



Rush Common School Professional Practice Documents ("PPD") for Physical Education (Primary)

1) Definition

The school believes that physical education experienced in a safe and supportive environment is a vital and unique contributor to a pupil's physical and emotional health, development and well-being.

2) Aims

2.1 The physical education programme aims to provide for pupils' increasing self-confidence and ability to manage themselves in a variety of situations.

The national curriculum for physical education aims to ensure that all pupils:

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives
- develop the ability to plan a range of movement sequences, organise equipment and apparatus, and design and apply rules
- develop the ability to remember, adapt and apply knowledge, practical skills and concepts, in a variety of movement-related activities
- improve observational skills and the ability to assess the effectiveness of performance
- promote positive attitudes to health, hygiene and fitness
- develop a knowledge of safety factors and an appreciation of the principles of safe practice
- develop communication skills, encourage the use of appropriate terminology and promote those skills necessary for effective co-operation

3) Guidelines

A balance of individual and team; co-operative and competitive activities caters for each pupil's abilities and preferences. The programme is based on progressive learning objectives which, combined with flexible and varied teaching styles, provide appropriate, stimulating, enjoyable and challenging learning situations for all pupils.

The programme promotes an understanding of the benefits of exercise through a balanced range of relevant activities.

4) Equal Opportunities

We believe that equality of opportunity and freedom from discrimination is essential to good education and we will challenge stereotyping and prejudice at all times.

5) Record and Assessment

Our profiling and reporting system keep a record of our pupils' achievements in PE and each Year Group has a plan of PE throughout the year.

6) Safety

In all PE lessons safety is an integral part and children must know what is expected of them, e.g. how to get equipment out and take responsibility for it and put it away.

7) Review of this PPD

The Leadership Team reviews the policy every 3 years. It may review the PPD earlier, if required.

Approved by the Leadership Team November 2018

Signed: *Jacquie Stevenson*

Headteacher

Review Date: November 2021