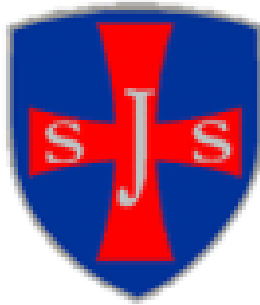


St Joseph's Catholic Primary School

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PE POLICY

Approved by the Headteacher: 11th November 2024

Presented to Governors
(Curriculum & Standards Committee)
at its meeting on: 5th December 2024

Signed:

A handwritten signature in blue ink, appearing to read 'J. Dunlop', is positioned above the 'Signed:' label.

Name: Juanita Dunlop

Position: Headteacher

Date: 13.11.2024

Review Date: Autumn 2027

Responsibility: Headteacher

'Growing together with Jesus in our hearts, heads and hands.'

PHYSICAL EDUCATION POLICY

MISSION STATEMENT

Growing together with Jesus in our hearts, heads and hands.

POLICY STATEMENT

At St Joseph's Catholic Primary School, we recognise that all subjects can be taught through the lens of our mission statement and charism– hearts, heads and hands (love, wisdom & action) as all three together play a significant part when learning. We therefore aim to provide an education that provides opportunities for pupils to experience:

- God's love: through this love, understand that we are empowered to love others, his creation and learning.
- God's wisdom: wisdom is a real-life process of cognitive integrations embodied in action which has a positive effect for oneself and others.
- God's workings and actions: our learning and lives are committed to the principles of Catholic Social Teaching.

Physical Education provides opportunities to promote the following:

- **Hearts:**
 - to develop the children's enjoyment of physical activity through creativity and imagination;
 - learning to respect and work with each other and develop a better understanding of themselves and of each other and encourages them to co-operate across a range of activities and experiences.
- **Heads:**
 - Promoting 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 them to make informed choices about physical activity throughout their lives.
- **Hands:**
 - Enabling children to develop and explore physical skills with increasing control and co-ordination so that they can perform with increasing competence and confidence in a range of physical activities.

POLICY CONTENT

Intent
Implementation
Assessment
Impact
Equal Opportunities

INTENT

PE teaching and learning is a child centered approach that includes, engages and challenges EVERY child in school to live a physically active and healthy lifestyle.

At St. Joseph's, we use the Get Set 4 PE scheme. The aim of this PE scheme is to develop children's basic physical competencies, build confidence in their ability and build the foundations

for a lifelong love of sport, physical activity and a healthy lifestyle. PE lessons encourage children to compete against themselves and others whilst being challenged to improve their physical, social, emotional and thinking skills. These skills are embedded in the heart of our planning.

Our objectives in the teaching of PE align with the National Curriculum. in that we aim to ensure all pupils will:

- ✓ Develop competence to excel in a broad range of physical activities.
- ✓ Be physically active for sustained periods of time and find enjoyment in a wide variety of physical activities.
- ✓ Develop positive attitudes through fair play and sporting behaviour, and the ability to cope with success and failure.
- ✓ Develop physical skills, habits and interests that will promote a healthy lifestyle and good posture.
- ✓ Understand the effects that physical exercise has upon the body in the long and short term.
- ✓ Understand the need for safe practice in physical activities and know how to achieve this.
- ✓ Develop gross and fine motor skills through a programme that enables children to improve and refine their performance.
- ✓ Understand the importance of warming up and cooling down.
- ✓ Work in a variety of settings including partner, small group and team level activities.
- ✓ Be mindful of others and the environment in which they practice.
- ✓ Recognise and follow relevant rules, laws, codes, etiquette and safety procedures for different activities or events, in practice and during competition.
- ✓ Learn to plan, perform and evaluate actions, ideas and performances to improve their quality and effectiveness.
- ✓ Develop an understanding of the importance of healthy eating for optimal physical performance.
- ✓ Focus, build-upon and learn key vocabulary to develop understanding of concepts fundamental skills and physical education knowledge.

National Curriculum Requirements the school provides:

Key stage 1

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Pupils should be taught to:

- Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.
- Participate in team games, developing simple tactics for attacking and defending.
- Perform dances using simple movement patterns.

Key stage 2

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Pupils should be taught to:

- Use running, jumping, throwing and catching in isolation and in combination.
- Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending.
- Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics].
- Perform dances using a range of movement patterns.
- Take part in outdoor and adventurous activity challenges both individually and within a team.
- Compare their performances with previous ones and demonstrate improvement to.
- Achieve their personal best.

Swimming and water safety

St Joseph's aim to have an onsite swimming pool every summer. Lessons will be given to KS2 in the hope that by the end of Year 6 all pupils will be able to:

- Swim competently, confidently and proficiently over a distance of at least 25 meters.
- Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke].
- Perform safe self-rescue in different water-based situations. (DfE 2013)

A pupil will be invited to have additional swimming lessons the following year if they have not met the required standards.

IMPLEMENTATION

- ✓ Provide a physical education curriculum which is broad, balanced and fully inclusive, suiting the needs of all pupils.
- ✓ Every lesson is structured to consist of a warm-up and introduction, skill development, game and cool down. Progression is built into the scheme which ensures our children are increasingly challenged as they move up through the school. across the curriculum.
- ✓ All pupils receive 2 hours curriculum time physical education each week.
- ✓ Opportunities for intra-school activities for all pupils, including a sports day, a health week, sports week etc. are provided. The school regularly participates in School Sports Partnership and County-wide events which promote physical activity.
- ✓ Promoting physical health in PE lessons includes healthy eating and providing access to water.
- ✓ The school encourages all pupils to participate in physical activity during playtimes. A range of equipment is made available to all pupils during play-time periods. Older pupils are encouraged to train and act as playground leaders – this involves overseeing equipment and supporting activity for younger children. Lunch-time supervisors should

be able to promote and support play-time activity. Appropriate and safe playground areas should be available to pupils.

- ✓ The school provides diverse weekly programmed out-of-school activity clubs, which suit the needs of all pupils.
- ✓ The Sport's Council leaders enable pupil involvement in encourage all children to live healthy and physical lifestyle.

Assessment

- ✓ The teacher will assess the children's work in PE, both by making informal judgements, as they observe them during lessons, and through assessing against the specific objectives set out in the National Curriculum and recorded using the Get Set 4 PE assessment software. We have clear expectations of what the pupils will know, understand and be able to do at the end of each Key Stage. supported with resources to know how to prepare children for their next phase of education. These resources include the Get Set 4 PE progression of skills document, progression ladders and knowledge organisers.
- ✓ The PE teacher will also have the opportunity to comment in the pupil's end of Year Summer Report. For the end of year assessment, the PE teacher will assess every child as working below, developing, working securely, working above or at greater depth level. This description indicates the child's performance against the learning expectations being taught for that year group.

IMPACT

- ✓ Our thorough tracking and assessment system enables teachers to check children's progress in relation to the curriculum and provide targeted intervention if needed.
- ✓ The school has numerous successes in inter-school competitions where the excellent, behaviour attitude and skills are frequently commented upon.
- ✓ Physical education is monitored by SLT through review of assessment, pupil conferencing and lesson observation to discuss learning and look at the impact. This is reported to the Headteacher and appropriate changes made.
- ✓ Pupils use the knowledge and skills learnt to meet the challenges of the next part of their educational journey and to do so with confidence and concentration.

EQUALITY

Equality is at the heart of the

- ✓ All pupils regardless of gender, cultural heritage, race, colour, nationality, ethnic origin, religion or special educational needs, will be given the opportunity to experience and acquire skills according to the National Curriculum.
- ✓ At St Joseph's, we aim to create an environment in which all children learn to respect and value each other and each other's interests to develop cultural capital. This can be achieved by employing the following strategies:
 - Mixing groups in terms of gender and ability.
 - Structuring activities so all are fully involved.
 - Giving all the children an opportunity to share their work.
 - Considering the needs of children with physical or learning difficulties and taking the necessary steps (by enlisting extra help, adapting equipment or differentiating tasks) to ensure they have equal access to the curriculum.
 - Recognise the dangers of stereotyping and subconscious bias.

- Links with local sports clubs such as EPC Football, Latika Tennis Club, Downshire Golf Club to provide all children with the chance to learn a variety of different sports.

Reviewed by Mrs. Micklewright

Policy to be reviewed every three years.

Policy to be approved by Headteacher.

Policy to be the responsibility of Curriculum and Standards Committee