least 30 minutes of exercise each day. This can include walking to school and playing games in the garden.

Values

We are a Living Values school. Each month we link our chosen Values within each area of the curriculum. Through our Values and our **SMSC (Spiritual, Moral, Social and Cultural)** education we aim to enable pupils to develop their self knowledge, self esteem and self confidence. This is how we help pupils to understand right from wrong and to respect other cultural differences.

Equal Opportunities and Inclusion

All children regardless of race, gender or ability have equal access to PE in order to develop their personal skills.

Through careful planning, monitoring and assessment we ensure that all our pupils:

1. have equal access to PE resources;
2. have equal opportunities to develop their PE capability;
3. are taught skills which are appropriate to their age and ability.
4. have equal access to take part in all sports regardless of gender or ability.

Health and Safety

Children are encouraged to consider their own and others' safety through the school code of conduct, schemes of work, Golden rules and safe practice is maximised through clear skill progression.

Dress Code: *Gymnastics indoors:* Bare feet, white short sleeve- shirt, red shorts, no loose or baggy clothing. *Games outside:* Red shorts, white T-shirts or appropriate warm clothing (grey track suits, leggings and sweatshirts), trainers. *Dance indoors:* bare feet , no jumpers, cardigans.

Provided children are suitably clothed and the ground is not slippery, games sessions can take place throughout the year. Long hair should be tied back and hair bands must be removed. **NO jewellery** should be worn except for religious purposes and these should be taped up or covered with a sweat band in the case of a religious bracelet. Earrings should be removed by the child or not worn that day. If the child has a verruca they need to wear socks and plimsolls. This follows Surrey Guidelines.

The children are taught to lift, carry and place each piece of apparatus safely. School apparatus is checked annually by Surrey County Council and any faults are recorded in the Health and Safety book.

Accident procedure: Remove child from further injury/danger. Isolate and stop class if serious, send child with red card to the office to seek assistance. Administer First Aid as appropriate. If the injury is minor, send child to the office alongside a responsible child who can act as a helper. If serious, send for immediate medical attention (red card). Inform front office and head teacher that an ambulance is required. Provide details of injury and name of child. Complete accident report to the office.



Wherever possible we aim to use ICT to enhance the learning of the children. These website and 'You Tube' for Dance can help to consolidate the learning in P.E.

Useful Websites:

- <http://kidshealth.org/kid/>
- <http://www.nhs.uk/change4life/Pages/change-for-life.aspx>
- <https://www.youtube.com/user/thebodycoach1/search?query=kids>
- <https://www.bupa.co.uk/newsroom/ourviews/2016/06/staying-active-with-your-kids>
- <https://www.activekidsdobetter.co.uk/active-classroom>