

PE Policy



Our Lady and St. Oswald's Catholic Primary School

APPROVED BY GOVERNORS: September 2023

RESPONSIBLE PERSON: PE Subject Lead

Introduction

At Our Lady & St Oswald's Catholic Primary School we are committed to providing all children with learning opportunities to engage in Physical Education. This policy reflects our School's values and philosophy in relation to the teaching and learning of PE. It sets out a framework within which teaching and non-teaching staff can work, and gives guidance on planning, teaching and assessment.

At Our Lady & St Oswald's Catholic Primary we aim to inspire and engage children's interest in sporting activities through providing a wide range of opportunities within school, after school and within the wider community.

We aim to foster children's interest in physical wellbeing and healthy lifestyles in order to establish long lasting lifestyle practises?messages.

We aim to promote our Catholic values through sports and positively encourage children to share, respect, support, trust and work together.

Curriculum Aims

To develop skilful use of the body, the ability to remember, repeat and refine actions and to perform them with increasing control, co-ordination and fluency.

To develop an increasing ability to select, link and apply skills, tactics and compositional ideas.

To develop an understanding of the effects of exercise on the body, and an appreciation of the value of safe exercising.

To develop the ability to work as a team player, taking the lead and learning to work collaboratively with others.

To promote an understanding of safe practice, and develop a sense of responsibility towards their own and others' safety and well-being.

Curriculum Planning and Organisation.

Provision

Each class is timetabled so that they can access the hall twice a week (if needed due to weather)

The playground area, field and woodland are used to facilitate activities such as outdoor activities, games and Forest Schools.

Teaching staff deliver PE lessons for 1 hour per week (Gymnastics/ Dance/ Athletics) and Specialist Sports Coaches deliver PE lessons 1 hour per week (Games Skills and Team Games)

Swimming lessons are provided for all KS2 children for two terms by a member of teaching staff and a swimming coach/life guard at Oswestry School swimming pool (see separate swimming policy)

After school sessions include a variety of Sports Clubs including Dodgeball, Gymnastics, Multisports, Athletics, Cross Country and Football.

Lunch time equipment for activities is set out and supervised by the sports leaders provided a variety of physical activities for all children helping to establish healthy lifestyles.

Through The Marches partnership schools link, the children are given opportunities to participate in competitive sporting activities. School staff accompany the individuals/teams to these events.

Themed weeks to promote and develop Healthy Lifestyle approaches) - Sleep Well Week (Autumn Term), Eat Well Week (Spring Term) and Move Well Week (Summer Term).

Early Years Foundation Stage

Physical Development and Personal, Social and Emotional Development are both prime areas of learning within the EYFS framework. The related early learning goals are:

Physical Development - Gross Motor ELG

- Negotiate space and obstacles safely, with consideration for themselves and others.
- Demonstrate strength, balance and coordination when playing.
- Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.

Personal, Social and Emotional Development – Managing Self ELG

- Be confident to try new activities and show independence, resilience and perseverance in the face of challenge.
- Explain the reasons for rules, know right from wrong and try to behave accordingly

Building Relationships ELG

- Work and play cooperatively and take turns with others.

Children access a range of daily activities to develop their gross and fine motor skills and have access to a dedicated outside area. In addition to this, they also have 2 PE lessons each week.

Key Stage 1 & 2

All classes have at least 2 PE lessons, one taught by the class teacher (Gymnastics, Dance, Athletics) and one taught by Specialist Sports Coaches (TNS Sports) which is Games Skills/ Team Games.

- The school uses the Cambridgeshire PE Scheme (for lessons taught by class teachers) these are adapted to meet the needs of each individual class and are supplemented with ideas and activities from other sources. The schemes are in accordance with the current National Curriculum guidelines.
- Lessons are blocked in units of work to promote greater depth of understanding, developing skills, contextual application of these skills and the ability to perform reflectively.
- Swimming lessons take place during the Spring and Summer terms for 30 minutes for the whole of KS2.

Contribution of PE to teaching in other curriculum areas

English - Links between PE and English include: writing sequences, following/giving instructions, oral/peer assessments, speaking and listening, and movement within drama.

Maths - Links between PE and Mathematics include: measurement, shape and space, sequences, number, angles, position and movement, rotation and time.

ICT - Children use capturing and recording equipment (cameras and videos) for evaluation/ development of skills. Videos of professional/skilled athletes are also used to help develop good technique.

PSHE - PSHE and PE links include following rules, living healthily, co-operating with others and understanding fairness and equality.

Catholic Values - Through sport children are taught the values of respect, trust, honesty, friendliness and perseverance.

Healthy Eating - The school recognises that physical activity is just one element of healthy lifestyles and actively promotes healthy eating to help combat child obesity.

These messages are shared in clubs, lessons and through cookery sessions with all age groups and Themed Eat Well Week during Spring Term.

SMSC - PE offers many opportunities that support the social development of our children. Groupings allow children to work together and give them the chance to develop respect for the abilities of other children through collaborative and co-operative work, while gaining a better understanding of themselves.

Inclusion

Class teachers will ensure that spare PE kit is available for any occasional circumstances where a child does not have their own in school to ensure all children can actively partake in the lesson.

Lessons will provide good quality experiences that are suitably challenging for all pupils.

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.

For the purposes of competitions, all children will be given the opportunity to participate in the experience.

Assessment & Recording

Assessment is usually carried out by teachers in the course of the normal class activity.

This is done mainly through observations and sometimes through discussion with children.

A photographic/video record is sometimes used to document some of their work.

Physical Development levels and progress are recorded by the EYFS teachers for each child in Reception

Physical Education / Physical development is included as part of the end of year reports to parents.

Health & Safety

All staff have due regard for the current Association for Physical Education (AfPE) PE guidance 2012 when preparing and delivering PE lessons:

Pupils are taught how to improve their own abilities to assess risks.

First aid equipment is available, and all staff are trained in what action to take, including calling for assistance in the event of an accident.

Inhalers for pupils suffering from asthma are made readily accessible

Regular checks are made on all equipment.

The subject leader makes termly visual checks for wear and tear and security of major items, and all staff are responsible for reporting to the subject leader if any items show wear and tear.

Any items constituting a danger are taken out of use immediately..

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

Pupils are made aware of safe practice and understand the need for safety when undertaking any activity. (e.g. not lifting Hockey stick above the waist, not jumping or running in front of others, etc).

Pupils are taught to understand the safety risks involved in wearing inappropriate clothing, footwear or jewellery and ear piercings.

Teachers ensure that no jewellery is worn in lessons and long hair should be tied back. If earrings cannot be taken out, they are taped over.

If a child has no trainers/pumps for outdoor PE they use their shoes if the activities are on the playground.

Resources

There is a variety of equipment to enable pupils to achieve objectives, which are best suited for their age and stage.

Large equipment/ mats and some indoor PE resources are stored in the hall.

Outdoor equipment is stored in the outdoor PE/Equipment Sheds.

Administration Arrangements for Extra Curricula Sporting Events

The Head Teacher and PE Lead will arrange After school clubs/Attendance of teams at External Sporting competitions.

Where necessary PE Lead will liaises with the Educational Visits Co-ordinator to ensure that the appropriate paperwork is completed.

School Sports Premium

The Evidencing of the Impact of Sports Funding to improve the quality of PE provision for all pupils is completed annually and reviewed by Governors. The plan includes an overview of sports premium spending and a review of the impact of the allocated funds.

Monitoring & Review

The subject leader will oversee the continuity and progression within annual and medium term plans.

The leader will support colleagues and share expertise, arrange opportunities for outside agencies to visit the school in order to enhance learning and direct teachers to examples of good practice.

Sports Leaders

We have a group of eight Year 6 Sports Leaders/ House Captains, they are carefully chosen by staff for being good sporting role models to their peers. This role involves –

- Completing a Play Maker Award (training offered by MMAT)
- Taking responsibility for ensuring active playtimes and that playground equipment is used correctly and returned to storage area at the end of each play/lunchtime.
- Leading Sports Teams for Inter-House and Inter-School Competitions.
- Leading Houses and keeping scores for our school Sports Day.

Reviewed: September 2023

Next Review Date: September 2025