

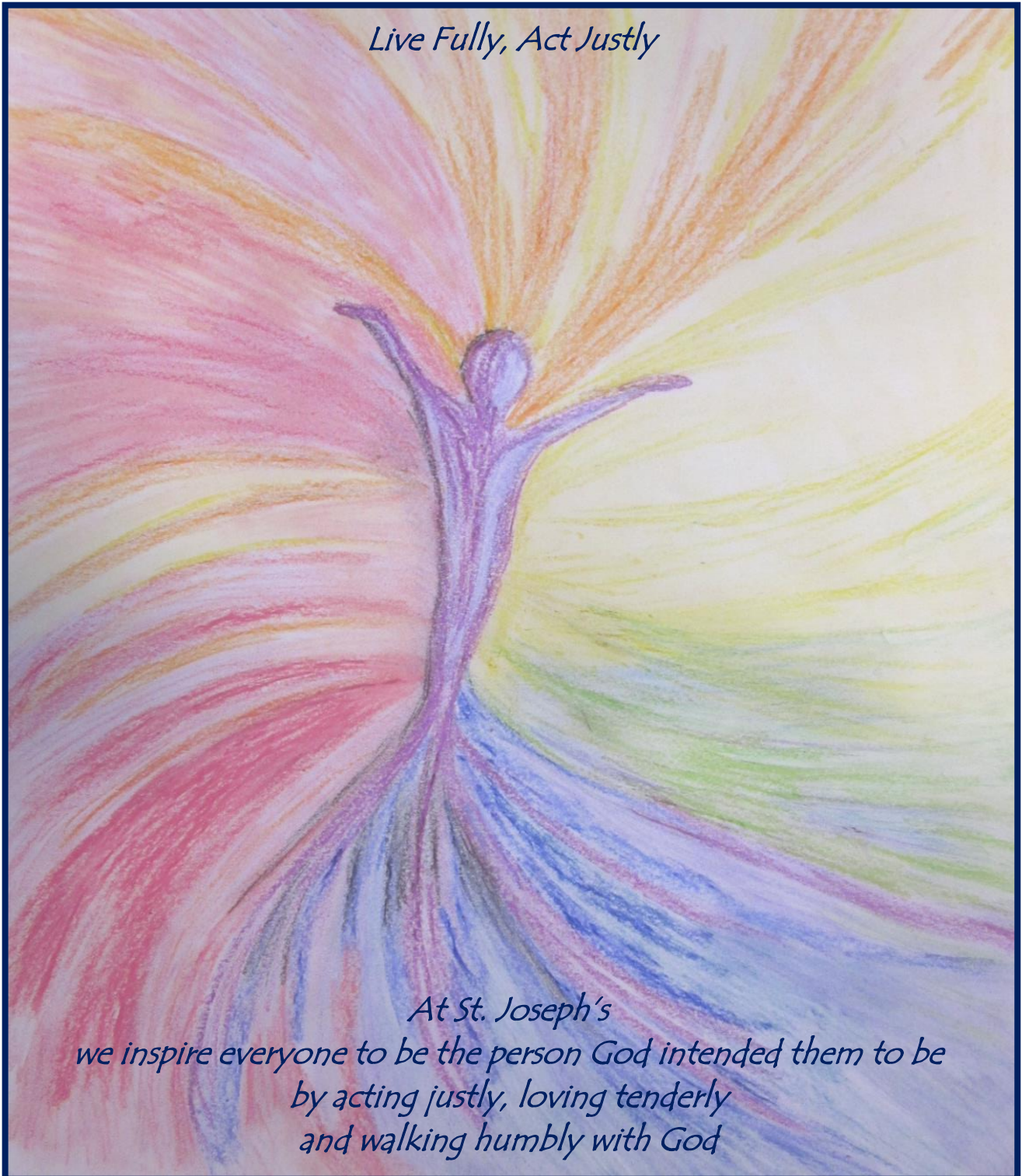


St. Joseph's Catholic Primary School

Physical Education Policy



Bishop Wilkinson
Catholic Education Trust
Through Christ, in Partnership



Executive Headteacher: Mr David Miller

Chair of Governors: Mrs Paula Russell

Date: September 2023

Date for Review: September 2025

Live fully, Act justly

Physical Education Policy

At St. Joseph's, our aim is to ensure all children enjoy and are engaged in Physical Education and Sport. Through our teaching we aim to develop successful, confident individuals who will have a positive attitude towards healthy living and active lifestyles by providing opportunities for children to develop their skills, knowledge and understanding of the subject, so that they can perform with increasing confidence and competence in a range of physical activities including dance, games, gymnastics, athletics and outdoor and adventurous activities. We aim to improve health and wellbeing, promote active participation and lifelong learning, and for each child to fulfil their potential whilst ensuring that every child's experience of Physical Education is positive and motivating.

Intent - What we are trying to achieve

As stated in the National Curriculum, *'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.'*

- Children will meet the National Curriculum expectations in Physical Education which will be taught by highly qualified and enthusiastic staff and coaches who will support and inspire children.
- Children will access at least 2 hours of high-quality Physical Education teaching each week where they will be physically active for sustained periods of time.
- Children will take part in a broad range of physical activities that will help them to develop a range of sporting skills including swimming.
- Children will have the opportunity to engage in competitive sports and activities.
- Children will understand the importance and effect of exercise and being healthy and learn how to lead healthy, active lives.
- Children will understand how catholic virtues can be developed through a sense of fair play and sportspersonship.
- Children's experience of Physical Education will be enjoyable and fun.
- Children will be able to access a time-table of extra-curricular sporting opportunities to extend their learning beyond the curriculum.
- Via 'Sports Week', children will be given experiences of and signposted towards a range of sports not offered through the curriculum.

Characteristics of a physically educated child

- ✓ Children develop competence, confidence and control in a range of movements showing agility, balance and co-ordination.
- ✓ Children perform skills in isolation and in combination to make actions and sequences of movement.
- ✓ Children demonstrate teamwork and participate in intra-school and inter-school festivals, always acting in a sporting manner.
- ✓ Children compete against themselves (PB) and others, striving to improve their performance.
- ✓ Children solve problems in outdoor and adventurous activities, communicating, collaborating and showing resilience.
- ✓ Children swim 25m unaided and perform a self-rescue.
- ✓ Children enjoy participation in physical activity and choose to participate regularly.

Implementation - How do we translate our vision into practice

- A yearly plan is in place which identifies the breadth and depth of the activities delivered across the school to ensure coverage of the National Curriculum.

- We work in partnership with Durham and Chester-le-Street SSP who support our improvement towards the 5 key indicators of the Sports Premium Funding
 1. The engagement of all pupils in regular physical activity - the Chief Medical Officer guidelines recommend that all children and young people aged 5 to 18 engage in at least 60 minutes of physical activity a day, of which 30 minutes should be in school.
 2. The profile of PE and sport being raised across the school as a tool for whole school improvement.
 3. Increased confidence, knowledge and skills of all staff in teaching PE and sport.
 4. Broader experience of a range of sport and activities offered to all pupils.
 5. Increased participation in competitive sport.
- In EYFS there are two strands under Physical Development: Moving and Handling and Health and Self-care.
- Children access time and space to enjoy energetic play daily in the outdoor learning area.
- Children also access specific physical development through timetabled P.E. lessons which give the opportunity to learn and practise fundamental movement skills.
- High-quality teaching motivates and responds to the needs of all children.
- Children access high quality visiting coaches in gymnastics, athletics and games.
- Children's personal success will be celebrated where possible and used to actively promote future aspirations.
- Children have access to a broad range of resources and equipment.
- Children will have the opportunity to participate in intra-school and inter-school festivals and competitions.
- Children will be taught about safety and how to manage reasonable risk in Physical Education.

Inclusion and Equal Opportunities

We comply with the Equality Act 2010 and are proactive in ensuring that all pupils, including those with SEN needs or disabilities are provided with a comprehensive programme of physical activity. For pupils with disabilities or health conditions we will endeavour to adapt activities to suit their specific individual needs, where possible. Where appropriate, this may mean providing specialised equipment, differentiating activities, offering a parallel or separate activity with a teaching assistant or 1 to 1 staff member, or setting a challenge appropriate to their skill level.

SEND

A high-quality Physical Education curriculum enables all pupils to enjoy and succeed in many kinds of physical activity. In order to provide equal opportunities for pupils with SEN and/or disabilities and for those children to gain full access to the Primary Physical Education Curriculum. In P.E. we will:

- Set suitable learning challenges.
- Respond to pupils' diverse learning needs.
- Overcome potential barriers to learning and assessment for particular individuals and groups of pupils.
- Modify the curriculum to remove barriers, so all pupils meet the same objectives.

In some activities, pupils with SEN and/or disabilities will be able to take part in the same way as their peers. In others, some modifications or adjustments will need to be made to include everyone. To overcome potential barriers to learning in physical education, some pupils may require:

- Adapted, modified or alternative activities that offer an equivalent degree of challenge to the activities in the programmes of study and that enable the pupils to make progress.
- Specific support they need to take part in certain activities or types of movement.

- Careful management of their physical regime to allow for their specific medical conditions.

Health and Safety

We recognise that participation in P.E. and Physical Activities contains an element of risk. Staff are responsible for ensuring that they are familiar with Risk Assessments and safe practice to reduce the element of risk to the absolute minimum within their control.

- Staff are aware of pupils who have SEND with regards to physical activity and make special provision for needs where appropriate e.g., physical disability, asthma.
- Staff know about the safe practices involved in moving and using apparatus.
- Pupils wear appropriate clothing, remove jewellery and tie back long hair. If the removal of jewellery or studs is not possible, they should be securely taped, and the teacher is confident this strategy is effective.
- Pupils may be asked to remove shoes when participating in indoor activities such as gymnastics.
- Correct use of equipment is taught along with any potential hazards, including completing a risk assessment for each area/ space that P.E. and school sport takes place in.
- Equipment and apparatus are stored safely at the end of each lesson.
- Pupils are taught to consider their own safety and that of others at all times.
- School shoes are not permitted to be worn for P.E.

Staff teaching or attending P.E. should wear suitable active wear and also consider their own and their pupils' safety with regard to their own additional personal clothing, footwear and jewellery when involved in the teaching of any sporting activity.

We undertake an annual Risk Assessment of the school premises and areas where P.E. is taught and equipment including P.E. equipment (P.E. Lead) as necessary. Risk Assessments are in place for all school sporting trips, along with the requirement to record and submit all intended visits on the ProFire system. All School sporting trips and visits must have first been submitted to the EVC and Headteacher for approval before a visit can go ahead.

Extra-curricular activities and clubs

A range of after-school sports clubs are available to pupils several times a week over the course of the academic year. These clubs complement the curriculum and support the interests of pupils. At St. Joseph's we regularly take part in a range of inter and intra-school sports competitions/festivals through the school's membership of Durham and Chester-le-Street SSP.

Cultural Capital

- Children will have the opportunity to visit sites of sporting excellence in Durham throughout school e.g., Maiden Castle, Durham City Gymnastics Club.
- Children will have the opportunity to be taught by high performance coaches and sports women throughout school e.g. Glen Wharton; national tumbling coach, Shanice Davidson; GBA tumbling squad member. – this is linked to the school's dedicated 'Sports Week'
- Children will have access to the level 1, 2 and 3 competition structure through Durham and Chester-le-Street SSP and County Durham Sport.
- Children use Fit 4 the Future video resources for active brain breaks during indoor break-times.

Assessment & Recording

Assessment is carried out by the teacher. Children will be levelled as either Emerging, Developing, Secure or Exceeding in accordance with age related expectations. Swimming will be assessed by the swimming instructors at Freeman's Quay. The P.E. Lead will be responsible for publishing Swimming data on the School Website, as per National Guidance.

Participation in P.E.

We aim for full participation in every P.E. lesson and aim to do this by:

- Providing P.E. kit for children when needed.
- A wide range of imaginative resources and teaching strategies are used to actively engage pupils in participating in lessons.
- Our curriculum takes into consideration the range of pupils' needs to ensure continuity and progression in learning is provided and P.E. lessons will be suitably differentiated in order to support and challenge pupils.
- Staff ensure that pupils of all abilities are able to access the PE curriculum by providing alternative or different resources to develop new skills and ensure a positive relationship with physical activity from an early age.
- Pupils who are unable to participate in a P.E. lesson are expected to change into their P.E. kit in order to purposefully adopt other roles in the lesson, such as observing, giving feedback, video recording, evaluating, coaching, umpiring and refereeing.
- Students should also change into suitable footwear. Parental notes should be written, signed and handed to Class Teachers (P.E. Lead to thereafter be informed) if a child is not able to participate in PE due to any short or long term injury or medical/health reason.

Impact – What is the impact of our curriculum on the students?

At St. Joseph's, we aspire for all children to enjoy P.E. and develop a love of sport and physical activity, which hopefully becomes part of their future life outside of primary school. We ensure that our P.E. curriculum is inclusive and progressive and allows all children the opportunity to acquire and develop fundamental knowledge, understanding, skills and techniques and apply these to a wide variety of different sports and activities. P.E. lessons are engaging, enjoyable and challenging and all children can achieve to the best of their ability, in a supportive, safe and stimulating environment. Our pupils are physically active throughout their time in school, and this has a positive impact on their learning in the classroom. At St. Joseph's, we continuously educate and set examples to our children so they understand how to lead a healthy lifestyle and understand the importance of regular exercise and activity for their physical and mental wellbeing. Children have opportunities to participate in sport after school can also represent the school at sporting events in our local area which can lead to county competitions. The impact of our P.E. curriculum includes:

- Children are taught PE as a basis for life-long learning where their access to a range of activities will have a positive effect and help them continue to have a physically active life.
- Children will have a good understanding of what a healthy, active life is like and the importance of leading one.
- Children will be given opportunities to compete in sport and other challenging activities that will build character and help embed values such as fairness, respect and teamwork.
- Children will be given the opportunity to shine through the range of different sporting and adventurous activities offered.
- Children will learn how to celebrate each other's strengths and differences in different sports and situations.
- Children will become reflective learners who strive to improve, support each other and are proud to be part of St. Joseph's family.

IN P.E., we also measure impact by:

- Regular learning walks.
- Pupil questionnaires once per year.
- Student voice lead through our School Council.
- Sports Premium Grant spend analysis.
- Analysis of participation in after school clubs.

- Analysis of participation in intra and inter-house competitions.
- Photo records of children's practical work (when appropriate).
- Whole school participation in the 'School Games Mark' a nationally recognised award for the involvement of Physical Education in and outside of school - We are currently at Bronze level.

Monitoring and Reviewing

This policy will be reviewed on a bi-annual basis.

This policy will be reviewed by the LGC in September 2025.

