



IQRA INDEPENDENT SCHOOL POLICY

Physical Education Policy

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School Philosophy

At Iqra School it is recognised that PE needs to build on the children's natural enthusiasm for movement, by expressing and testing themselves in a variety of situations.

Through Physical Education we aim to enable pupils to develop co-ordination, strength, stamina and skilfulness and to promote spatial awareness, intelligent reactions to situations and appreciation of physical excellence.

We believe that Physical Education should lead to a sense of well-being, a greater understanding of health and fitness, a healthy lifestyle and a feeling of self-confidence.

Why PE?

- Physical Education contributes to healthy growth and physical development, through physical activity.
- Physical Education has an important role to play in establishing a healthier nation, offering children the opportunity to understand the need for, and to develop healthy lifestyles.
- Those who are active in childhood are more likely to reap benefits associated with an active lifestyle in adulthood.
- Research has shown that when primary pupils receive regular exercise they perform better in all aspects of schooling, due to increased metabolism and alertness.
- The development of good gross motor skills and their refinement are important, in order to enhance self-image and raise self-confidence.
- Physical Education provides an essential opportunity to develop knowledge, skills and understanding of the body and its movement.
- Physical Education promotes children's artistic and aesthetic understanding within and through movement.
- Physical Education encourages development of positive attitudes and personal qualities, such as self-esteem, independence, empathy and tolerance.



The Aims of Physical Education

We aim to enable our pupils to:

- Receive regular exercise;
- Make informed decisions about the importance of exercise in their lives;
- Develop positive attitudes to participation in physical activity;
- Become skilful and intelligent performers;
- Acquire and develop skills, performing with increasing physical competence and confidence, in a range of physical activities and contexts;
- Understand what it takes to persevere, succeed and acknowledge the success of other children;
- To discover their own preferences and aptitudes;
- Develop the appreciation of fair play, team play, honest competition and good sportsmanship;
- Foster self-esteem through the acquisition of physical competence and poise;
- Develop self-confidence through understanding the capabilities of one's self and others.

Safety and Accident Procedures

SAFETY

Teachers are ultimately responsible for safety; however, children should be encouraged to recognise potential dangers and to become progressively more responsible to their own safety and that of others.

Working area and surface

Teachers should check working areas and surfaces for any potential dangers to ensure areas are safe. Teachers should also consider their position in the room/hall/playground/field, throughout the lesson to enable maximum observation.

Equipment

Teachers should ensure that all equipment is safe for children to use. All staff must be fully conversant with the setting up of equipment. Pupils should be taught to lift, carry, place and use equipment safely.



Clothing

Children (and teachers) should wear appropriate clothing. Iqra's PE kit comprises a white t-shirt, and tracksuit trousers, and trainers for outside PE.

Children in Years 1-6 should have a complete change of clothes for PE, and not wear the same t-shirt or trousers as worn during the day.

Other safety considerations

Jewellery should not be worn during PE lessons. Tape or sweat bands should also be used for jewellery that cannot be removed due to religious significance. Shoulder length and long hair should be tied back.

ACCIDENT PROCEDURE

If an accident occurs, the pupil should be sent to a qualified first-aider or the first-aider called to the incident. The incident should be recorded on an accident form, as per school guidelines.

Extra Curricular Accident Procedure

During extra curricular activities, at least two members of staff should always accompany the children in event of an accident. Therefore one adult will be available to deal with the incident without leaving the other children unattended. A portable first aid kit should always be taken to off site events.

Participation

Any child not participating in the PE lesson should bring a note explaining the reason, but should still be involved in the lesson in some way, through observation, coaching or officiating.

Parents will be contacted if their child is a regular non-participant. Children who may be fasting are exempt from physical activities during this time.