

## **Physical Education Policy**

At St Cuthbert's RC Primary School, our aim is to ensure that all children enjoy Physical Education and sport. Through Physical Education, we aim to develop children's knowledge, skills and understanding so that they can perform with increasing competence and confidence in a range of physical activities. Children will have the opportunity to be creative, competitive, cooperative and face up to different challenges as individuals and in groups and teams. It promotes positive attitudes towards healthy and active lifestyles as well as life-long learning; for each child to fulfil their potential. We place the learner at the centre of what we do with the ultimate goal of children feeling valued, included, challenged and supported in their learning.

### **Aims of PE**

In and through PE, our pupils will participate in challenges that engage and excite staff and pupils alike.

- To give all children the physical literacy, emotional and thinking skills to achieve in PE, sport and life.
- To develop the children's knowledge, skills and understanding of physical education including how to recognise and describe how their bodies feel during exercise.
- To enable all children to participate in a range of physical activities as an individual, as part of a group and as a member of a team to promote the importance of fair play and sportsmanship.
- To promote the key skills of control, co-ordination, composition, movement and co-operation through physical activities.
- To develop self-confidence and self-esteem through understanding and appreciating the capabilities of themselves and others.
- To develop the children's abilities to plan, perform, evaluate and improve the performance of themselves and of others.
- To develop, maintain and increase mobility, stamina and strength.
- To ensure that pupils are concerned with the safety of themselves and others in all activities.
- To develop an enjoyment of Physical Education through creativity and imagination.

### **Health and Safety**

All staff have due regard for ensuring that the safety of children and adults in lessons is of paramount importance. The following areas will be considered:

#### *PE Kit*

- Change for PE in to the agreed clothing.
- Pupils are taught to understand the safety risks involved in wearing inappropriate clothing, footwear or jewellery or other body piercings. Teachers ensure that no jewellery is worn in lessons and that long hair is tied back.
- Teachers set a good example by wearing appropriate clothing when teaching PE.

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### *Risk Assessment*

Every activity should be assessed for risk, including the carrying of equipment. We attempt to balance the desire to minimise risk with the need of practical activity.

- Pupils are taught how to move and use apparatus safely under the supervision of a teacher or responsible adult.

### **Inclusion and Equal Opportunities**

PE forms an important part of a broad and balanced education therefore all pupils, regardless of race, ethnicity, religion, gender or ability, are entitled to and will receive access to all PE activities.

- Through our PE teaching we provide learning opportunities that enable each individual to make good or outstanding progress by providing tasks that are suitably challenging through differentiation.
- 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.
- No pupil will be excluded from any physical education programme unless advised to by a medical professional.
- For the purposes of competitions all children will participate in the experience.
- Class teachers will ensure that spare PE kit is available for any occasional circumstances where a child does not have their own in school.

### **Teaching and Learning, Including Cross Curricular Links**

Our principal aim is to develop each individual child's knowledge, skills and understanding and we do this through a mixture of whole-class teaching and individual/group activities. All staff should show the enjoyment and benefits that PE and sports provide. This is done by positive attitudes, carefully phrased comments and well-chosen resources.

- Lessons are conducted in a secure, supportive and disciplined manner that demonstrates mutual respect. Pupils learn the rules, etiquette, laws and codes for various activities. The scheme of work identifies planned opportunities for pupils to develop a range of desirable personal qualities.
- Staff encourage all pupils to improve in a particular sport or skill over a period of time.
- Staff ensure that all children are aware of their own progress and know how to improve further.
- Teachers plan well organised, stimulating lessons, differentiate lessons appropriately and challenge each individual child.
- Staff refer to work in other curriculum areas when appropriate:
  - Literacy skills such as communication, recording and reading.

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- Numeracy skills such as counting and measuring.
- Scientific and thinking skills such as problem solving, planning, evaluation and target setting.
- The effects of exercise on the body including physiology of the body e.g. bones, joints, muscle etc.
- Health and well-being in topics such as 'Food', 'Healthy Me' and 'My Body'.
- Social skills such as working together through learning and competing in groups.
- Thinking skills such as problem solving, planning, evaluation and target setting.
- Personal skills such as determination, resilience and self-motivation.
- Music skills such as rhythm and tempo.
- ICT skills such as recording performances for evaluation and assessment.

### **Roles and Responsibilities**

The PE Leader is responsible for:

- Monitoring the standards of the work of the pupils.
- Monitoring and supporting colleagues the quality of PE teaching.
- Maintaining and replacing equipment.
- Assisting with the assessment and progress of pupils.
- Ensuring that pupils have the opportunity to become involved in extra-curricular clubs to further develop skills and talents with external links.
- Providing a strategic lead for the subject in the school.
- Produce and update the school PE policy in line with new guidelines and directives.
- Evaluating strengths and indicating areas for further development.
- Developing PE schemes of work across the school

All members of staff teaching PE will:

- Be responsible for putting the National Curriculum requirements, schemes of work and PE policy into practice
- Adapt planning to suit the needs and levels of all children
- Report any damage of equipment
- Be responsible for the safety of the children in their lesson, following the health and safety guidelines
- Follow assessment procedures

**Written: March 2019**

**Review Date: March 2021**

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