



St Joseph's Catholic Primary School

Physical Education Policy

Rationale

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. With this approach, we enable them to make informed choices about physical activity throughout their lives.

The aims of PE are:

- 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 in which 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 develop communication and speaking and listening skills.
- to provide children with a skillset which can be used and developed throughout their lives.

Teaching and Learning

As required in Key Stage 1, we teach dance, games and gymnastics. In Key Stage 2 we teach dance, games and gymnastics, swimming and water safety, athletics and outdoor and adventurous activities. Planning should be informed by ongoing assessment (based around National Curriculum objectives) and in order to build upon the prior learning.

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.
- setting tasks of increasing difficulty, where not all children complete all tasks and allowing children to set their own challenges to achieve a personal best, 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.

The Foundation Stage

We encourage the physical development of our children in the reception class as an integral part of their work. We relate the physical development of the children to the objectives set out in the Early Learning Goals, which underpin the curriculum planning for children aged three to five years of age. We encourage the children to develop confidence and control of the way they move, and the way they handle 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.

Extra-curricular activities

As a healthy school we promote a wide range of activities for pupils of all ages. The school provides a range of PE-related activities including football, multi-sports, gymnastics. These encourage children to further develop their skills in a range of the activity areas. Through the Peterlee School Sports Partnership, we provide additional training for teachers where required. In addition, regular opportunities are provided to take part in inter-school sports festival and competitions, as well as an annual Sports Day Event*. This introduces a competitive element to team games and allows the children to put into practice the skills that they have developed in their lessons. These opportunities foster a sense of team spirit and co-operation amongst our children.

* Regarding issues related to Covid-19, health and safety issues will be constantly reviewed based on government guidance and extra-curricular activities will take place when it is deemed safe.

Resources

There are a wide range of resources to support the teaching of PE across the school. Children help to set up and put away this equipment as part of their lessons. If any resources are missing or found to be damaged, the P.E. co-ordinator should be informed as soon as possible so that such items can be repaired or replaced. Additional resources are be purchased where required.

Role of Subject Leader

The subject leader is responsible for monitoring the standard of the children's work and the quality of teaching in line with the school's monitoring cycle. This may be through lesson observations, work scrutiny, monitoring of assessments or pupil interviews.

The subject leader is also responsible for supporting colleagues in the teaching of PE and for being informed about current developments in 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 change for PE into the agreed clothing for each activity area. The school PE kit is as follows: shorts and a tucked in t-shirt for indoor P.E. with tracksuit bottoms and a hoodie for outdoor 'winter' P.E. activities. Staff should set a good example to children and ensure that they are wearing appropriate footwear at all times.