

**Our Lady of Perpetual Succour
Catholic Primary School**

**Physical Education
Policy**



We learn to love everyone as Jesus loves us

Intent

At Our Lady's we recognise the value of Physical Education (P.E) and how it is a fundamental and essential part of a balanced curriculum. We believe that it is both physically and psychologically beneficial to health, providing stimulation for both mind and body to work together in harmony. We fully adhere to the aims of the national curriculum for physical education to ensure that all pupils:

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives

Implementation

How is P.E. Planned For?

Lessons are planned to utilise cross curricular links, as well as the context of the school (including school and local grounds, access to facilities and community role models, such as sports coaches, with specialist skills). The varied curriculum is designed to enable all children to enjoy physical activity and to experience success in sport. An extensive extra-curricular provision also provides further challenge and access to a range of physical activity. All children have the opportunity to participate in P.E. at their own level of development, with teachers ensuring that lessons cater for individual needs. As well as securing and building on a range of skills, children develop knowledge of the basic rules of a range of games and activities. They experience positive competition and a string focus is placed on developing good sporting attitudes. Children learn in a safe environment and have a foundation for lifelong physical activity, leaving primary school as physically active.

At Our Lady's we use a P.E. scheme called Get Set 4 PE. This scheme contains a variety of resources such as lesson plans, knowledge organisers, assessment and progression documents. It assists teachers with their planning, providing them with the confidence to deliver high-quality lessons. Get Set 4 PE lesson plans have been written with careful consideration of the aims of the National Curriculum, to ensure that children are given a wealth of opportunities to develop their physical skills as well as developing the whole child. The lesson plans are also incremental, building upon the skills taught in previous lessons and previous years.

How is P.E. is taught?

P.E. is taught at Our Lady's as an area of learning in its own right, as well as being integrated where possible with other curriculum areas. It is taught a minimum of 2 hours a week (two lessons) aiming to encourage an enjoyment of sport and to establish an attitude of perseverance and an acceptance of rules and decisions. The key knowledge and skills of each topic are mapped across each year group. This ensures that children have a progressive development of their physical skills, knowledge and understanding across key stages. The skills in these areas are also therefore developed systematically, with the programme of study for each year group building on previous learning and preparing for subsequent years. Knowledge and skills are informed and linked to enable achievement of key stage end points, as informed by the 2014 National Curriculum.

We teach lessons so that children:

- 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.
- engage in competitive and co-operative physical activities, in a range of increasingly challenging situations.
- apply and develop a broad range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement.
- enjoy communicating, collaborating and competing with each other.
- develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

How we monitor, evaluate and assess teaching and learning in P.E.:

Subject leaders are continuously monitoring their subject to ensure that it meets the needs of our pupils. Senior Leaders also monitor each curriculum subject. This is done through:

- Learning walks
- Lesson observations
- Pupil surveys and discussions
- Staff surveys and discussions.

Assessment of PE is an ongoing process. As each lesson progresses, the teacher carefully observes and assesses, intervening when necessary, to ensure that each child makes the full progress of which they are capable. Lessons are planned to ensure that lessons are fully inclusive and take account of children's differing needs and physical ability. The assessment of PE at Our Lady's is in accordance with the National Curriculum 2014 attainment target for each key stage. Children's progress is reported to parents orally at parents evening and in the form of a written report at the end of the year.

Impact

The children complete each key stage with a high proficiency in each aspect of PE. Children are aware of the link between physical activity and good mental health and understand its significance as part of a healthy lifestyle. The school achieves well in a number of sporting activities and retained the Gold Sports Mark Award this year in recognition of its PE provision and children's access to competitive sports, which the school has maintained.

By the end of each key stage, children are expected to:

EYFS

Early Learning Goals:

Personal, Social and Emotional Development ELG:

- Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly
- Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions

- 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
- Work and play co-operatively and take turns with others
- Show sensitivity to their own and to others' needs

Physical Development 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

Key stage 1

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 2

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

Swimming and water safety

All schools must provide swimming instruction either in key stage 1 or key stage 2. At Our Lady's pupils in years 5 and 6 attend swimming lessons at Kingsway Leisure Centre. Lessons are taught by specialist swimming instructors who assess the children at the start and end of the swimming course.

Pupils should be taught to:

- swim competently, confidently and proficiently over a distance of at least 25 metres
- use a range of strokes effectively
- perform safe self-rescue in different water-based situations.

Equal Opportunities

At Our Lady's we are committed to promoting equal opportunities irrespective of socio-economic background, gender, disability and ethnicity in all areas of the curriculum. We believe that children should have equal access to and participation in a range of physical education activities. Teachers make the necessary adaptations to ensure appropriate challenge and accessibility for all learners.

Inclusion

Here at Our Lady's we are committed to ensuring that all children participate in P.E. and physical activity irrespective of any special educational need(s) or physical disability they may have. We believe that children should have equal access to and participation in a range of physical education activities in order to reach their own potential. Research has shown that children ALL participating in P.E. together proves better outcomes for ALL ([Research review series: PE - GOV.UK \(www.gov.uk\)](#)). We believe that all of our children have an entitlement to all aspects of P.E. and we endeavour to give each child the opportunity to develop skills and knowledge, to maximise their potential.

All staff ensure that they include all children by;

- setting suitable learning objectives / challenges.
- responding to pupils diverse learning needs.
- helping groups of pupils and individuals to overcome potential barriers to learning and assessment.

Health and Safety

Health and good safe practice are always emphasised in each environment, including the handling of equipment. Large equipment is inspected annually. Appropriate clothing is essential, and children's attire is checked by teachers prior to undertaking PE activities.

P.E. Kits

Clothing for P.E. should be comfortable, practical and safe. At Our Lady's our P.E. kit includes:

- Indoor - Blue shorts and white t-shirt with school logo. Children may be bare foot or need sensible footwear (pumps or trainers) dependant on lesson.
- Outdoor - Blue shorts and white t-shirt with suitable footwear for warmer months and dark jogging bottoms/leggings for colder months.

- Forest Schools – Long sleeved top, jogging bottoms/leggings, suitable footwear for walking around the school grounds. A waterproof jacket maybe required as children will be participating in these activities regardless of the weather.
- Swimming - Bathing costume/trunks, towel, swimming cap (for children with shoulder length hair or longer).

It is important that staff should consider their own and their pupils' safety with regard to their own personal clothing, footwear and jewellery when involved in the teaching of any PE activity.

On PE days, children will come into school wearing the appropriate PE kit. They must not wear any kind of jewellery in P.E. lessons, including earrings and watches. Pupils with shoulder length/long hair are reminded to tie it up securely.

Role of the Subject Leader

Training

- Provide support and training for staff in-house, including the planning, teaching, assessing, and evaluating of the P.E. curriculum.
- Provide up-to-date information for teachers on (online) resources in PE and new initiatives/schemes.
- Seek further training and support from specialist teachers and coaches and via the SGO (School Games Organiser).
- Over the course of an academic year, ensure all teachers can observe/team teach with specialist teachers, in order to make their contribution sustainable.

Curriculum

- Oversee, with support from the Senior Leadership Team, the teaching and learning in PE in line with the Curriculum Map.
- Timetable specialist teachers and coaches (liaising with Head Teacher).
- Ensure the PE curriculum resources available to teachers are of a good standard and a quantity.
- Promote PE and Sport across the school, encouraging children's participation and celebrating both involvement and success.

Organisation

- Register the school for various borough sporting events (via SGO) and any other events available to us.
- To report on school swimming attainment annually and record this online.
- Complete Risk Assessments for sporting events.
- Organise Sports Day(s) annually.
- Report to the Senior Leadership Team, Head Teacher and Governors on PE.

Budgeting

- To complete the 'Evidencing the Impact of the Primary PE and Sport Premium' document annually (liaising with the Head Teacher).

Policy Updated: Sept 2024

Policy Review date: Sept 2026

Appendix 1 – P.E. Overview 2024 - 2025

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	Introduction to PE (Unit 1) Dance (Unit 1 and 2)	Introduction to PE (Unit 2) Ball Skills (Unit 1)	Fundamentals (Unit 1) Gymnastics (Unit 1)	Fundamentals (Unit 2) Games (Unit 1)	Forest Schools Ball Skills (Unit 2)	Gymnastics (Unit 2) Games (Unit 2)
Year 1	Rugby Dance	Rugby Gymnastics	Ball Skills Fundamentals	Forest Schools Striking and Fielding	Fitness Tennis	Athletics Tennis
Year 2	Tennis Gymnastics	Tennis Dance	Rugby Striking and Fielding	Rugby Fitness	Forest Schools Sending and Receiving	Athletics Fundamentals
Year 3	Football Dance	Hockey Gymnastics	Tennis Fitness	Tennis Athletics	Rugby Cricket	Rugby Forest Schools
Year 4	Tennis Fitness	Tennis Netball	Forest Schools Dance	Football Athletics	Rugby Gymnastics	Rugby Rounders
Year 5	Rugby Forest Schools	Rugby Gymnastics	Swimming Tennis	Swimming Tennis	Swimming Dance	Swimming Handball
Year 6	Swimming Play Leadership	Swimming Forest Schools	Rugby Handball	Rugby Cricket	Tennis Rounders	Tennis Athletics