

St. Mary's RC Primary School

Lea Town



Physical Education Policy
Oct 2024

***“Loved and inspired by Mary...
We shine and learn as a family of God”***

At St. Mary's, we believe that learning and engaging in PE helps prepare our pupils to grow up to live active, healthy lives outside of school.

We want to embed the values of sportsmanship, fairness and respect for all. Skills that they will be able to access in the future will help them to promote initiative, confidence and independent learning and encourage diversity within society.

Aims and Objectives:

The aims and objectives of Physical Education in primary school are:

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

Organisation:

Each class has access to 2 PE sessions weekly. In addition to this, Key Stage 1 have a weekly Forest School session and Key Stage 2 have weekly access on an alternate half term basis. A variety of sporting extra-curricular activities are on offer for both key stages weekly.

The Curriculum:

The Curriculum followed is based on the guidance provided in the National Curriculum. With the support of PE passport team at Lancashire and AFC Sport Specialists, we have created a 2 yearly cycle.

The children are taught to know and understand how to:

- Warm up prior to exercise and able to sustain performance over periods of time.

- Have a sense of anticipation; can find space and is aware of others.
- Demonstrate agility, balance, coordination, and precision.
- Performs with control and poise.
- How to work alongside and against others when attacking and defending.
- Link skills to perform actions and sequences of movement.

Swimming lessons are completed in both KS2 Classes. Class 4 attend in autumn and spring term whilst Class 3 attend in the summer term. If children in year 6 do not reach the minimum requirements, stated in The National Curriculum, they will be invited to attend catch up sessions in the summer term.

EYFS:

At St. Mary's, we understand the importance of P.E. in the early years. The skills that we teach explicitly in P.E. are also part of everyday life in EYFS.

Understanding their own health and well-being is vital in the early years of a child's development, enabling them to pursue happy, healthy, active lives. Gross and fine motor experiences are developed, focusing on strength, co-ordination, and positional awareness. We provide opportunities for both indoor and outdoor play, which supports strength, stability, balance, spatial awareness, co-ordination, and agility. Fine and gross motor skills are taught discreetly daily through continuous provision and outdoor play. St. Mary's have a weekly pre-school session within our class 1 setting where our focus for academic year 2024-2025 is 'Bouncy bodies'.

Extra-Curricular:

Our School provides a variety of extra-curricular clubs to meet the needs of our children. We complete pupil voice termly but also consider coverage of wide range of skills. We also provide lunchtime clubs to ensure we are meeting the individual needs of our pupils such as bus user children.

Resources:

Additional PE resources are stored in the locked store in the hall. We also have a range of SEND equipment to ensure our curriculum is ambitious and accessible for all children.

Health and Safety:

Children should only refrain from physical activity during PE lessons on health grounds, if their parents/ carers request this, by direct contact with the school. However they may be included in a different role such as an evaluator, scorer, referee, coach etc. We encourage all children to consider their own safety and the safety of others. To minimise risk or injury:

- Children should dress appropriately in a PE kit.
- Children should wear appropriate footwear.
- No jewellery to be worn in PE. Earrings must be removed.
- Long hair must be tied back.
- Children will be trained to lift and carry apparatus sensibly under adult supervision.
- Any damage/ loss to any PE equipment must be reported to the PE coordinator as soon as possible.

Inclusion:

St Mary's promotes equal opportunities and fairness of distribution of PE and Sport Resources.

Assessment, Recording and Reporting:

Assessments in PE are carried out at the end of each taught unit. Children who staff feel are below age related expectations will be provided with intervention to support their relevant areas of development.

Monitoring:

Monitoring is carried out by the Subject leader (J Ellis) in the following ways.

- Seeking views from children, parents, staff and governors.
- Walkthrough of lessons.
- School council meets.