

**St. Clare's Catholic Primary School  
and Little Saplings Nursery  
P.E. Policy**



Member of staff responsible: Steve Cummings  
Date policy written: June 2022  
Date approved by the full Governing body: June 20202  
Date to be reviewed: June 2024

### **MISSION STATEMENT**

Saint Clare's is a Christ-centred family where everyone is valued and respected. We learn and grow, whilst strengthening our relationship with God and one another.

Together in His love, we can achieve our full potential.

Play, learn and grow together with Christ.

### **AIMS**

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 adventure activities. Physical education promotes 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.

The aims of physical education are to ensure that all pupils:

- to enable children to develop and explore physical skills with increasing control and co-ordination;
- 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 increase children's ability to use what they have learnt to improve the quality and control of their performance;
- 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 and how to evaluate their own success.
- To promote healthy life styles

### **STATUTORY REQUIREMENTS**

#### **Early Years Foundation Stage: Nursery and Reception**

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.

## **SUBJECT ORGANISATION**

At St. Clare's we use Lancashire's 2020 Scheme of Work in order to deliver 2 hours of high-quality P.E. sessions each 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.

### **CONTRIBUTION OF PE TO TEACHING IN OTHER CURRICULUM AREAS**

#### Information and communication technology (ICT)

We use ICT to support PE teaching when appropriate. All of the Lancashire SOW resources can be found on the PE application, PE Passport. This includes objectives, evaluation tools and videos demonstrating skills in action. In dance and gymnastics, children can make video recordings and digital photographs of their performance, and use them to develop their movements and actions. Photographs are also used as an assessment tool.

#### 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.

#### 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. Group work allows children to work together and give them the chance to discuss their ideas and performance. The Lancashire SOW enables them to develop a respect for other children's levels of ability, celebrate in each other's triumphs and encourages them to co-operate across a range of activities and experiences.

### **APPROACHES OR METHODS**

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 and we do this through a mixture of whole-class teaching and individual/group activities. 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.

In all classes there are children of differing 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 sprint races;
- setting tasks of appropriate difficulty,
- 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.

## **ASSESSMENT AND TARGET SETTING**

Teachers use assessment tools such as progression of skills documents and the evidence gathered on the PE Passport application in order to assess children's work in PE. Each half term, the child's progress is monitored and inputted into the PE Passport application. 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.

## **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.

## **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.

## **HEALTH AND SAFETY**

The general teaching requirement for health and safety applies in this subject. We encourage the children to consider their own safety and the safety of others at all times. We expect them to come ready changed for PE on the morning of their lesson. Staff are also expected to set a good example by wearing appropriate clothing when teaching PE. For safety reasons, no jewellery is to be worn for any physical activity and long hair must be tied back.

## **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.

**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