

Dated August 2016

Islamia Girls School/Brondesbury College "The School"

Physical Education Policy

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1. Introduction

- 1.1 Physical Education, experienced in a safe and supportive environment, is vital and unique in its contribution to a student's physical and emotional development and health. The Physical Education curriculum aims to provide for students' increasing self-confidence through an ability to manage themselves successfully in variety of situations
- 1.2 A balance of individual, team, co-operative and competitive activities aims to cater for individual student's needs and abilities. The scheme of work is based on progressive which, combined with varied and flexible teaching styles, endeavour to provide appropriate, stimulating, challenging and enjoyable learning situations for all students
- 1.3 The scheme aims to promote an understanding of the many benefits of exercise, through a balanced range of relevant activities. Physical Education is considered as a vehicle to facilitate access to cross-curricular themes, skills and dimensions, rather than a subject concerned exclusively with the acquisition of motor skills and techniques

2. Aims

- 2.1 To develop an ability to plan a range of movement sequences, organise equipment and apparatus, and begin to design and apply simple rules
- 2.2 To develop an ability to remember, adapt and apply knowledge, practical skills and concepts in a variety of movement based activities
- 2.3 To promote positive attitudes towards health, hygiene and fitness
- 2.4 To foster an appreciation of safe practice
- 2.5 To develop psycho-motor skills through a range of relevant movement based activities
- 2.6 To develop a sense of fair play and sportsmanship
- 2.7 To develop communication skills, encouraging the use of correct terminology, to promote effective co-operation

3. Objectives

- 3.1 Students will participate in a range of psycho-motor/movement activities in order to develop personal physical activities (Practical attainment)
- 3.2 Students will be made aware of their body in relation to others and their immediate environment and aim to promote quality of movement (Kinaesthetics)
- 3.3 Students will be made aware of simple physiological changes that occur to their bodies during exercise (Physiology)
- 3.4 Be given opportunities to develop imagination and co-operation to achieve shared goals (Teamwork)
- 3.5 Be given opportunities to develop personal characteristics like initiative, self-reliance and self-discipline (Self-knowledge)

- 3.6 Be given opportunities to enjoy and succeed in the subject as well as be stimulated and challenged (Problem solving)
- 3.7 Be given opportunities to develop areas of activity of their choice in extra-curricular time
- 3.8 Make full use of the facilities to prepare the students mentally and physically for Key Stage 3 and Key Stage 4

Please refer to the Schools Internal Procedures for a more detailed instruction.

