



## Physical Education and School Sport Policy

October 2016

Head Teacher: Mrs Olivia Bates

### MISSION STATEMENT

We at Totternhoe Lower School, strive for excellence in education by providing a safe, secure, caring family environment, where all are valued and respected as individuals, enabling them to reach their full potential, whilst growing in their love and understanding of the Christian Faith.

**Totternhoe Lower School is committed to safeguarding and promoting the welfare of our children and young people and expects all staff, volunteers and visitors to the school to share this commitment**

PHONE

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## POLICY STATEMENT

Our school believes that physical education and school sport (PESS), experienced in a safe and supportive environment, is a unique and vital contributor to a pupil's physical, intellectual, emotional, social development and well-being. We aim to promote and foster an enjoyment and appreciation of the benefits of a healthy lifestyle for life, as well as supporting the children in their development of team building skills.

## AIMS

### Our P.E curriculum is designed to:

- Support the development of flexibility, strength, technique, control and balance through activities such as yoga, dance and gymnastics
- Teach skills such as running, jumping, throwing and catching
- Provide the children with opportunities to play competitive games such as hockey, rounders, tag rugby, netball and football, and to develop the skills associated with these
- Set outdoor and adventurous activity challenges
- Teach coordination
- Ensure that all children leave school able to swim 25 metres, using a range of strokes effectively.

### In addition, we aim to:

- Give children the opportunity to challenge themselves within a safe and structured environment
- Promote a healthy diet and regular exercise as an essential part of everyday life, for life
- Provide the children with access to sports outside their everyday PE experience
- Develop our children's stamina and general fitness levels
- Teach team building and competitive skills
- Develop a lifelong enjoyment of exercise and an understanding of its benefits
- Make it FUN!

## CURRICULUM PROVISION

PE is delivered through two weekly PE lessons. All children are expected to wear appropriate clothing, as are staff, and to participate to their full capacity. Children who do not have kit available in school are provided with suitable clothing belonging to the school. Our PE kit comprises of shorts and t shirt for gymnastics and dance (bare feet are required for these lessons), and additional tracksuit bottoms and trainers for outdoor activities. Jewellery cannot be worn. The children are taught both indoors and outdoors throughout the changing seasons. Cold weather does not limit our curriculum; indeed we encourage the children to get outside as often as they can.

Children participate in a range of activities across the year, receiving a broad and balanced curriculum which teaches balance, control, coordination and stamina, which builds on skills year upon year. Different skills and

sports are taught each term and each year group. All PE lessons are designed to deliver vigorous activity and to improve fitness. Children are also encouraged to improve their general fitness through additional, short sessions during the week. These are in the form of daily whole school 'Wake and Shake' activities. The school's extensive provision and attendance at local competitions has earned us the 'Gold Sports Award'.

### **Swimming:**

Swimming is taught in Year Four for one term. This ensures that the children are given plenty of opportunity to develop their swimming and water safety skills. Children are expected to attend sessions with an appropriate costume; goggles may be worn with written consent from parents for a medical reason.

### **Lunchtimes:**

We aim to promote fitness and sport during the Lunchtime break. As such, PE equipment is available for the children to use on the 'Playground Friends' trolley which Year Four children are responsible for. Year Four are also trained as 'Sports Leaders' – children who have been trained to set up and lead games and will use this training to plan and lead activities on the playground.

### **Extra-Curricular activities:**

We aim to provide the children with the opportunity to experience sports that may be beyond their usual experience. Sports clubs are available for the children to access at lunchtimes and after school. As part of our sports funding is used to buy the services of the Leighton-Linslade School Sports Partnership (LLSSP), we take advantage of clubs and coaching that they offer such as Change4Life. We regularly take part in events throughout the year with other schools in the LLSSP and they provide the children with the 'Sports Leader' and 'Sports Ambassador' training.

### **Sports Funding:**

We receive £8,300 each year to use within school to improve the quality of our PE provision. This is spent in a variety of ways including membership of the LLSSP, staff training, extra-curricular activities, resources, and providing sport at lunchtime. For further information, please see our PE/Sports funding action plan.