

## Physical Education Policy

### Mission Statement

Jesus light our way on our faith journey. Be our guide, our joy and our hope, as we learn, live, love and pray together.

### Introduction

This policy outlines the teaching, organisation and management of Physical Education (PE) taught and learnt at St Joseph's Catholic Primary School. The school's policy for PE is based on the 2014 Curriculum for Key Stages 1 and 2.

At St. Joseph's Catholic Primary School, Christ is at the centre of our school. In order to follow in the ways of Christ, we encourage children to use their unique, God-given gifts and talents to make our school special and to fulfil their human potential.

We recognise the vital contribution that PE makes to a child's physical, cognitive, social and emotional development. Additionally, PE enables children to recognise their talents, which supports their spiritual, moral, cultural and vocational development.

### Aims and Objectives

- 1.1. By following the National Curriculum, we aim to provide a high-quality physical education curriculum. Children will take part in a compulsory **1 hour** PE session per week. This gives **all** children an opportunity to be inspired to exceed and excel in competitive sport; through gaining knowledge, skills and understanding in a range of sports. These include: traditional sports (hockey, netball, football, basketball and tennis), swimming, gymnastics, dance and outdoor adventurous activities (OAA).
- 1.2. Through PE children will be taught to appreciate the importance of maintaining a healthy and active lifestyle. PE promotes an understanding in children of their bodies in action. It involves thinking, selecting and applying skills and promotes positive attitudes towards a healthy lifestyle. Thus, we enable children to make informed choices about the positive effects physical activity can have throughout their lives.
- 1.3. We aim to cater for children with different strengths, abilities and needs through differentiation using the STEP (Space, Task, Equipment, People) strategy, in order to promote an inclusive environment, where **all** children can progress. Through the variety of opportunities that PE can offer, children develop a sense of personal achievement, fair play, team work, sportsmanship and an understanding of the ways in which sport can transcend social and cultural boundaries.
- 1.4. Through the Primary School Sports Premium, St. Joseph's will provide opportunities for both pupils and teachers to work with and alongside PE specialists and sports coaches through the King Edward's School Sport Partnership (KESSP). This aims to develop the

## **St. Joseph's Catholic Primary School – Physical Education Policy**

skills and expertise of staff in order to have the confidence to provide high quality PE lessons to children in a range of sports.

- 1.5. During break-times, children will have an opportunity to fulfill the Government recommendation of participating in 30 minutes of daily physical activity. This will aim to increase their fitness and enjoyment of sport through the participation of structured activity such as: skipping, basketball and traversing. Additionally, lunchtime clubs such as: multi-skills, basketball and Zumba are in place and timetabled in order to increase the opportunities available to our children.
- 1.6. KS2 children will be provided with opportunities to compete in sport, via KESSP and Caritas Christi in Urbe collaborations. Through participating in Level 2 events, they will embed values such as: fairness and respect. Additionally, **all** children will be encouraged to join extracurricular clubs such as: football, multi-skills, hockey, dance, Zumba and karate with the aim of extending their interest and involvement in sport and to build club links, so that they can continue to develop their skills outside of school.

### **Specific Aims in relation to Physical Development**

At St. Joseph's, we aim to provide different experiences for different age groups, so that pupils are exposed to a range of appropriate challenges, as they move through school. This ensures that they:

- Develop physical competence and confidence by acquiring and developing a range of fine and gross motor skills.
- Become aware of the different shapes and movements that can be made with their body.
- Develop knowledge, skills and understanding, and the ability to remember, repeat and refine actions with increasing control and accuracy.
- Become aware of the benefits of a fit and healthy lifestyle by understanding the effects of exercise on the body and the importance of developing strength, endurance and flexibility.
- Appreciate of the value of safe exercising.

### **Specific Aims in relation to Social, Emotional and Cognitive Development**

Participation of PE has additional benefits which will help children to:

- Develop a love of physical exercise.
- Develop the ability to work independently and communicate with, and respond appropriately towards, others using verbal and non-verbal communication.

## St. Joseph's Catholic Primary School – Physical Education Policy

- Develop confidence in skills and abilities.
- Promote an understanding of safe practice, and develop a sense of responsibility for the safety of others.
- Realise that the right exercise can be fun and energise other things in life.
- Create and plan games for mutual benefit.
- Develop a sense of fair play.
- Develop decision making and problem solving skills.
- Develop reasoning skills and the ability to make judgements.
- Develop an increasing ability to select, link and apply skills, tactics and compositional ideas.
- Develop the ability to communicate non-verbally with the body.
- Improve observational skills, the ability to describe and make simple judgements, and to use this knowledge and understanding to improve performance.
- Understand that using correct techniques will improve accuracy and performance.
- Enable performance evaluation and the ability to act upon constructive criticism.

### **Teaching and Learning Styles**

We use a variety of teaching and learning styles in PE lessons. Our principle aim is to develop the children's knowledge, skills and understanding and we do this through a mixture of whole-class teaching and individual/group activities. Teachers draw attention to good examples of individual performance, as models for the other children and we encourage the children to evaluate their own work as well as the work of other children. Within lessons, we give the children the opportunity both to collaborate and to compete with each other and they have the opportunity to use a wide range of resources.

### **PE curriculum planning**

PE is a foundation subject in the National Curriculum, where each year group receives at least an hour of PE lessons, in addition to lunchtime physical activity. In Key Stage 1, children are encouraged to develop gymnastics, dance and their fundamental movement skills, initially, in order to master their basic movement skills which can be applied to a range of sports.

In Key Stage 2, we teach compulsory games, dance, gymnastics as well as athletics and swimming. Children need to leave Year 6 with the ability to swim at least 25 metres; therefore

children in Year 4, 5 and 6 receive swimming lessons for a term in order to increase their chance of getting to this requirement.

The PE co-ordinator develops the long-term plan of PE activities across the year.

Class teachers complete a daily plan for each PE lesson, using the PE specific lesson plan. Through the assessment criteria, teachers are supported with providing specific learning outcomes for the lesson. Each activity is spread amongst 6 weeks and teachers are expected to evidence progress using SPTO after each lesson.

## **The Early Years Foundation Stage**

We encourage the physical development of our children in the Reception class as an integral part of their work. As we relate the physical development of the children to the objectives set out in the Early Learning Goals, which underpin the curriculum planning for children aged three to five years of age. We encourage the children to develop confidence and control of the way they move and the way they handle tools and equipment. We give all children the opportunity to undertake activities that offer appropriate physical challenge, both indoors and outdoors, using a wide range of resources to support specific skills.

## **Contribution of PE to teaching in other curriculum areas**

At St. Joseph's, we acknowledge that PE has many cross curricular links to other curriculum areas:

### **English**

PE contributes to the teaching of English by encouraging children to describe what they have done and to discuss how they might improve their performance (through self and peer feedback). Additionally, children may be encouraged to perform a poem or story through the means of dance or gymnastics, showing links to the 'Talk for Writing' strategy.

### **Maths**

In upper Key Stage 2 (Year 5/6), children will be encouraged to expand on their understanding of the body and how it works. Through using their mathematics skills, they can begin to measure their pulse rate before a warm-up, after a warm up and during a cool down. Across the school, children are beginning to use warm-up activities which involve fitness to support the sixty-minute guideline through the BBC Times table challenge.

### **Science**

Children are encouraged in PE to gain a good understanding of how the body works during exercise. This includes the heart and movement of blood when we begin to exercise, diet and muscle movement.

### **Computing**

We use ICT to support PE teaching when appropriate. In dance and gymnastics, children make video recordings of their performance, and use the videos to develop their movements and actions through feedback and analysis.

### **Personal, Social and Health Education (PSHE)**

PE contributes to the teaching of personal, social and health education and citizenship. Children learn about the benefits of exercise and healthy eating, and how to make informed choices about these things.

### **Spiritual, Moral, Social and Vocational Development**

The teaching of PE offers opportunities to support the social development of our children through the way we expect them to work with each other in lessons. Groupings allow children to work together and give them the chance to discuss their ideas and performance. Their work in general enables them to develop a respect for other children's levels of ability, and encourages them to co-operate across a range of activities and experiences. Children learn to respect and work with each other, and develop a better understanding of themselves and of each other.

### **Assessment and recording**

As part of the Caritas Christi in Urbe collaboration SPTO is used for assessment across the 11 primary schools.

Teachers and teaching assistants evidence a particular target/skill that has been completed in the PE lesson (linked to SPTO and the National Curriculum) to demonstrate progress over the half term.

Since the SPTO targets are split into KS1 and KS2, staff will evidence PE using paperclips which they are familiar with from other subjects. Overall, children must demonstrate completing the particular skill: 3 times to be working towards, 5 times to be mostly achieved and 8 times to be achieved.

The PE lead will work alongside the senior leadership team to ensure that planning is placed on the school system by Monday morning and assessment is recorded accurately at the end of each lesson.

### **School Sport Partnership (SSP)**

Through the KESSP Membership, we receive the following:

- PE coordinator receives additional support
- Support in achieving school games mark. Last academic year, St. Joseph's achieved a bronze school games mark.
- Leadership Training to support their role of being a St. Joseph's Sports Ambassador.
- Curriculum support in: Hockey, Basketball and Dance.
- Extra-curricular coaching in: hockey, dance and basketball.
- Participation in Level 2 School Sports Games including: inclusive sports such as Boccia to increase SEND involvement.
- Networking opportunities to improve outcomes.

## Equipment and Resources

There are a wide range of resources to support the teaching of PE across the school. Teachers have access to Top Sports cards (Youth Sports Trust) as well as resource cards specific for teaching Gymnastics. Some teachers will have the opportunity to work with specialist sport coaches over the academic year. The PE lead provides example planning for Key Stage 1 and 2 and has worked with staff to develop a two year rolling curriculum.

Small equipment is kept in the PE store, accessible to children, but only under adult supervision. The hall contains a range of large apparatus and we expect the children to help set up and put away this equipment as part of their work. By so doing, the children learn to handle equipment safely. The children use the school playground for games and athletics activities and the local swimming pool: Newtown Swimming Baths for swimming lessons.

## Health and Safety

In order to minimise the risk of injury, in all PE lessons (including swimming):

- Children wear a white t-shirt and black shorts.
- Children wear black plimsolls and for lessons such as gymnastics, children will work in bare feet.
- In swimming, girls wear swimming costumes (not bikinis) and boys should wear swimming trunks (not baggy shorts).
- Jewellery (including religious artefacts) is not to be worn and should be removed prior to the lesson. Ears pierces for less than six weeks should be covered with medical tape.
- Long hair should be tied back and hair bands should be removed.
- Asthma boxes should be brought down to every PE lesson.

Teachers must be supported by a Teaching Assistant during PE lessons and this is included in the school prospectus and website.

## Extra-curricular activities

The school provides a range of PE-related activities for children before, during and after the school day in order to support children in achieving the 30-minute national recommendation. During breakfast club, children can participate in Zumba twice a week, whilst at lunchtime, **all** children have the opportunity to take part in Zumba on the playground, whilst **KS2** children can participate in Multi-skills at least 2 times a week.

In order to promote other opportunities such as: leadership, some children have the opportunity to become play leaders for the Key Stage 1 children. Play Leaders receive external training, which provide them with an understanding of a range of games that they can use with the younger children.

Some children will take part in after school activities such as: football, multi-sports, hockey, dance and basketball. These encourage children to further develop their skills in a range of activity areas. The school provides details of the current club activities to parents at the

## **St. Joseph's Catholic Primary School – Physical Education Policy**

beginning of each term and includes these opportunities on the weekly newsletters. The school also competes with other local schools. This introduces a competitive element to team games and allows the children to put into practice the skills that they have developed in their lessons. These opportunities foster a sense of team spirit and co-operation amongst our children.

### **Safeguarding**

All adults working with children in school with children will be DBS checked.

### **Monitoring and review**

The monitoring of the standards of children's work and of the quality of teaching in PE is the responsibility of the PE co-ordinator. The work of the co-ordinator also involves supporting colleagues in the teaching of PE, being informed about current developments in the subject, and providing a strategic lead and direction for the subject in the school. The PE co-ordinator gives the head teacher an annual summary report in which s/he evaluates the strengths and weaknesses in the subject and indicates areas for further improvement.

This policy will be reviewed annually.

**Review Date: September 2019**