



'Dream, Believe, Achieve!'

'With God, all things are possible.' Matthew 19:26

Psalm 25:4 'Show me your ways, LORD, teach me your path'.

CURRICULUM POLICY PHYSICAL EDUCATION

Policy Date:	November 2022
Policy Review:	November 2025
Signature of Headteacher:	

Introduction

St. Mary's Church of England Primary School is committed to promoting the health and wellbeing of its pupils and staff through physical education and physical activity. This policy outlines the organisation, teaching and management of physical education and physical activity at St. Mary's.

Ethos & Environment

Despite the severely limited space on offer St. Mary's school strives to maximise opportunities for children, young people and all associated with the school to be physically active by promoting all avenues for activity. This includes the curriculum, environment and wider community.

Physical Activity Policy Co-ordinator

This comes under the following people: The P.E. Co-ordinator and the Personal, Social and Health Education (PSHE) and Healthy Schools Co-ordinator.

Physical Education & Physical Activity Aims & Objectives

Aims:

- To ensure that all aspects of physical activity in school are promoted for the health and wellbeing of pupils, staff and visitors.
- To provide and promote opportunities for staff and pupils to be physically active throughout and beyond the school day.
- To increase physical activity levels of pupils in line with national targets.

Objectives:

1. To develop fundamental movement skills, the ability to recall, repeat and refine actions and to perform them with increasing control, co-ordination and fluency (acquiring and developing).
2. To develop an increasing ability to select, link and apply skills, tactics and compositional ideas in a range of physical activities.
3. To improve observation skills and the ability to describe and make simple judgements on their own and others work, and to use their observations and judgements to improve performance (improving and evaluating).
4. To develop an understanding of the effects of exercise on the body, and an appreciation of the value of safe exercising (knowledge and understanding of fitness and health).
5. To develop the ability to work independently, and communicate with and respond positively towards others (working alone and with others).
6. To promote an understanding of safe practice, and develop a sense of responsibility towards their own and others' safety and well-being (applying safety principles).

Equal Opportunities and Inclusion

All physical activity opportunities offered at St. Mary's are designed to be inclusive and cater for different abilities and needs. All children will be given access to the full P.E. curriculum. To provide a broad and balanced education, teachers provide learning opportunities that are matched to the needs of all children. When outside coaching is made available to our school, individual children may be identified and given the opportunity to develop their skills in club or community links. We also give our children opportunities to take part in competitive sport both internally and externally against other schools within the local area.

Resource Provision

St. Mary's has a school hall, which is equipped with portable and fixed apparatus for gymnastics and a music centre to support the teaching of dance. For the teaching of games, there is a playground with markings and a school hall. Use is also made of local fields and the leisure centre for activities and events such as sports days. An annual audit of all physical education equipment is conducted by the P.E. Co-ordinator in order to prioritise any necessary expenditure for the year. Resources for games and outdoor activities can be found in the shed, while planning resources are located on our online scheme, PE Hub.

Our partnership with the Bosworth Sports Group has raised the profile of physical activity at St. Mary's and widened the relationships with external agencies. As a result, we have better access to coaches, venues and specialised equipment.

Curriculum Provision

Organisation:

The P.E. programme is taught by class teachers and a qualified coach, following a programme linked to school games competitions each week.

The teaching of swimming is by qualified staff with appropriate Resuscitation awards for swimming. Supervision of children travelling to swimming is in line with Local Authority guidelines and all those supporting are DBS checked. Staff follow the Hinckley Leisure Centre guidelines for health and safety and emergency procedures.

Each child will receive at least 2 hours of P.E per week, in line with the Government targets.

P.E. Curriculum Planning and Cross-Curricular Learning

Our school uses the PE Hub Scheme of Work for its curriculum planning in P.E. which is based on the progressive learning objectives. As required, we teach dance, games and gymnastics at Key Stage 1 and the Foundation Stage. In Key Stage 2 we teach dance, games, gymnastics and athletics. We, as a school, promote the importance of swimming for children of all ages from Key Stage 1 onwards.

We plan the P.E. activities so that they build upon the prior learning of the children. While there are opportunities for children of all abilities to develop their skills, knowledge and understanding in each activity area, there is planned progression built into the scheme of work, so that the children are increasingly challenged as they move up through the school.

P.E. contributes strongly to other areas of the curriculum. Links are made with other subject areas wherever possible, and written into the planning.

PE Coverage & Assessment

Each year group will show their PE coverage through a PE scrapbook which will record what the children have been learning throughout different times of the year.

In EYFS teachers will work together to use an iPad based tool (From the Youth Sport Trust) for assessing children's movement skills throughout the year.

Extra-Curricular Provision

The school provides a range of P.E. related activities that we encourage the children to take part in. These encourage children to further develop and enrich their skills in a range of activity areas, often beyond the curriculum requirements.

Registers are kept in order to monitor and develop participation.

Lunchtimes

All children are encouraged to be physically active at lunchtimes with the introduction of Sports coaches and Sports Leaders. This has made a significant impact upon the amount of physical activity the children do and also resulted in far fewer incidents during lunchtimes.

Competition

Pupils take part in a range of intra-school and inter-school competitions organised in association with the School Games Partnership. These include;

Football, Hockey, Swimming, Gymnastics, Basketball, Tri-golf, Netball, Athletics, Cricket, Tag Rugby and Cross Country.

The School Games events consist of 4 unique types of competition, where by children have the opportunity to participate or volunteer. These are intra-school competitions, local inter-school competitions, county provisions and National Finals.

School Trips

The school offers a number of outdoor and adventurous education experiences throughout the year with some financial contribution required.

We take advantage of professional coaching from outside bodies offering unique opportunities and experience and have also established links with a range of local clubs thanks to our involvement with the School Sports Programme.

Active Travel

We promote and encourage children to walk, cycle or scooter to school where possible and have an Active Travel to School incentive which is a whole school focus. We also run cycling proficiency classes for the year 6 children and teach lessons on road safety with various age ranges across the school.

Staff Activity

Our staff aspires to be positive role models for our children. We aim to take part in physical activity whenever possible and demonstrate physical activity during P.E. lessons.

Health & Safety

All children should be changed for P.E. lessons. If children do not have a suitable P.E. kit they will be given a kit to borrow, where available.

P.E. Kit

All children are expected to change for P.E. Children should wear appropriate clothing (t-shirt, shorts, plimsolls, jogging bottoms and jumpers can be worn for outdoor lessons).

During gymnastics, children need to be bare footed on the apparatus due to health and safety.

In line with the LA policy, all jewellery must be removed prior to P.E and swimming including earrings and in newly pierced ears. We DO NOT allow retainers.

Long hair should be tied back at all times.

The governing body expects the teacher to set a good example by wearing appropriate clothing when teaching P.E.

Use of any external personnel, including sports coaches and volunteers, will be in line with the school's policy on DBS/staffing checks.

Monitoring and Evaluation

The P.E. Co-ordinator and Head Teacher will have lead responsibility for the monitoring of physical activity in the school.