



Jockey Club Sarah Roe School  
賽馬會善樂學校

# Physical Education policy

DRAFT

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**This policy reflects the values, approaches and philosophy of JCSRS in relation to the teaching and learning of Physical Education and Sports activities. It gives a framework within which all staff should work and guidance on the safe planning, teaching and assessment of PE and Sports activities.**

## **Rationale**

The school believes that Physical Education and Sports activities experienced in a safe and supportive environment is a vital and unique contributor to a student's physical development and well being. The emphasis is on creating a stress-free, stimulating, challenging but supportive environment which encourages maximum participation and enjoyment whilst being sympathetic to our students' physical, mental and emotional needs.

## **Aims and Objectives**

Physical Education aims at developing students' knowledge, skills and understanding so that they can perform with increasing competence and confidence in a range of physical activities. These include dance, games, ball skills, gymnastic skills, swimming and water safety as well as outdoor activities. Physical education promotes an understanding in students of their bodies in action. It involves thinking, selecting and applying skills and promotes positive attitudes towards a healthy lifestyle. We offer opportunities for them to make informed choices about physical activity which, hopefully, will continue throughout their lives.

- enable students to develop and explore physical skills with increasing control and co-ordination;
- encourage students to work and play with others in a range of group situation;
- develop the way students perform skills and apply rules and conventions for different activities;
- increase students' ability to use what they have learnt to improve the quality and control of their performance;
- teach students to recognise and describe how their bodies feel during exercise;
- develop the students' enjoyment of physical activity through creativity and imagination;
- develop an understanding in students of how to succeed in a range of physical activities and how to evaluate their own success;
- develop students' interest in sports activities;
- help students to develop a positive attitude to health and fitness and to keep healthy through regular physical exercises;
- develop a knowledge of safety factors and an appreciation of the principles of safe practice;
- foster a positive attitude to physical education both as a participant and an observer.

## **Teacher Planning**

Six classes (primary classes and early secondary classes) use PYP curriculum framework. The staff reference the UK National Curriculum for content. Secondary classes use ASDAN Programme. PE is taught both on stand alone or embedded in our PYP curriculum and ASDAN programme.

There are 6 strands in PE that we focus on:

1. dance
2. gymnastic
3. games
4. athletics
5. swimming activities and water safety
6. outdoor and adventurous activities (mainly for secondary aged students)

## **Monitoring**

### **1. Role of Vice Principal:**

The role of the vice Principal is to oversee the curriculum in action in school and give advice.

### **2. Role of PE co-ordinator:**

The role of the PE co-coordinator is to:

- ensure continuity of progression in work across the primary and secondary
- write and evaluate an annual action plan as part of the School Development Plan
- co-ordinate with ESL coaches, teachers, Physiotherapist and swimming EA how PE can be implemented
- monitor the schemes of work to ensure progression and continuity in PE throughout the school
- keep record of students' performance
- maximize extra curricular sport activities e.g. Special Olympics, residential camp
- manage a budget and the ordering and maintaining all PE materials used in school in consultation with other members of staff
- take the lead in policy development and update the policy when required
- support the safe implementation of the school PE policy

- maintain contact with those people outside school who can help with advice, training and resources e.g. ESL, Baptist University

### **3. Role of teacher:**

Teachers are responsible for:

- supporting PE coaches and swimming EAs' teaching
- organizing appropriate activities e.g. residential camp, horse riding
- assessment by observing students' abilities during lessons in conjunction with the Physiotherapist's advice
- keeping photographic and/or video evidence of students' work
- collecting progress reports from PE coaches and swimming EA

### **Resources**

There are a wide range of resources to support the teaching of PE in the school. We keep most of our smaller equipment in the PE store, and this is accessible to students only under adult supervision. The hall contains a range of large apparatus, and we expect the students to help set up and put away this equipment as part of their work. By doing so, the students learn to handle equipment safely. The students use the hydrotherapy pool and the local swimming pool for swimming lessons.

### **Health and Safety**

All students participating in PE and Sports activities must wear suitable kit including T-shirt, pants and trainers. Watches and jewellery must not be worn during PE and any valuables should be left with the class teacher.

Students should be taught and develop positive attitudes to the safety of themselves, others, tools and equipment. Any specific issues relating to health and safety which need immediate attention should be brought to the attention of the nurse and Vice Principal.

Students must be changed and showered by the staff of the same sex or in some cases male students can be supported by female member of staff.

**Criteria for evaluating the success of the Policy**

This policy will be reviewed every three years by the Coordinator after discussion with the teachers and School Council representative.

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