



PHYSICAL EDUCATION POLICY

St Edward's Catholic Academy

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St Edward's Catholic Academy Physical Education Policy

St Edward's Catholic Academy recognises the vital contribution of physical education to a child's physical, cognitive, social and emotional development as well as the role it can play in a child's spiritual, moral and cultural development. We aim to provide a broad and balanced P.E. curriculum to aid children's increasing self-confidence in their ability to manage themselves and their bodies within a variety of movement situations. Through a balance of individual, paired and group activities, we aim to cater for the different strengths, needs and preferences of each child, using differentiated activities where appropriate.

We believe that through the variety of opportunities that PE offers, children can develop a sense of personal achievement, fair play, teamwork and an understanding of the ways in which sport can transcend social and cultural boundaries. We plan a range of activities that aim to provide children with a broad base of movement knowledge, skills and understanding, which they can refine and expand throughout their primary school years.

All children are encouraged to join clubs and extend their interest and involvement in sport. We encourage children to develop their creative and expressive abilities, through improvisation and problem-solving. Children are taught to appreciate the importance of a healthy and fit body, and begin to understand those factors which affect health and fitness. We offer outdoor education opportunities for children throughout the school. Different experiences for different age groups ensure all will get a range of appropriate challenges as they move through the school.

Aims:

Physical development:

- To develop physical competence and confidence by acquiring and developing a range of fine and gross motor skills.
- To be aware of the different shapes and movements that can be made with the body.
- To develop knowledge, skills and understanding, and the ability to remember, repeat and refine actions with increasing control and accuracy.
- To promote fitness and a healthy lifestyle by understanding the effects of exercise on the body and the importance of developing strength, endurance and flexibility.
- To appreciate the value of safe exercising.

Social and emotional development:

- To develop a love of physical exercise.
- To develop the ability to work independently and communicate with, and respond appropriately towards others using verbal and non-verbal communication.
- To develop confidence in their own skills and abilities.
- To promote an understanding of safe practice, and develop a sense of responsibility towards the safety of themselves and others.
- To realise that the right exercise for you can be fun and will give you energy for other things in life.
- To create and plan games and teach them to one another.
- To develop a sense of fair play.

Cognitive development:

- To develop decision making and problem solving skills.
- To develop reasoning skills and the ability to make judgements.
- To develop an increasing ability to select, link and apply skills, tactics and compositional ideas.
- To develop the ability to communicate non-verbally with the body
- To improve observational skills, the ability to describe and make simple judgements on their own and others' work, and to use this knowledge and understanding to improve their own performance.
- To understand that using the correct technique will improve accuracy and individual performance.
- To be able to evaluate performance and act upon constructive criticism.

Spiritual, moral and cultural development:

- To develop a positive attitude towards themselves and others.
- To experience a range of differing activities and realise that physical activity doesn't have to be about winning a competition - doing your best is as important.
- To be able to encourage others and give praise for their achievements so that when children perform they do not fear failure.
- To treat your team, the opposition and the referee with respect.
- To raise self-esteem through opportunities to celebrate sporting success.

The PE Curriculum:

At St Edward's Catholic Academy we use the Do Think Feel scheme of work to ensure a balanced, progressive PE Curriculum, which covers the statutory requirements for the Early Years Foundation Stage and the PE National Curriculum.

Pupils in both KS1 and KS2 engage in two hours of high quality PE during the course of each week.

In KS1 the curriculum focuses on fundamental movement skills to develop agility, balance and coordination. Curriculum content includes ball skills and team games, gymnastic and dance activities.

At KS2 pupils continue to apply and develop a range of skills and units of work include a range of invasion, net / wall, and fielding and striking games, gymnastics, dance, athletics and swimming. We also enrich children's experiences through opportunities for outdoor and adventurous activities.

All classes will also benefit from South Derbyshire Active Schools Partnership who will deliver a day and a half PE scheme and assess children over each term. They will also use a half day provision for up skilling/team teaching with all class teachers over one academic year (Sept – July)

Swimming and water safety:

The national curriculum guidance suggests all schools must provide swimming instruction in either key stage 1 or key stage 2; which provides lessons to help children swim competently, confidently and proficiently over a distance of at least 25 metres using a range of strokes effectively [for example, front crawl, backstroke and breaststroke] and perform safe self-rescue in different water-based situations.

At St Edward's our swimming lessons are provided for the Year 4 class throughout Autumn, Spring and Summer terms; both by qualified teachers at Greenbank Leisure Centre and the Year 4 class teacher and teaching assistant.

Staff development:

Each class teacher takes responsibility for planning, teaching and assessing the PE curriculum for their class. All staff take part in professional development to ensure secure subject knowledge and awareness of health and safety procedures.

Staff should be comfortable and competent in the area of activity being taught. Staff should indicate where they feel they need support so that appropriate support can be given by either the subject leader, specialist sports coaches or outside providers through INSET.

CPD courses are available through the South Derbyshire School Sports Partnership all staff who attend CPD courses must provide feedback/disseminate the information.

Health and Safety:

As with all physical activity, it is important that certain procedures are followed to minimise the risk of injury.

- Children should dress in royal blue shorts and white t-shirts.
- Children will work in bare feet for all indoor and apparatus work.
- Plimsolls are worn in KS1, trainers in KS2 for outdoor games.
- Tracksuits may also be worn by KS2 in cold weather.
- Jewellery is **not to be worn**; no tape, surgical or other, can be used on piercings as these should be removed either before children arrive in school or by themselves before the PE lesson. **Under no circumstances should any adult or child remove another's earrings.**

- Long hair should be tied back and rigid headbands should be removed.
- Children will be trained to lift and carry any apparatus sensibly into position under adult supervision. The teacher will check it before use.

Safeguarding:

All adults working with children in school are to be checked for appropriate DBS clearance. This includes coaches working for a term at a time as well as staff working on a one off basis or with clubs. Children in Year 5 and 6 are not expected to change together.

Out-of-School-hours learning:

Our extra-curricular programme compliments and supplements the range of activities covered in curriculum time. The planned programmes each year reflects a breadth and balance across the NC areas of activity, including dance, games and athletics. We follow a range of inter-school fixtures, tournaments and festivals within the Active Schools Partnership. At the beginning of each term, we publish a documented timetable of clubs. The extra-curricular content aims to be varied –including competitive and non-competitive and team- and individual based clubs appropriate for all pupils.

Links with other subjects:

PE can link to other subjects, e.g. English, (recount/report/ instructions), Science (body parts/pulse rates) and Maths (shape/position/directions/counting and graphical representation of data). ICT is also recognised as a potential tool for recording movements and actions to develop children's ideas as well as the appropriate use of audio visual and data logging equipment. PSHE and PE links include following rules, living healthily, co-operating with others and understanding fairness and equality.

Equality:

All aspects of PE are taught in such a way as to include all children regardless of their gender, background, culture or physical ability. Learning objectives are set in line with our Special Needs and Equality Policies.

Summary:

At St Edward's we believe PE to be an integral part of the curriculum to be enjoyed by all children. It is a real opportunity for both teacher and child to consolidate and work on the values that underpin our school and its beliefs.