



ST LEO'S AND  
SOUTHMEAD  
CATHOLIC PRIMARY  
SCHOOL

PHYSICAL EDUCATION  
POLICY

# ST. LEO'S AND SOUTHMEAD CATHOLIC PRIMARY SCHOOL PHYSICAL EDUCATION POLICY DOCUMENT

## Introduction

The policy for Physical Education has been updated in line with the requirements of the new National Curriculum 2014.

### Our Mission Statement

*In our school, we want to celebrate God's gift of life together, by inspiring, enhancing and developing tomorrow's talent, today! We respect all; aiming to achieve and live our values. A place to allow humanity to flourish!*

## SMSC Statement - PE

At St Leo's and Southmead Catholic Primary School we recognise that the personal development of pupils, spiritually, morally, socially and culturally, plays a significant part in their ability to learn and achieve. We therefore aim to provide an education that provides pupils with opportunities to explore and develop their own values and beliefs, spiritual awareness, high standards of personal behaviour, a positive, caring attitude towards other people, an understanding of their social and cultural traditions and an appreciation of the diversity and richness of the cultures.

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. For example:

- The varied delivery and groupings into pairs/teams allows our children to develop team skills and give them the chance to discuss and communicate their ideas and performance.
- Respect and resilience are a very important part of our lessons. Children learn to respect and work with each other, and develop a better understanding of themselves and of each other.
- Our pupils learn to compete against themselves (for example, setting personal bests) and compete in competitions against others (both intra and inter school). This helps them to understand feelings experienced with both a winning and losing situation and they can be supported when dealing with these feelings.

- The role of exercise in being healthy is an important feature of our teaching and we aim to develop children who are physically active, which will benefit them in their future lives.
- Participation in National School Sport Week (summer term), linked to an international theme when possible (for example, The World Cup or Olympics).

### **Purpose of study**

A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.

### **Overview of Aims**

The national curriculum for physical education aims to ensure that all pupils:

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives.

### **Aims for Foundation Stage**

Four guiding principles shape practice in early years settings and these are applicable in relation to Physical Development. These are:

- every child is a **unique child**, who is constantly learning and can be resilient, capable, confident and self-assured;
- children learn to be strong and independent through **positive relationships**;
- children learn and develop well in **enabling environments**, in which their experiences respond to their individual needs and there is a strong partnership between practitioners and parents and/or carers; and
- **children develop and learn in different ways and at different rates.** The framework covers the education and care of all children in early years provision, including children with special educational needs and disabilities.

Physical Development is one of three prime areas of development during the EYFS. Three areas are particularly crucial for igniting children's curiosity and

enthusiasm for learning, and for building their capacity to learn, form relationships and thrive.

In line with the EYFS (March 2014) Curriculum learning and development is implemented through planned, purposeful play and through a mix of adult-led and child-initiated activity.

### **Aims for Key Stage 1**

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

Pupils will 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.

### **Aims for Key Stage 2**

Pupils will 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 will be encouraged and motivated to enjoy communicating, collaborating and competing with each other. They will develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Pupils will be taught to:

- use running, jumping, throwing and catching in isolation and in combination
- play competitive games, modified where appropriate [for example, 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 a personal best.

### **Swimming and water safety**

In our school the children will be taught to swim in Year 4. They will be taught in two week blocks (during the Autumn and Summer terms if possible).

The children will be taught to:

- swim competently, confidently and proficiently over a distance of at least 25 metres
- use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]
- perform safe self-rescue in different water-based situations.

### **Delivery of P.E.**

From September 2017 to March 2018 the teachers' and teaching assistants' skills will be further enhanced by observing and team teaching alongside a qualified coach. This will be reviewed in March 2018.

### **Knowsley Child Health Strategy**

This strategy highlights obesity as an issue within the borough. As response to this, our school has introduced a minimum of 10 minutes fitness training in every P.E. lesson. This could take the form of skipping, 5m runs, star jumps and other short activities.

### **Cross Curricular/I.C.T.**

Pupils can use video recordings of sequences and dances to compare ideas and quality. They can use I Pads and C.D. players for dance activities or during any P.E. lesson. Photographs can be taken of the children to show evidence of skills they have achieved, using Safeguarding Protocol and Procedures.

### **Safeguarding**

Safeguarding and promoting the welfare of children is defined for the purpose of this guidance as:

- protecting children from maltreatment
- preventing impairment of children's health or development
- ensuring that children grow up in circumstances consistent with the provision of safe and effective care
- taking action to enable all children to have the best outcomes.

### **Allocation of time for P.E. - per week**

Both Key Stage 1 and 2 are allocated 2 hours per week for Physical Education. We also offer a varied menu of after school sports clubs.

### **P.E. Kit**

The children should wear the appropriate dress for the proposed activity.

The kit recommended by the school is: white T-Shirt, black/blue shorts and black pumps.

Long hair should be tied back.

Children should work in bare feet for gymnastics and dance.

Jewellery should not be worn. (If a pupil's ears have recently been pierced the studs may be covered with plasters providing parents have given permission for this.)

If children forget their P.E. kit and a spare kit is unavailable, an activity sheet about the lesson will be provided, which the child will complete whilst observing the lesson. If children repeatedly forget their P.E. kit then a letter will be sent home to their parents. When needed a P.E. kit will be provided for them.

Staff should wear suitable footwear and clothes, which allow freedom of movement and are suitable for the environment.

Swimming - girls must wear a bathing cap and swimsuit. Boys must wear swimming trunks and a bathing cap. If a child has a verruca a verruca sock must be worn in the pool.

## **Extra-curricular Activities**

After school clubs run by class teachers and external coaches. All children will have the opportunity to attend an after school sport club for at least half a term each year, free of charge.

## **Sporting Competitions**

The aim is for as many children as possible to represent their school in a sporting competition or match. This may be at a tournament where several schools attend or through individual matches organised with our local schools (for example, Halsnead or Whiston Willis). A variety of sports, at different levels, will be provided. In addition, termly intra school competitions will be held.

## **Professional Development**

All staff will be offered the opportunity to attend CPD training related to P.E. Working alongside the coaches will provide the opportunity for additional CPD for our members of staff.

## **Special Educational Needs**

All children will have equal access to the Physical Education Curriculum. The necessary support and provision will be given to individuals or groups of pupils to enable them to participate effectively in the curriculum. Activities will be planned using differentiated tasks to enable all children to reach their full potential.

## **Equal Opportunities**

All children will have equal opportunity to participate in all areas of Physical Education regardless of race, gender, age or ability. Where necessary, specialist support will be sought.

## **Record Keeping and Assessment**

All the teachers are required to ensure that work in Physical Education meets National Curriculum 2014 requirements and attainment will be recorded and assessed by teachers. The P.E. subject manager will monitor the P.E. programme

and review when necessary. The children will be assessed in all areas of the curriculum throughout the year.

### **Role of the Subject Manager**

- Ensure that teachers/coaches know and apply the curriculum content for each term
- Monitor and evaluate planning on a termly basis
- Ensure that teachers/coaches are kept up to date with a list of the resources available
- Keep the resource area labelled and organised. Check the condition of equipment on a regular basis
- To liaise with the Knowsley School Sport Partnership Development Officer (Kerstine Hogg) and Knowsley School Sport Manager (David Sweeney)
- Actively involve pupils in monitoring and Pupil Voice
- Advise and offer help to staff when required.
- To report to the P.E. Governor (Mrs McDonald Holmes) and Governing Body.

### **Health and Safety**

St. Leo's and Southmead has a whole school Health and Safety Policy. Pupils will be encouraged to:-

1. Use and move equipment safely.
2. Recognise hazards, assess consequent risks and take steps to control the risks to themselves and others.
3. To use information to assess the immediate and cumulative risks.
4. To manage their environment to ensure the health and safety of themselves and others.
5. Ensure children are not exposed to too much sunlight and that protective clothing e.g. loose t-shirt and hats etc. are worn when outside in the sun.

### **Promoting British Values at St Leo's and Southmead Catholic Primary School** **Serving the Community**

At St Leo's and Southmead Primary School we aim to help, guide and prepare our children as future citizens. As our Mission Statement says, our school is "A place to allow humanity to flourish!" This statement permeates everything that we do in school and captures what British Values are about:-

- Democracy
- The Rule of Law
- Individual Liberty
- Mutual Respect
- Tolerance of those of different faiths and beliefs.

We grasp every opportunity throughout the school day to teach, model and show by examples all of the above. We have provided further information on our school website. We are proud of our school and are proud of the British Values that we live and learn about.

Subject Manager - P. Morris.

Headteacher - J Grundy

Chair of Governors - P Kelly

Review Date: October 2018