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PE Policy

*‘Being physically active is one of the very best things we can do for our physical and mental health.*’ **Scottish Government** **(2018)**

**What is Physical Education (PE)?**

Physical education is the **planned, progressive learning experiences** that take place in primary and secondary school curriculum.

For some children physical education is their only engagement with physical activity and it enables children to develop the foundations for an active life.

**Entitlement**

Every child in Scotland is entitled to **two hours of high quality PE a week**. PE is a compulsory subject as outlined in the National Curriculum and requires all children to participate fully in PE lessons. **Curriculum for Excellence states** that ‘*children and young people should experience daily opportunities to engage in physical activity before, during and beyond the school day.’*

**Aims**

At Gartconner we aim to ensure that all children receive the appropriate learning experiences to motivate and inspire them to maintain an active and healthy lifestyle as they grow up.

**Through the teaching of PE we aim to:**

* promote physical activity and a healthy and active lifestyle.
* encourage children to be physically active for sustained periods of time.
* develop skills in a broad range of physical activities.
* develop a positive attitude to health, fitness and physical activity.

High quality PE has been shown to lead to **improved fitness, health and well-being, concentration, behaviour and academic achievement**. The minimum recommended amount of physical activity for children and young people is **60 minutes every day.**

**Delivery & Organisation**

* Each class has an allotted indoor activity slot as well as outdoor activity slot with access to our pitch or MUGA.
* Teaching staff deliver PE lessons **twice per week.**
* There should be opportunities for individual and/or group activities during a lesson so children learn how to work cooperatively as well as on their own.
* Teachers should encourage children to improve in a particular activity or skill over a period of time.

We intend for children to **gain knowledge of and skills** in the following areas:

* gymnastics
* games skills
* dance
* ball skills
* striking and fielding games
* invasion games
* athletics

**Before a lesson starts teachers should:**

1. Collect the necessary equipment for the lesson.
2. Know how and when to use the equipment.
3. Identify the quantity and condition of the equipment to be used by pupils.

**Lesson Structure**

In PE the overall structure of the lesson will generally consist of:

* 1. Clearly stating the Learning Intention and Success Criteria.
  2. A warm up and stretch activity - the benefits of exercise should be explained and understood and their association with health emphasised.
  3. A main teaching activity - which could be either an introduction or revision of a skill (the main teaching focus may be delivered in the classroom if appropriate e.g. using an IWB, before the children warm up and stretch).
  4. Application of skill through a game or activity.
  5. A cool down exercise to conclude the lesson.

**PE in school should be:**

* **Inclusive** – all children should be able to participate fully in PE in order to reach their own potential.
* **Developmentally appropriate -** the learning offered to children in PE should be developmentally appropriate for the age and stage of the child to help them achieve he motor skills and cognitive understanding they need to lead a physically active life.
* **Connected to other parts of the curriculum** - teachers should seek wherever possible to create links between physical activity and the other areas they teach. For example, through healthy eating, drugs and medicines and maths and science lessons.

**Resources**

At Gartconner we have access to an indoor hall, an Astroturf pitch, MUGA hard court and playground.

* PE resources are stored in the **PE cupboard**, located in the main hall.
* Resources should not be collected from the PE cupboards by unaccompanied children, but only by teachers, support staff or by supervised children.
* All staff are encouraged and expected to:
  + - treat the resources with respect
    - return resources to the cupboard after use
    - ensure PE cupboard is kept tidy and organised
    - report any faulty or unsafe equipment.

**Clothing**

* Children will wear their **PE kit to school** on their allocated PE day.
* All teachers should at least change into appropriate footwear for the teaching of PE.
* Suitable PE clothing for all children within the school is:
  + - *Blue school t-shirt or polo shirt*
    - *Plain black joggies*
    - *Trainers or plimsoles*
    - *School hoodie or warm jumper*
    - *Waterproof for rainy days*
* **No jewellery** is to be worn on PE days. Earrings must be removed by the child or removed by their parents before school.
* Long hair should be **tied back**.

**Health and Safety**

Safety should be paramount when planning PE lessons and activities. All staff and children in PE lessons are required to take note of the following:

* First aid equipment should be available and staff should know what to do and who to call for assistance in the event of an accident.
* Inhalers for children suffering from asthma must be readily accessible and brought to lessons.
* Children should be made aware of and follow all safety requirements related to the use of specific equipment.
* Children should be taught how to move and use apparatus safely under the supervision of a teacher or responsible adult.
* Teachers should conduct a visual risk assessment of the PE equipment as well as the children’s clothing and jewellery before beginning any PE lesson.

**Wet Weather Contingencies**

* When wet weather or dangerous conditions means that PE lessons are unable to be taught outdoors, lessons will be switched to indoors. In PE lessons, the decision to switch lessons indoors will remain with the teacher responsible for that lesson.
* Whenever possible the lesson content should be maintained. If this is not possible then another practical activity should be undertaken suitable to the class size and area available.

**The Daily Mile**

At Gartconner our children regularly participate in ‘The Daily Mile’ which is a Health and Wellbeing initiative where children go outdoors together every day to run, jog and sometimes walk at their own pace for 15 minutes.

* Every child, whatever their age, ability or circumstances takes part.
* It aims to help all children improve their physical, emotional, social and mental health and wellbeing.
* The Daily Mile is not a substitute for PE. However, it does make children fitter, helping to improve access to sport and PE.