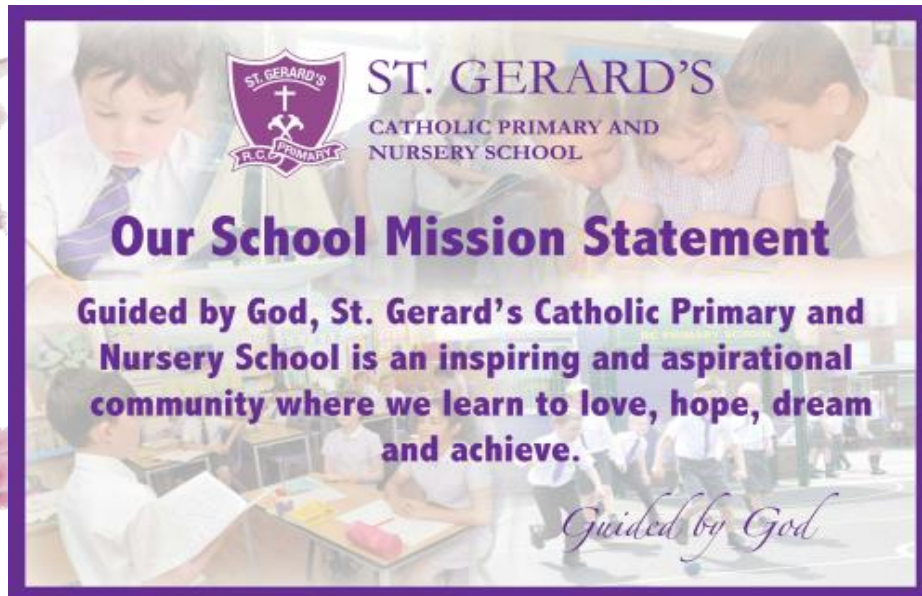


St Gerard's Catholic Primary and Nursery School



PE Policy

Physical Education Policy

Aims and objectives

Physical Education develops the children's knowledge, skills and understanding, so that they can perform with increasing competence and confidence in a range of physical activities. These include things such as dance, games, gymnastics, swimming and water safety, athletics and outdoor adventure activities. Physical Education promotes an understanding in children of their bodies in action. It involves thinking, selecting and applying skills and promotes positive attitudes towards a healthy lifestyle. Thus we enable them to make informed choices about physical activity throughout their lives.

The aims of PE:

- ◆ Enable children to develop and explore physical skills with increasing control and co-ordination.
- ◆ Encourage children to work and play with others in a range of group situations.
- ◆ Develop the way children perform skills and apply rules and conventions for different activities.
- ◆ Increase children's ability to use what they have learnt to improve the quality and control of their performance.
- ◆ Teach children to recognise and describe how their bodies feel during exercise.
- ◆ Develop the children's enjoyment of physical activity through creativity and imagination.
- ◆ Develop an understanding in children of how to succeed in a range of physical activities and how to evaluate their own success.
- ◆ Increase the amount and level of physical activity carried out by each child through experimenting new sporting and non-sporting activities.

Teaching and Learning Styles

At St Gerard's, we employ a specialist sports coach who is the main provider of PE lessons and extra-curricular activities. The teaching of PE will also be delivered by class teachers. We use a variety of teaching and learning styles within PE lessons. Our principal aim is to develop the children's knowledge, skills and understanding and we do this through a mixture of whole-class teaching and individual or group activities. Staff draw attention to good examples of individual performance as models for the other children and we encourage the children to evaluate their own work as well as the work of other children. Within lessons we give the children the opportunity both to collaborate and to compete with each other, and they have the opportunity to use a wide range of resources.

In all classes there are children of differing physical ability. Whilst recognising this fact, we provide suitable learning opportunities for all children by matching the challenge of the task to the ability of the child. We achieve this through a range of strategies such as:

- ◆ Setting common tasks that are open-ended and can have a variety of results (e.g. timed events, such as an 80m sprint).
- ◆ Setting tasks of increasing difficulty, where not all children complete all tasks (e.g. the high jump).
- ◆ Grouping children by ability and setting different tasks for each group (e.g. different games).
- ◆ Providing a range of challenge through the provision of different resources (e.g. different gymnastics equipment).
- ◆ Creating a variety of PE lessons whereby the completion of tasks is not the focus of the lesson but the level of fun and enjoyment is.

PE Curriculum Planning

PE is a foundation subject in the National Curriculum. Our school uses the 'Get Set 4 PE' scheme for its curriculum planning in PE. The scheme is used as a basis and is adapted by the Sports Coach who uses his specialist knowledge to provide engaging lessons to children in EYFS, KS1 and KS2. Children in KS2 also receive swimming lessons throughout the course of the academic year. Children in all year groups are provided with a range of activities provided by outside agencies to introduce them to non-typical sports and to help embrace a love of the subject.

The Foundation Stage

We encourage the physical development of our children in our Nursery and Reception classes as an integral part of their work. The curriculum for our EYFS children is based around the 'Physical Development' and 'Personal, Social and Emotional Development' sections of the EYFS Framework. We encourage the children to develop confidence and control of the way they move, and the way they handle tools and equipment. We give all children the opportunity to undertake activities that offer appropriate physical challenge, both indoors and outdoors, using a wide range of resources to support specific skills.

Contribution of PE to Teaching in Other Curriculum Areas

Within our school, PE provides good cross-curricular links with other curriculum areas:

English: Spoken language skills are developed as children are asked to describe what they have done and how they can improve their performance. Active English is also used to promote the progression of English skills through physical exercise.

Maths: Active Maths teaches key objectives in an active way. This is also in place to support the recovery of knowledge gaps from previous years.

Computing: iPads are used by staff and children as a method of evidencing within lessons.

Science, PSHE and Citizenship: Children learn about the benefits of exercise and healthy eating and how to make informed choices about these things.

Within lessons, the School Games Values are also embedded. Children are taught about teamwork, honesty, respect, self-belief, determination and passion. The teaching of PE offers opportunities to support children's social development through the way they are expected to work with each other in lessons. Groupings allow children to work together and give them the chance to discuss their ideas and performance. Their work in general enables them to develop a respect for other children's levels of ability, and encourages them to co-operate across a range of activities and experiences. Children learn to respect and work with each other, and develop a better understanding of themselves and of each other. This supports their Spiritual, Moral, Social and Cultural Development.

Teaching PE to Children with Special Educational Needs

At our school we teach PE to all children, whatever their ability. PE forms part of the school curriculum policy to provide a broad and balanced education to all children. Through our PE teaching, we provide learning opportunities that enable all pupils to make progress. We do this by setting suitable learning challenges and responding to each child's different needs. Assessment against the National Curriculum allows us to consider each child's attainment and progress against expected levels.

When progress falls significantly outside the expected range, the child may have special educational needs. Our assessment process looks at a range of factors such as organisation, teaching materials, teaching style and differentiation. To enable the child to learn more effectively, we use the assessment process to ensure we can take additional or different actions where necessary. We enable pupils to have access to the full range of activities involved in learning PE. Where children are to participate in activities outside our school, for example, a sports event at another school, we carry out a risk assessment prior to the activity, to ensure that the activity is safe and appropriate for all pupils.

Assessment and Recording

Our Sports Coach and teachers assess children's work in PE by making assessments as they observe them working during lessons. They record the progress made by children against the learning objectives for their lessons. At the end of a unit of work, teachers make a judgement as to whether the child has met, exceeded or is working towards the expectations of each individual unit. They use the assessment tool on Get Set 4 PE to record this information and use the information to plan the future work of each child. These records also enable the teacher to make an annual assessment of progress for each child, as part of the child's annual report to parents. The teacher passes this information on to the next teacher at the end of each year. The PE subject leader uses the school's Twitter feed to track evidence across the year. This demonstrates what the expected level of achievement is in each area of activity in PE in each year of the school.

Resources

At our school, we have a wide range of resources to support the teaching of PE across the school. We expect the children to help set up and put away this equipment as part of their work. By so doing, the children learn to handle equipment safely. The children use the school playground and the local authority playing field for games and athletics activities, and the local swimming pool for swimming lessons.

Monitoring and Review

The monitoring of the standards of children's work and of the quality of teaching in PE is the responsibility of the PE subject leader. The work of the subject leader also involves supporting colleagues in the teaching of PE, being informed about current developments in the subject, and providing a strategic lead and direction for the subject in the school. The PE subject leader gives the Headteacher an annual summary report in which she evaluates the strengths and weaknesses in the subject and indicates areas for further improvement. The PE subject leader receives management time throughout the year in order to review evidence of the children's work and undertake lesson observations of PE teaching across the school.

Extra-Curricular Activities

At St Gerard's, we provide a range of after school PE and sports related activities. These clubs are offered Monday-Thursday. Mr Firkins, our Sports Coach, delivers clubs offering a range of sports on Tuesdays, Wednesdays and Thursdays. These clubs include a mixture of KS1 and KS2 children and the school sends details of the current club activities to parents at the beginning of each term for children to sign up to clubs on the appropriate days. We also have an extra-curricular rugby club, provided by Widnes Vikings.

School Games

As part of the School Games, St Gerard's competes against other local schools and participates in local competitions. This introduces a competitive element to team games and allows the children to put into practice the skills that they have developed in their lessons. These opportunities foster a sense of team spirit and co-operation amongst our children. This year, children will also participate in a range of 'celebrate, inspire and aspire' events organised by the SGO. In July 2022, we received the School Games Silver Award.

Health and Safety

The general teaching requirement for health and safety applies in this subject. We encourage the children to consider their own safety and the safety of others at all times. Children come to school wearing appropriate PE kit on their PE day. The governing body expects the teachers to set a good example by wearing appropriate clothing when teaching PE. The policy of the governing body is that no jewellery is to be worn for any physical activity.

Onsite Activities

A generic risk assessment has been produced for all activities that take place during school time. Any outside agencies that come into school provide us with their own risk assessment for their activities.

Offsite Activities

All offsite activities have to have a risk assessment as we have not got the facilities to undertake any activities we travel to different schools, leisure centre and the stadium that provide their risk assessment for the event.

Disabilities/Medical Conditions

Children who have a disability require a separate risk assessment that anybody teaching PE for that specific child is required to read and adhere to the actions. The Sports Coach is made aware of any medical conditions the children may have. If we have an outside agency come into school to take a PE lesson all relevant information is passed over.

First Aid/Defibrillator Training

All staff are first aid trained in our school, there are first aid kits situated in every classroom and in the main school link corridor. Staff have been defibrillator trained (in 2022) and know that our defibrillator is situated outside the photocopying area should it need to be used.

Emergency Evacuation

Staff and children follow the school protocol.

Weather

PE activities can be indoor or outdoor lessons, although it is encouraged for PE lessons to take place outdoors wherever possible. Children are asked to dress appropriately for current weather conditions. On their set PE days, children are to come into school dressed in their PE kit and a warm tracksuit (if necessary). When the weather is hot, parents are asked to provide their children with caps and sunscreen as lessons will take place outdoors.

Updated by: Miss L.Sanders (PE Coordinator)

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