

**St Leo's and Southmead Catholic  
Nursery and Primary School**



**Nurture, Inspire, Succeed**

**Physical Education (PE) Policy**

**2022-2024**

## *Our Vision*

*As part of the St Leo's and Southmead family; our children are happy, resilient and successful. Our school community is enriched by positive role models who nurture and support; delivering a curriculum which embraces memorable opportunities and lifelong skills.*

## *Our Promise*

### *Nurture*



We will provide a safe, warm and welcoming environment where everybody is valued

We will develop the whole child through our pastoral approach where inclusive attitudes are modelled everyday

### *Inspire*



We will celebrate the skills, talents and natural abilities of everybody in our school community

We will deliver exciting and memorable learning opportunities through our creative curriculum in order to provoke thoughts, dreams and life-long goals

### *Succeed*



We will guide our children so that they are eager to exceed their full potential in all that they do

We will encourage confidence and risk taking through quality first teaching, effective feedback and challenge

## *Our Values*

*Everybody is valued  
We are all role models  
Talents are celebrated  
We never give up*

## **Physical Education (P.E.) Policy**

At St Leo's and Southmead Catholic Nursery and Primary School, we are committed to providing all children with learning opportunities to engage in physical education. This policy sets out a framework within which teaching and non-teaching staff can work, and gives guidance on planning, teaching and assessment.

It is our intent for the P.E. element of our school curriculum to contribute to the overall education of the child by encouraging and helping them to lead full and valuable lives through engaging in purposeful physical activity. Teaching should develop pupils' knowledge, skills and understanding of physical education, sport and health to identify the importance of leading a healthy lifestyle.

Pupils will be involved in the continuous process of decision making, selecting and applying skills, performing, evaluating and refining their work. They will have opportunities to perform with increasing competence and confidence in a range of different physical activities.

### **Aims**

The aims of P.E. are:

- become a skilful and intelligent performer; by developing the ability to remember, repeat and refine actions and perform them with increasing control, co-ordination and fluency;
- acquire and develop skills, performing with an increasing physical competence and confidence in a range of physical activities and contexts;
- learn how to select and apply skills, tactics and compositional ideas to suit activities;
- develop ideas creatively; • set targets, compete against others, both individually and as a team member;
- understand what it takes to persevere, succeed and acknowledge the success of others;
- respond to a variety of challenges;
- take the initiative, lead activity and improve aspects of own performance;
- discover own aptitudes and preferences;
- develop a positive attitude to participation in physical activity;
- further develop skills by joining sports clubs which have links with the school;
- develop an understanding of the effects of exercise on the body, and an appreciation of the value of safe exercising;
- develop the ability to work as a team player, taking the lead and learning to work collaboratively with others;
- promote an understanding of safe practice, and develop a sense of responsibility towards their own and others' safety and well-being.

### **Curriculum**

The children undertake a broad and balanced programme that takes account of abilities, aptitudes and physical, emotional development. Through P.E. the children learn a range of skills, concepts, attitudes and approaches. Physical education is divided into six areas of activity; athletics, dance, games, gymnastics, outdoor education and swimming. Through these activities, our children will be

encouraged to develop the personal qualities of enthusiasm, commitment, fairness and a positive attitude towards a healthy lifestyle.

A whole school PE curriculum map is in place which ensures children are given the opportunity to build upon prior knowledge from EYFS to Year 6. A unit map has been developed which provides a long term plan for each year group. The units are organised to provide progressive steps, which meet the end of key stage expectations and enrich the child's experience.

All year groups use the GetSet4PE physical education scheme of work to structure their units in line with the progression document.

Each class from Year 1 to Year 6 is timetabled for two one hour P.E. sessions, with EYFS timetable for one PE session weekly.

The playground, MUGA (multi use games area) and field are used to facilitate activities such as Games and Outdoor Activities.

Swimming lessons are provided for Year 4 in the Autumn and Summer Terms.

Our Sports Coach provides additional opportunities for extending the P.E. curriculum and provide after school clubs for KS1 and KS2. Teachers and qualified members of staff also provide additional club opportunities after school.

Through the school's links, the children are all given regular opportunities to participate in after school competitive sporting activities.

Wellbeing Through Sport is used to develop positive mental health through sport in all classes from Nursery to Year 6.

Our MUGA and outdoor Gym are used daily during play and dinner times.

All classes complete our 'St Leo's Mile' at least once a week.

Our children in Years 3, 5 and 6 have opportunities to develop outdoor activity and adventure skills during their residential trips to Ormside, Colomendy and London.

### **Assessment and Recording**

At St Leo's and Southmead, assessment is an integral part of the teaching process. Teachers assess children's physical education through practical activities and evaluative discussions. We are currently in a transition stage of assessing PE, we are currently using Target Tracker with a view to moving over to the GetSet4PE assessment tool in 2023/24.

### **Monitoring**

Monitoring takes place regularly through teacher planning, learning walks, lesson visits and both staff and pupil questionnaires.

## **Roles and Responsibilities**

### **The Head teacher will:**

- actively support and encourage staff, praising good practice and supporting staff development, in-service training (particularly for the P.E. Leader) and acquiring resources.

### **The P.E. Leader will:**

- review and develop a P.E. Policy.
- develop, maintain and renew the resources to support the P.E. curriculum.
- support colleagues to ensure the inclusion of all children in high quality P.E. and school sport.
- organise staff training opportunities, to meet identified development needs.
- monitor and evaluate the quality of P.E. and school sport.
- enable adults other than teachers (ASAs) to improve the quality of playground and lunchtime provision.
- organise and support out of school hours learning opportunities.
- set up and maintain links with sports clubs and other community sports provision.

### **The Class Teacher will:**

- be responsible for the teaching of P.E. as set out in this policy;
- follow the subject's long term plan and develop termly year group medium term plans;
- embed the P.E. Knowledge and Skills Progression document within quality first teaching;
- regularly refer to key vocabulary within lessons linked to each P.E. focus activity.

## **Resources**

We have a wide range of high-quality P.E. and sport resources stored within the school P.E. cupboard. The scheme of work is saved on SharePoint for all staff to access. High-quality CPD resources can be provided from external partners.

## **Inclusion**

Refer to the St Leo's and Southmead Catholic Nursery and Primary School Inclusion Policy.

- The P.E. Coordinator will ensure that spare P.E. kit is available for any occasional circumstances where a child does not have their own in school.
- No pupils will be excluded from any physical education programme unless advised by a medical professional.
- Lessons will provide good quality experiences that are suitably challenging for all pupils.
- Children will undertake different activities, but all will be given the same opportunity to achieve the aims through an appropriate range of activities.

- For children with limited gross motor skills, the integrity of activities will be maintained and expectations will take into account the individual needs of pupils.
- For the purposes of competitions, all children will be given the opportunity to participate in the experience.

### **Health and Safety**

The general teaching requirement for health and safety applies in P.E. and all staff have due regard for the health and safety of all pupils.

- Each child is encouraged to consider their own safety and the safety of others at all times and they are taught how to improve their own abilities to assess risks.
- First aid equipment is available, and all staff are trained in what action to take, including calling for assistance in the event of an accident.
- Inhalers for pupils suffering from asthma are made readily accessible
- Children and staff with diabetes are monitored closely throughout and after P.E. lessons.
- Regular checks are made on all equipment.
- The subject leader makes termly visual checks for wear and tear and security of major items, and all staff are responsible for reporting to the subject leader if any items show wear and tear. Any items constituting a danger are taken out of use immediately.
- All large items of equipment are inspected annually by an independent safety expert.
- Children are taught how to move and use apparatus safely under the supervision of a teacher or responsible adult.
- Children are made aware of safe practice and understand the need for safety when undertaking any activity.
- Teachers ensure that all jewellery is removed and long hair is tied back. If earrings cannot be taken out, they are taped over.

Pupils are taught to understand the safety risks involved in wearing inappropriate clothing, footwear or jewellery and other body piercings. Children should wear suitable footwear when travelling to and from the hall. Teachers are seen as role models and should dress appropriately for P.E. lessons.