



Dog Kennel Hill Primary School

Physical Education

Information 😊



PE AT DOG KENNEL HILL PRIMARY SCHOOL

Introduction

We believe in giving all pupils, irrespective of their academic or physical ability, the opportunity to discover and develop their physical potential through a balanced and developmental programme of activities including invasion games (netball, basketball, football etc), net and wall games (badminton/tennis), striking and fielding games (rounder's and cricket), athletics (running, jumping and throwing activities), gymnastics, dance, swimming and judo. We do so in the belief that physical education in a safe, supportive and challenging environment is a vital component in the development of children's physical and emotional health and well being. This, we believe, includes qualities such as enjoyment, tolerance, co-operation, team work and the development of expertise.

In this context, we are committed to achieving maximum participation for all children whilst recognising the need for equal opportunities on the grounds of gender and children's specific individual needs. Within a caring and supportive environment, we believe in encouraging positive relationships between groups and individuals while providing challenge and stimulation through physical activity.

We believe in allowing children to apply skills, knowledge and concepts, to experiment, to be creative and imaginative and to recognise and celebrate progression and achievement within the physical medium.

We are further committed to recognising the importance of physical activity of children outside the curriculum. We believe that links with sporting bodies, clubs etc., and the provision of extracurricular activities organised by the school is a positive experience and that the recognition and celebration of children's achievements outside school promote an awareness of the value of physical activity for all children.

Fundamentally, we have the understanding that fun, challenging and safe activity will help our children develop the enthusiasm and love for sport/physical activity that will keep them engaged for a life time. Subsequently, our children will have the tools to lead healthy and fulfilling lives through their childhood into adulthood.

Extracurricular Activities

Our plan for the academic year 2015/2016 is to make the most of our subscription to Southwark's school sports partnership to enter leagues, festivals and competitions in a range of sports. Our children have shown a lot of enthusiasm for the after school clubs and fixtures we have held for the last academic year, which has been great to see. Unfortunately, because of this enthusiasm not all children can be picked to represent the school. When selecting for such events we will be looking at the children's ability but equally importantly their behaviour and attitude. In school we often refer back to the Olympic principles of courage, determination, equality, excellence, friendship, inspiration, and respect.

We would recommend that families make opportunities to take part in physical activity together which can take many forms. Family bike rides, playing catch or football in the park, swimming are some examples of things you can do.

We would also recommend that you take your children to sports clubs outside of school. We would advise that children do things that they enjoy as they are more likely to be good at it and stick with it. I will be doing my best to compile a list of clubs in the area and I would be really grateful, if your child is already attending a club, if they could bring a leaflet or information about the club in to school for me to see.



PE Kit

The following statement is taken from the National Curriculum (1999):

“Pupils should be taught why wearing appropriate clothing and being hygienic is good for their health and safety.”

To meet this criterion we expect all pupils to bring PE kit that is separate from the clothes they are wearing that particular day, even if the clothes they are wearing are appropriate for PE. Getting changed is an independent skill that children need to develop. In PE we explain why it is unhygienic to wear the same clothes you have worked up a sweat in. We also explain how sweat is created by the body to cool it down when it is heated up during exercise. Then, if these clothes are kept on, the wetness will make them cold once they stop exercising.

We recommend that children bring PE kit that is suitable for both indoors and outdoors to all PE lessons.

The kit for this year will be a standard kit for the whole school from September 2014. We were advised during our local authority review to introduce a set PE kit/uniform due to the inconsistencies we were experiencing regarding correct kit. It was identified that much of what children or parents deemed as PE kit was inappropriate and sometimes a health and safety risk. Risks stemmed from clothing lacking flexibility to go through the range of movement needed for PE activities; incorrect footwear causing a risk of twists and sprains etc; and clothing being too tight or short.

The PE kit will not have logos but will be a set kit. Children will need to bring all PE kit for lessons including outdoor clothing and footwear and indoor clothing and footwear (see table below). We have looked at suppliers for the kit however we have found that the big supermarkets are the cheapest place to buy the kit.

Many thanks in advance for your cooperation on this matter. Please understand this change is a necessity to ensure children are getting the best out of their PE time.

Please encourage children to take responsibility for packing their PE bag ready for school as this is a skill they need to develop with your support.



No canvas style trainers as they provide no support for the ankles and have led to some twisted ankles already.



Long hair must be tied back and all jewellery including watches must be taken off. Small stud earrings are okay, all other earrings should be taken out.



Example PE Kit (please ask Mr Rochford if you are unsure)

Outdoor PE kit			Indoor PE kit		
					
Navy Blue Joggers	Navy Blue Hoody	White T-Shirt and running shoes or Astroturf football shoes. No canvas style trainers.	White T-Shirt	Navy Blue Shorts (at the length pictured)	Plimsolls

Footwear

- We would recommend a pair of running shoes as they would provide suitable support for all activities.



- For dance and gymnastics children should have bare feet but if there is a reason they can't they need to wear gym shoes or plimsolls.





The benefits of exercise and sport



Physical benefits

- Improved body shape - including muscle tone and posture
- Strengthens bones and muscles
- Reduces the chance of illness so increasing life expectancy
- Improves endurance, flexibility and overall fitness

Mental benefits:

- Helps you to deal with stress and tension
- Improves self-confidence
- Increases motivation
- Gives you something to aim for - a challenge

Social Benefits:

- Helps you meet new people and make friends
- Improves your teamwork and cooperation

