

St. Clare's Catholic Primary  
School  
P.E. Policy



Member of staff responsible: Steve Cummings  
Date policy written: June 2020  
Date approved by the full Governing body: June 2020  
Date to be reviewed: June 2022

### **1. MISSION STATEMENT**

St. Clare's is a Christ-centred school which endeavours to be recognised in the community as a centre of Christian values based on a commitment to the Catholic Faith, where Governors, staff, families and Parish work in close co-operation to ensure that each child is developed to his/her full spiritual, social and academic potential. Of prime importance is the development of a personal relationship with God himself through prayer and Sacraments.

### **2. AIMS**

At St Clare's we believe that 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

The aims of physical education are 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

### **3. STATUTORY REQUIREMENTS**

#### Early Years Foundation Stage

Pupils should be taught to

- Show good control and co-ordination in large and small movements.
- Move confidently in a range of ways, safely negotiating space.
- Handle equipment and tools effectively, including pencils for writing.
- Know the importance for good health of physical exercise, and a healthy diet,
- Talk about ways to keep healthy and safe.
- Manage their own basic hygiene and personal needs successfully, including dressing and going to the toilet independently.

#### Key Stage One

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 Two

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.

## **4. SUBJECT ORGANISATION**

At St. Clare's we use Lancashire's 2008 Scheme of Work in order to deliver 2 hours of high-quality P.E. sessions a week. The scheme is comprised of dance, games, gymnastic and athletic activities.

In addition to following the scheme of work children are also given the opportunity to participate in swimming sessions and outdoor adventure sessions.

### Swimming

Children are taken to Fulwood Leisure Centre in Year 4 & 5. Swimming is a crucial survival skill and it provides an excellent all-round exercise. It can contribute to strength, flexibility and stamina.

### Outdoor and Adventurous Activities

OAA is compulsory in KS2. Year 6 participate in a residential week at Borwick Hall during which they complete a variety of outdoor exercises under the supervision of qualified instructors and St. Clare's staff members.

## **5. APPROACHES OR METHODS**

Before every P.E session it is essential that both staff and children are suitable prepared. In order to achieve this, the following safety guidelines must be adhered to

- Children must wear P.E kit
- Children must wear pumps for indoor activities
- Children must wear trainers for outdoor activities
- Children must remove all jewellery, watches and hairbands
- Children must be supervised and guided when moving apparatus
  
- Staff must be suitable dressed for P.E sessions
- Staff must wear trainers
- Staff must remove jewellery and watches
- Staff must move apparatus safely following moving and handling guidelines

## **7. ASSESSMENT AND TARGET SETTING**

Children are assessed against a particular core task at the beginning of each new series of activities in order to ascertain their skill set. The children are then guided during subsequent P.E sessions to improve these skills. At the end of the series of lessons the children are again assessed against the same particular core task. This assessment cycle ascertains whether progress has been made and highlights the next steps in learning that are necessary. This assessment information is shared with parents in the form of reports or is discussed during parents' evenings. The assessment information is also shared with subsequent members of staff during pupil progression sessions or transition meetings.

## **8. SPECIAL EDUCATIONAL NEEDS, INTERVENTION PROGRAMMES AND EQUAL OPPORTUNITIES**

At St. Clare's Catholic Primary School, we aim to provide a broad and balanced education to all pupils. Quality First Teaching is considered an entitlement for all pupils irrespective of physical ability, race, gender or creed.

Effective pupil tracking enables identification of pupils who may benefit from early 'intervention' at an appropriate level.

## **9. ROLE OF SUBJECT LEADER:**

There is a designated P.E leader to oversee the planning and delivery of P.E within the school. The leader will be responsible for:

- Raising standards in P.E as a National Curriculum subject
- Advising colleagues about effective teaching strategies, managing equipment and purchasing resources
- Utilising the spending of the PE Premium money for the development of PE throughout the school.
- Utilising support offered by Corpus Christi Catholic Sports College using the links previously built by the PESCAL strategy.

- Monitoring the delivery of the P.E curriculum and reporting to the Head teacher on the current status of the subject.

#### **10. PARENTAL INVOLVEMENT**

Parents are able to speak to class teachers after school about any advice that they may need in order to support their child at home. In addition to this staff meet with parents formally three times a year and send out a report at the end of each term detailing the progress and attainment made in P.E.

The school website and newsletters also provide information about sporting events and activities promoting the school's achievements and strengthening communication between the school, parents and the local community.

#### **11. CONCLUSION:**

This policy also needs to be in line with other school policies and therefore should be read in conjunction with the following school policies:

- Teaching and Learning Policy
- Special Educational Needs Policy
- Equal Opportunities Policy
- Health and Safety Policy