



Physical Education (PE) & Physical Activity Policy

Status	School need
Policy last reviewed	Sept 17
Date presented to Education Committee	May 18
Date of next review	Summer 21

Rationale

At St. Monica's the Mission Statement asserts that we aim to enable all children to reach their full potential. Thus we endeavour to provide quality learning opportunities for each and every child and appreciate every person's aspirations and achievements. We believe PE and Active Play provide opportunities for pupils to recognise their own strengths and which areas require self-development. By providing pupils with ample opportunity for different levels of competition, we believe they develop resilience and perseverance that can be aligned with all areas of the curriculum. This policy is a statement of how the school will endeavour to do this through the teaching of physical education.

1 Aims and objectives – Physical Education

1.1 Physical education develops the children's knowledge, skills and understanding, so that they can perform with increasing competence and confidence in a range of physical activities. These include dance, games, gymnastics, swimming and water safety, athletics and outdoor and adventurous activities. Physical education promotes an understanding in children of their bodies in action. It involves thinking, selecting and applying skills, and it promotes positive attitudes towards a healthy lifestyle. Thus we enable the children to make informed choices about physical activity throughout their lives.

1.2 The objectives of teaching PE in our school are:

- to enable children to develop and explore physical skills with increasing control and coordination;
- to encourage children to work and play with others in a range of group situations;
- to develop the way children perform skills, and apply rules and conventions, for different activities;
- to teach children to recognise and describe how their bodies feel during exercise;
- to develop the children's enjoyment of physical activity through creativity and imagination;
- to develop an understanding in children of how to succeed in a range of physical activities;
- to provide a minimum of 2hrs Physical Activity for every child each week;
- to teach children how to stay safe whilst engaging in sports and physical activities.

2 Teaching and learning style

2.1 We use a variety of teaching and learning styles in PE lessons. Our principal aim is to develop the children's knowledge, skills and understanding. 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.

2.2 In all classes children have a wide range of physical ability. Whilst recognising this fact, we provide suitable learning opportunities for all children by matching the challenge of the task to the ability of the child. We achieve this through a range of strategies:

setting common tasks that are open-ended and can have a variety of results (e.g. timed events, such as an 80m sprint);

setting tasks of increasing difficulty, where not all children complete all tasks (e.g. the high jump);

grouping children by ability, and setting different tasks for each group (e.g. different games);

providing a range of challenge through the provision of different resources (e.g. different gymnastics equipment);

offering extra curricular activities to children who would benefit from additional experience, as identified by staff.

2.3 In EYFS, Y1 and across KS2, specialist teaching of curriculum PE is provided by a coach, Mr. J Thornley, from the company Premier Sports.

3 PE curriculum planning

3.1 PE is a foundation subject in the National Curriculum.

In Reception, Year 1 and Key Stage 2 planning is undertaken by the coach from Premier Sports, overviewed by the Subject Champion, to cover invasion games, net and wall games, striking and fielding games and athletics. Provision for the teaching of outdoor and adventurous activities is currently provided through residential trips taken in Year 4 and Year 6. Swimming and water safety is undertaken in Key Stage 2, with two terms of lessons for Years 3 and 4 to ensure that all children are given the opportunity to complete the National Curriculum requirements in KS2. As required from April 2018, the school publish the number of Year 6 pupils, who achieve the required level for swimming and water safety, on the school website: Sports Premium Grant.

In Year 2, the class teacher plans a curriculum that covers the curriculum objectives as outlined on Classroom Monitor, whilst also utilising the published scheme of Val Sabin.

3.2 The curriculum planning in PE is carried out in three phases (long-term, medium-term and short-term). The long-term plan maps out the PE activities covered in each term during the key stage. The PE subject champion devises this plan in conjunction with teaching colleagues and sports coaches.

3.3 The class teacher or sports coach decides what is taught for individual lessons. The planning may consist of annotations of the medium term plan, a record sheet of activities completed, or lesson notes. The sports coach is provided with a ticksheet to assess each child against, using the school assessment system: Classroom Monitor. The class teacher then transfers this information to Classroom Monitor.

3.5 We plan the PE activities so that they build upon the prior learning of the children. While there are opportunities for children of all abilities to develop their skills, knowledge and understanding in each activity area, there is progression planned into the scheme of work, so that the children are increasingly challenged as they move up through the school.

4 The Foundation Stage

4.1 We encourage the physical development of our children in the reception class as an integral part of their work. As the reception class is part of the Early Years Foundation Stage of the National

Curriculum and is a prime area of the curriculum, we observe the physical development of the children and assess according to the objectives set out in the framework, which underpins the curriculum planning for children aged nought to five years of age. We encourage the children to develop confidence, control of the way they move, and care in the handling of 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.

5 Contribution of PE to teaching in other curriculum areas

5.1 English

PE contributes to the teaching of English in our school by encouraging children to describe what they have done, and to discuss how they might improve their performance. Each class using a PE book in which to record their observations and annotations.

5.2 Personal, social and health education (PSHE) and citizenship

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.

5.3 Spiritual, moral, social and cultural 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. Children learn to respect and work with each other, and develop a better understanding of themselves and of each other.

6 PE and ICT

Information and communication technology can enhance the teaching of PE, where appropriate, in all key stages. In dance and gymnastics children have watched stimulus material. A digital camera or iPad can record and annotate experiences.

7 PE and inclusion

7.1 We teach PE to all children, whatever their ability or individual needs. PE forms part of the school curriculum policy to provide a broad and balanced education to all children. Through our PE teaching we provide learning opportunities that enable all pupils to make good progress. For children with a physical difficulty we enlist the support of the Physiotherapist, OT and VI mobility officer for advice.

7.2 The school uses some of its PE and Sports Premium funding to pay for the annual SLA that provides three 'Ability Days' for SEND pupils per year.

7.3 When progress falls significantly outside the expected range, the child may have special educational needs. Our assessment process looks at a range of factors – equipment, teaching style, differentiation – so that we can take some additional or different action to enable the child to learn more effectively. Assessment against the National Curriculum allows us to consider each child's attainment and progress against expected year group programmes. This helps ensure that our teaching is matched to the child's needs.

7.4 We enable all pupils to have access to the full range of activities involved in learning PE within their capabilities. Where children are to participate in activities outside our school (a sports event at another school, for example) we carry out a risk assessment prior to the activity, to ensure that the activity is safe and appropriate for all pupils.

8. Assessment for learning

Teachers assess children's work in PE by making assessments as they observe them working during lessons. Children are encouraged to evaluate their own work and to suggest ways to improve. Grids on the MTPs facilitate recording of children's attainment of NC objectives onto Classroom Monitor.

9 Resources

There is a wide range of resources to support the teaching of PE across the school. We keep most of our small equipment in the PE store, and this is accessible to children 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 field for games and athletics activities, and the local swimming pool for swimming lessons. For specialist activities taught by a sports coach, for example dodgeball, the coaches will provide their own equipment.

10 Health and safety

It is the general teaching requirement for health and safety that applies to this subject. We encourage the children to consider their own safety and the safety of others at all times. We expect them to change for PE into the agreed clothing for each activity area. The governing body expects the teachers to set a good example by wearing appropriate clothing when teaching PE. The policy of the governing body is that no potentially dangerous jewellery is to be worn for any physical activity.

11 Extra-curricular activities

11.1 The school provides a range of PE-related activities for children at the end of the school day: in recent years we have offered dodgeball, fencing, netball, rugby, dance, cross country, football and cricket. These encourage children to further develop their skills in a range of the activity areas. The school sends details of the current club activities to parents at the beginning of each term.

11.2 The school plays regular fixtures against other local schools in a number of inter school leagues and tournaments. This introduces a competitive element to team games, and allows the children to put into practice the skills they have developed in their lessons.

11.3 Intra school competitive activities are provided through the Sports Day held in July, the KS2 League held throughout the Summer Term that involves inter-house matches, the KS1 Mini Superstars competition, and the KS2 School Swimming Gala. The school also uses a 'Sports Crew' to organise Level 1 competition for KS1 and KS2 classes. They organise three separate events per year.

11.3 Involvement with the Bridgewater Cluster programme has enabled us to offer sports festivals involving all children in Years 1,3 and 5 to have experience of inter school Level 2 competition. It also enables us to provide a programme of inter school competition for elite performance which involves: football, netball, swimming, athletics and rounders.

12. Statement on Physical Activity provision

12.1 The physical activity provision within St Monica's Catholic Primary School supports and enhances the National PE curriculum.

12.2 The provision of physical activity opportunities both within and outside the curriculum time aims to:

- Meet the needs and interests of all of our pupils.
- Promote positive attitudes towards participation in physical activity.
- Enable pupils to develop a full range of skills.
- Increase pupils' knowledge and understanding of the importance of physical activity in relation to health and well being.
- Increase pupil participation in physical activity both within and outside of curriculum time.
- Develop confidence in their physical skills and promote enjoyment through participation in physical activities.

12.3 Physical activity is a core theme of the National Healthy School Standard and at St Monica's the PE Subject Champion takes the lead on ensuring that all criteria are met and improved upon an ongoing basis. The pupils contribute to the monitoring of the Physical Activity provision via the School Council, pupil interviews during monitoring and via pupil questionnaires.

12.4 The various activities, which are offered to all pupils, include:

- A range of lunchtime activities which are facilitated by the mid-day assistants to encourage physical activity, reduce boredom and reduce behaviour incidents within the playground.
- Safe and stimulating play areas ensure pupils have the opportunity to be active at breaktimes and lunchtimes.
- Use of a qualified coach that contributes to the provision of out-of-hours activities as well as a range of activities provided by school staff
- Participation in a wide range of inter-school sports events. The school has a designated member of staff who coordinates interschool events.
- Established intra school activities
- Sponsored events that have a physical activity nature e.g. sponsored walks; sponsored skipping

13 Monitoring and review

13.1 The monitoring of the standards of children's work and of the quality of teaching in PE is the responsibility of all staff led by the Subject Champion. Development work in PE is planned for in the School Development Planning cycle.

13.2 This policy will be reviewed every year.

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Date presented to Governors: _____

Date: _____

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