

# St Marie's Catholic Primary School

## Physical Education Policy

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*'The Love of Christ, nurture, guide and inspire us.'*

<b>Approving Body</b>	<b>Full Governors</b> Committee Head/Leadership team	<b>Review Term: 1yr/2yr/3yr</b> <b>Autumn</b> Spring Summer
<b>Signature:</b>	Chair of the relevant body	<b>December 23</b>
<b>Review Date:</b>	<b>March 24</b>	<b>Version:</b> (applicable if changed within the review period, if no changes this would remain as version 1)

# MISSION STATEMENT



*'The Love of Christ, nurture, guide and inspire us.'*

## **To do this we will:**

- Be a Christian community that lives the Gospel values; 'Love of Christ' (Christ centred)
- Provide opportunities for all to grow and achieve by igniting a desire for learning; 'Guide and inspire' (Education)
- Be a haven of peace and love that enables all to thrive; 'Nurture' (Community)

## **Objectives: Christ Centred**

- Provide high quality collective worship and enriching liturgical celebrations
- Enable our children to acquire an excellent religious education and develop their relationship with God
- Share faith, love and hope in the likeness of Mary, Mother of God
- Provide a safe harbour where all can succeed

## **Objectives: Education**

- Have high expectations of ourselves and others in all that we do
- Value our pupils and staff, appreciating their uniqueness and individual talents, enabling them to achieve well
- Provide a curriculum that opens the world, in all its awe and wonder, to our pupils

## **Objectives: Community**

- Create a peaceful, happy school where all feel welcomed and valued
- Nurture and grow our pupils and community in the Gospel values
- Celebrate each person as a beautiful work of art, created on God's image

## St Marie's Key Objectives and Priorities 2023/2024

Key Objectives and Priorities	Success Criteria
<p><b><i>Christ at the Centre</i></b></p> <p>1. Priority: Culture</p>	<ul style="list-style-type: none"> <li>✚ Ensure that staff and pupils are clear on whole school expectations, routines and behaviours</li> <li>✚ Pedagogy, policies and procedures are shared and implemented with fidelity</li> <li>✚ Relationships across the school community become strong</li> <li>✚ Staff seek every opportunity to promote learning within and beyond the school day</li> <li>✚ Pupils and staff have the tools needed to ensure resilience in their learning and wider lives</li> </ul>
<p>2. Priority: Aspiration</p>	<ul style="list-style-type: none"> <li>✚ School has unapologetically high aspiration for our children through a fully understood, common pedagogy</li> <li>✚ All children can access a low floor-high ceiling, fully resourced, holistic curriculum that meets our high aspirations which staff are equipped to deliver</li> <li>✚ Percentage of children at greater depth standards is rapidly closing the gap with national</li> </ul>
<p>3. Priority: Resources</p>	<ul style="list-style-type: none"> <li>✚ The staff structure, skills and knowledge meet the needs of the school</li> <li>✚ 'The curriculum' is fully resourced and meets the needs of our children with effective schemes of work, curriculum knowledge and skills progression maps</li> <li>✚ All staff receive high quality assured CPD that improves learning for all pupils</li> </ul>
<p>4. Priority: Community</p>	<ul style="list-style-type: none"> <li>✚ Parents are well equipped to support children learning in school and at home</li> <li>✚ Families are well supported to meet our aspirations for our children, i.e. through uniform and attendance</li> <li>✚ Our community is well involved in school life, e.g. Parent Council, FAF group etc</li> </ul>
<p>5. Priority: Environment</p>	<ul style="list-style-type: none"> <li>✚ The school building and grounds are a safe place to work and play</li> <li>✚ The buildings and classrooms promote our high aspirations</li> </ul>

## **Physical Education is a sacred subject**

P.E enables children to unleash their full potential, both spiritual and physical, so that they transcend the limitations of the human body. P.E provides a unique opportunity for students to recognise and appreciate the need for relationships based on trust and interdependence. It promotes the sanctity of life - the appreciation of the beauty, dignity and reverence of the human person made in the image and likeness of God.

## **Rationale**

At St Marie's we aim to provide opportunities to increase children's self-confidence through an ability to manage themselves successfully in a variety of situation. In our school, children are provided with opportunities to take part in a wide range of sports and physical activities which are carried out in a safe and supportive environment, where effort and hard work, as well as success, is celebrated and enjoyment and working together as a team is promoted and encouraged.

The curriculum and extracurricular physical education delivered at St Marie's allows pupils to learn how to think in different ways to suit a wide variety of creative, competitive and challenging activities. They learn how to plan, perform and evaluate actions, ideas and performances to improve their quality and effectiveness. As a staff team, we believe that through physical education the children of St Marie's will be able to continue to be active long term.

## **Vision**

At St Marie's we believe Physical Education is vital to all children's development. P.E supports the development of knowledge, skills and understanding of physical activity through a continuous process of planning, practice, exploring, performing and evaluating. All children should be provided with opportunities to experience a wide range of physical activity. Children should be able to develop and explore physical skill with increasing control and coordination.

We recognise P.E as a tool to develop confidence and competence in performing different skills, including the development of a positive attitude towards physical activity. P.E will work alongside OPAL to improve social and interpersonal skills, with the intention of children appreciating the efforts of others, as well as their own. Children will be encouraged to respond positively to different challenges and encouraged to persevere to improve their own performances. At St Marie's we work towards children becoming increasing aware of how physical activity affects the body and promoting a healthy lifestyle.

## **National Curriculum Aims**

A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.

The national curriculum for physical education aims 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.

### **Teaching and Learning Overview**

At St Marie's, we use 'Get Set 4 PE' programme which supports all children to access all aspects of the national curriculum. Through the planning of class teachers and the sports coach, we ensure all children receive 2 hours of PE per week to ensure they excel in a broad range of physical activities, are physically active for sustained periods of time and engage in competitive sports and activities, leading to healthy, active lifestyles.

### **P.E in the Foundation Stage**

At St Marie's, we believe that young children learn through using all their senses through being active and interactive. Physical Development is one of 6 areas in the Foundation Stage Curriculum. Activities provide children with opportunities to achieve nine early learning goals. Activities are planned specifically to ensure a safe, well-resourced environment, which helps them to build on and develop their confidence and independence. Children are given time to explore, experiment and refine their social, interpersonal skills as well as gross motor skills and hand-eye coordination. Staff provide children with a balance of opportunities for all round physical development. This is achieved through the use of in and outdoor play, use of the school hall, sports and arts and playground. A range of equipment, apparatus and stimuli is employed to encourage the development of specific skills.

### **P.E in Key Stage 1**

Children continue to build on their early experiences and move into paired and group activities. They begin to play simple games, explore and link actions, improve coordination and response to stimuli. They develop greater awareness of others and begin to develop their own ideas and creativity. Children improve their use of apparatus and equipment and continue to develop gross motor skills and hand-eye coordination. They learn to refine skills in throwing, catching and kicking balls and working cooperatively. They continue to develop coordination, balance and achieve greater control over their movements. They develop their visual and auditory awareness and begin to express themselves through movement and communicate ideas and feelings about their performance. Children will take part in competitive experiences and develop greater awareness over the importance of their efforts as well as winning.

### **P.E in Key Stage 2**

Children build on their previous experiences through a broader P.E curriculum. They learn specific skills and refine and improve existing ones. Children learn and demonstrate the importance of teamwork in pairs and small groups, and are taught common skills and principles for playing games with increasing complexity. They are given opportunities to be creative in developing their own rules as well as learning the conventions of traditional games. Children will take part in competitive experiences and develop greater awareness over the importance of their efforts as well as winning. Children begin to sequence movements with greater complexity, and develop poise and control

over their actions, including equipment and apparatus. They respond creatively to stimuli and improve compositional work, performance and content. They become confident at evaluating their own performances and others, and reflect on how they can refine and improve their skills. Children develop greater awareness of the importance of physical activity and the effect upon their own body.

### **Swimming and water safety**

At St Marie's, swimming lessons are provided in termly blocks for all pupils in years 4, 5 and 6. Pupils will learn to swim competently, confidently and proficiently over a distance of at least 25 metres. They will use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] and perform safe self-rescue in different water-based situations.

### **Additional support for lower-attaining pupils**

We recognise that we have children of differing ability in all our classes, and 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 tasks that are open-ended and can have a variety of responses, setting tasks of increasing difficulty, grouping children effectively to support their needs and having more adults support the work of individual children or small groups.

### **Homework**

Homework is provided half-termly through our homework menu which can be found on each class page. Each half-term, a physical activity challenge will be set through the homework menu, giving children the opportunity to practice skills they have been learning during their curriculum based P.E sessions.

### **Resources**

Children have access to a wide range of well-organised resources to develop the ability to select the appropriate equipment for a task. Teachers will ensure that resources are available when they are needed. Children should be taught to use resources/equipment appropriately. All P.E equipment is stored in the Sports and Arts building. Resources are to be returned after use to their original location in the Sports and Arts building. Children are not allowed to put items away unsupervised. If resources become damaged, low quality or running low, teachers will notify the P.E. Co-ordinator.

### **Assessing and tracking progress**

Assessment in P.E will be carried out by the class teacher through the online portal 'Get Set 4 PE'. Assessment will be done through observations and sometimes through discussion with children. Assessment will be tracked for each child in each topic, these assessments will be used to inform the end of year reports to parents. Pictures and videos can be uploaded to 'Get Set 4 PE' as evidence.

### **Quality of teaching, learning and assessment**

- SLT, the P.E lead, sports coach and teachers, monitor pupils' progress together.

- The 'Get Set 4 PE' programme is embedded across the year groups to ensure progression across year groups and key stages.
- The purpose of each activity is clear to both teachers and pupils.
- Planning informed by assessment is evident.

### **Appropriate dress**

St Marie's P.E kit consists of blue/black shorts/joggers, a white t-shirt and trainers. Pupils can wear their P.E. kits on their designated P.E. days. If children do not have a P.E. kit with them for lessons, where possible they will be offered a spare kit. Where this is not possible, parents will be reminded to provide one. For swimming lessons, girls are asked to wear a one-piece swimming costume and boy's swimming trunks, not shorts. Children are also asked to wear a swimming cap. We expect teachers to set a good example by wearing appropriate clothing when teaching P.E. In line with school policy, jewellery is not permitted and watches must be removed before lessons. Children must possess the correct school kit to represent St Marie's at sports competitions.