



Eden Park Academy
Every Pupil Achieves

Physical Education Policy

Rationale

Eden Park Academy recognises the value of Physical Education to the maintenance of the health and the development of life-long habits that will enhance personal fitness and wellness. Pupils are involved in developing their skills, knowledge and understanding within a range of physical activities so that they can perform with increasing competence and confidence. The varied learning experiences within PE encourage spiritual, moral, social, mental and cultural development alongside personal growth in terms of self confidence and self esteem. PE teaches pupils the importance of physical activity and its contribution to a healthy lifestyle, the school gives pupils 4 hours a week for physical activity in the form of afterschool club, gym membership, outdoor, class sessions.

Aims:

- To develop physical competence and to help promote physical development.
- To know about, value and understand the benefits of participation in physical activity whilst at school and throughout life.
- To grow in self-confidence and personal satisfaction through involvement in PE.
- To develop qualities of commitment, fairness and enthusiasm.
- To improve personal physical skills.
- To have regard for instructions, rules and to be able to put these into practice for safety at all times.
- To understand and recognise the effects of physical activity on their bodies and the health benefits of an active lifestyle.
- To develop positive attitudes towards physical activity.
- To provide appropriate facilities and resources for the safe and effective delivery of PE.

Teaching and Learning

All pupils will be entitled to receive the opportunity to participate in physical education, regardless of ability or past experience. Teaching and learning strategies used within PE reflect whole school policy, teacher/pupil expectations and activity specific differences. Eden Park Academy will make effective use of school and community resources to meet the needs and interests of all students taking into consideration differences of gender, cultural norms, physical and cognitive abilities,

and fitness levels. Strong relationships with local sports centres and other organisations will be developed and maintained to maximise use of shared facilities, resources and equipment.

The school will ensure pupils are involved in acquiring and developing skills, selecting and applying skills, tactics and compositional ideas, evaluating and improving performances and developing their knowledge and understanding of fitness and health. High standards of performance and behaviour within all areas of activity will be maintained. Pupils' understanding of safety issues related to PE - including safe handling of apparatus, standards of behaviour and risk assessment will be developed.

Differentiation

Teaching and learning strategies used within PE reflect whole school policy, teacher/pupil expectations and activity specific differences. It is acknowledged that in PE the skills which can be taught to pupils depend on their stage of development as well as inherent ability. Differentiation by outcome and by task is appropriate for PE.

Health and Safety

The school has a responsibility to keep children safe when participating in PE activities.

Pupils are made aware of all safety issues related to PE including the assessment and management of risks. Risk assessments are carried out for every facility which is to be used for PE. (see attached)

Pupils will have the opportunity to change into appropriate PE clothing prior to participation, tie back long hair and remove all jewellery. Showering facilities are available at the sports centre.

Links with other areas of the curriculum

Literacy - Development of literacy skills through speaking and listening. PE requires pupils to absorb, understand and respond both physically and verbally to a variety of information using appropriate technical vocabulary.

Music – Providing pupils with the opportunity to respond to music and recognise musical elements.

Science – Providing pupils the opportunity to understand the effects of exercise on the body.

Mathematics – in providing pupils with the opportunity to measure performance, understand shape and relationships including symmetry and asymmetry;

PSHE – Providing pupils with the opportunity to appreciate the need for personal hygiene and the benefits of a healthy life style.

PE contributes to the overall personal, social, moral and cultural educational development of participants, through encouraging positive attitudes to physical activity and building self esteem, through the development of physical confidence and competence and etiquette in games.

Venues

John Charles Centre for Sport
Middleton Grove
Leeds
LS11 5DJ
Tel: 0113 3950000

The Leeds Wall
100a Gelderd Road
Leeds
LS12 6BY
Tel: 0113 2341554

YMCA
Broadway
Leeds
West Yorkshire
LS5 3PS
Tel: 0113 228 5550

Arrangements for shower/changing

Same sex changing rooms are available on site. Care/Support staff to assess changing rooms for potential hazards, prior to young people be left to change/shower. Level of supervision determined my individual care planning.

Safeguarding/supervision

Care staff 1-1 supervision with teachers support
See each pupils risk assessment
Discuss issues in key teacher meetings
Staff to follow behaviour steps and incentive plans.
Links with local police if required

First Aid

All care staff and teachers have basic first aid training.
School first aiders on hand to support if required.
Follow each pupils risk assessment regarding medication/hospital visits.
Use incident log.

Risk assessments

See file – pupil

September 15