

Physical Education Policy

This policy reflects the values and philosophy of The International School of Oradea in relation to the teaching of Physical Education. It gives a framework to which all staff, teaching and non-teaching work. It gives guidance on planning, teaching and assessment. This policy should be used in conjunction with the Scheme of Work for Physical Education that can be utilized as a springboard to develop the individual teacher's ideas in a personal way knowing they are within the school's guidelines. This should enable teachers to design a programme of activities that is responsive to their own and children's skills and needs in art at that particular time.

Subject Aims

The aims of P.E. are:

- To develop a range of physical skills;
- To develop stamina and strength;
- To express ideas in dance form;
- To develop an appreciation of fair play, honest competition and good sportsmanship;
- To develop an appreciation of the aesthetic qualities of movement;
- To learn how to cooperate with each other and work successfully in pairs, groups and teams;
- To develop physical and mental coordination, self control and confidence;
- To develop self confidence through the understanding of one's own capabilities and limitations;
- To provide opportunities for a wide experience of all six physical activities in the curriculum;

- To monitor each child so that they retain a lifelong interest in all aspects of PE and recognize the importance of living and maintaining a healthy life.

The subject comprises of Programs of Study, which are divided into levels of increasing challenge.

In learning PE, children will have the opportunity to achieve the following objectives

The objectives for Early Year & Key Stage 1

For pupils to have the experience of enabling them:

- To perform confidently basic ways of moving from one place to another, for example running, jumping, rolling, climbing, transferring weight from one body part to another and holding the body still;
- To perform contrasting movements including quick and slow, strong and light, wide and narrow and high and low;
- To use apparatus to get on/off, under/over and along to absorb shock when jumping or moving from apparatus of various heights;
- To appreciate and respond to contrasting sounds in music, percussion and words;
- To propel a variety of objects, including balls of various sizes, quoits, beanbags, hoops, and so on;
- To undertake simple ball skills, eg throw, catch, bounce, kick;

- To play simple games with and alongside others in order to experience being a member of a team;
- To become familiar with various forms of apparatus and to set it out and push it away efficiently and safely;
- To explore the potential for physical activities in the immediate environment.

The objectives for Key Stage 2

For pupils to have the experience of enabling them to:

- Combine basic actions such as traveling and turning in the form of a sequence;
- Perform sequences on the floor and apparatus on different heights;
- Repeat and refine the original sequence;
- Reproduce some specific movement including named skills such as forward roll and headstands;
- Absorb shock and momentum on landing and traveling from different levels of apparatus;
- Respond physically and aesthetically to rhythms, moods, qualities in music, words and sounds;
- Develop and repeat movements in dance;

- Strike/propel a ball with reasonable accuracy by using different parts of the body and various implements;
- Invent their own games selecting appropriate equipment, size and shape of playing area and number of players;
- Participate in team games involving various numbers of players and conform to rules;
- Experience outdoor and adventurous activities.

Curriculum and School Organization

The PE curriculum covers four areas:

ATHLETICS

DANCE

GAMES

GYMNASTICS

There will be a progression from Early Years to Y6 as outlined in the thematic and subject planning. Activities are planned each year and could slightly change their order.

Nursery groups have 1 PE period per week. All other groups from Reception to Y6 have allocated 2 periods of PE per week. Each group of lessons is allocated an area of activity and

each area is planned and matched against the Program of Study to ensure suitable progression, and full coverage of the curriculum throughout the school.

Planning at a year group level ensures that classes within a year group cover the same areas of work. Planning at a Key Stage and whole school level ensures continuity and progression within the subject and avoids unnecessary duplication or omission.

Detailed curriculum content and progression can be found in the Annual/Long, Unit/Medium and Weekly/Short Term Plans for PE which are kept and filed on the school server and Department office.

Early Years & Key Stage 1

During Key Stage 1, children build on their natural enthusiasm for movement, using it to explore and learn about their world. They start to play and work with other children in pairs and small groups. By watching, listening and experimenting with movement and ideas, they develop their skills in movement and their coordination, and enjoy expressing and testing themselves in a variety of situations.

Key Stage 2

During Key Stage 2, children enjoy being active and using their creativity and imagination in physical activity. They learn new skills, find out how to use them in different ways, and link them to make actions, phrases and sequences of movement. They enjoy communicating, collaborating and competing with each other. They develop an understanding of how to succeed in different activities and learn how to evaluate and recognize their own success.

Extra – curricular Activities

These are an important part of a child's education. They enable pupils to develop particular skills and further their interests in one or more sporting activities. It helps to introduce a

competitive element in team games and promote cooperation and a sense of good sportsmanship.

In addition to the school clubs offered by members of staff or other specialists, the school is also active in competitions like:

- Football
- Basketball
- Volleyball
- Table Tennis
- Swimming
- Athletics

Classroom Organization and Teaching Style

Specialists PE teachers deliver Physical Education to all classes.

Assessment

Because of the nature of physical education the judgment on a pupil's attainment will be made by taking into account work from three, or sometimes more, areas of activity, and possibly many more specific activities. The judgment will be based on the degree to which each pupil meets the knowledge, skills and understanding described under the four aspects as demonstrated across a range of activities. The teacher will consider how far pupils are able to adapt their knowledge and skills and apply them for different purposes in a range of activities with different concepts and types of outcome.

At Early Years & Primary level there are individual and class assessment files, where student's progress is recorded each term and at the end of academic year.

Resources and Accommodation

The current specialist materials are stored centrally in the PE store room.

Large pieces of equipment are stored in the Multipurpose Hall or outside play area.

Staff using equipment for after school clubs is asked to consult with PE Department beforehand for access.

Changing facilities are arranged for both boys and girls. The purchase of resources is planned each year by the PE department based on the items the team bid for from the main school budget. The PE budget will reflect the priority which PE is given in the School Development plan for any one year.

Evaluation

The Evaluation is carried out to enhance teaching and learning of PE and is the responsibility of SMT and PE staff to monitor and evaluate the curriculum provision made for PE in order that children make the greatest possible progress. As with all evaluation the Heads of School has overall responsibility for this work.

Evaluation Focuses on:

- Assessing pupils' achievements
- Reviewing the Programs of Study coverage
Analyzing teacher and year group planning
Staff discussion

- Observation of PE lessons when requested by SMT

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