

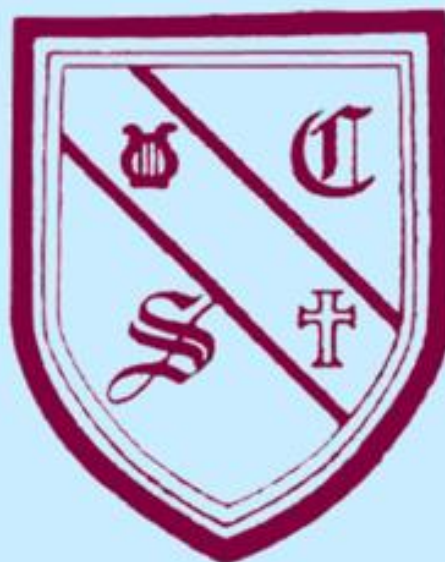
ST. CECILIA'S CATHOLIC PRIMARY SCHOOL

PHYSICAL EDUCATION POLICY

Lead: Miss Price

"Physically educated persons are those who have learned to arrange their lives in such a way that the habitual physical activities they freely engage in make a distinctive contribution to their wider flourishing."

James MacAllister



Mission Statement

Rooted in gospel values St Cecilia's Catholic School Community lives together, learns together, and loves together.

Rationale:

At St Cecilia's Catholic Primary School, we feel it is important to encourage children to be competitive not only with each other but also with themselves. We encourage them to be respectful of one another and be proud of their sporting achievements. Through our PE curriculum and valuable learning experiences, such as visits from inspirational sports men and women, we inspire our pupils to be resilient, confident and independent and strive to be their best not only within sports but holistically through 'My Personal Best values'.

At our school, we also aim to build upon pupils' skills, understanding and use of key physical education vocabulary each year. Throughout the school, children will learn broad range of sports which cover dance, gymnastics, athletics, net and ball games, invasion games, bat and ball games and swimming. Our children also participate in sport's days/weeks which allow children to experience being taught by experts in different sports such as martial arts, fencing and quidditch. This encourages a love for sports from our children and creates a positive atmosphere in our school environment.

Curriculum Intent:

At St. Cecilia's Catholic Primary School community, we use Jesus as our role model and everything we do centres around our Mission Statement that: 'Rooted in Gospel values we live together, learn together and love together.'

Our intent is to ignite a passion for PE and encourage children to try a range of sports. We offer a broad and balanced, enquiry-based curriculum with quality, meaningful and memorable experiences, to inspire a love of learning. Through challenging and stimulating lessons, we prepare our children to realise their potential and push their limitations; equipping them for their educational journey and beyond and creating articulate citizens of the world.

Aims and Objectives:

- To develop competence to excel in a broad range of physical activities
- To ensure that children are physically active for sustained periods of time
- To engage in competitive sports and activities
- To lead healthy, active lives.
- To teach children to recognise and describe how their bodies feel during exercise.
- To enable children to develop and explore physical skills with increasing control and co-ordination.
- To encourage children to work and play with others in a range of group situations.
- To develop the way children, perform skills and apply rules and conventions for different activities.
- To increase children's ability to use what they have learnt to improve the quality and control of their performance.
- To develop the children's enjoyment of physical activity through creativity and imagination.
- To develop life skills, such as effective communication, reflection, commitment, to allow children to face different challenges in life.

Pupils should be taught to:

- use running, jumping, throwing and catching in isolation and in combination
 - play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
 - develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
 - perform dances using a range of movement patterns
 - take part in outdoor and adventurous activity challenges both individually and within a team
 - compare their performances with previous ones and demonstrate improvement to achieve their personal best.
-
- **Swimming and Water Safety**
 - In particular, pupils should be taught to:
 - swim competently, confidently and proficiently over a distance of at least 25 metres
 - use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]
 - perform safe self-rescue in different water-based situations.

Curriculum

We believe that P.E. should adopt and develop positive attitudes towards sharing, co-operation and competition in active situations. It wishes to enhance pupils' self-confidence and self-esteem through a wide variety of movement experience.

It intends to cater for individual pupils' abilities and group skills in a curriculum which offers stimulating and challenging learning situations. It lays importance in the value of exercise and a lifelong interest in a range of activities. It also seeks to promote enthusiasm for physical activity and competition. The PE curriculum at St Cecilia's helps to not only develop physical and movement skills, but also the life skills which will help children in their futures.

Differentiation and Assessment:

St. Cecilia's staff set high expectations for all children and plan to ensure that there are no barriers to every child achieving. We use the PE milestones and follow the Get Set 4 PE lesson plans to ensure lessons are meaningful, purposeful and progressive. The PE subject leader has provided staff with the key, 'crucial' knowledge which includes key vocabulary that needs to be remembered in order for progress to be made, allowing teachers to spend more time making sure the children know what they need to know.

Pupils will also be given pre and post assessment tasks. The pre-assessment task will take place at the beginning of the topic to assess how much learning has been retained from previous years and informing teachers of the children's starting points. The data gained from this task is to be recorded

on the assessment tool on the *Get Set 4 PE* website and saved to the shared drive assessment folder. A post assessment task will take place in the last week of the PE topic being studied. It will assess if what has been taught has been learnt and be recorded in the same way as the pre-assessment task. This data will then be readily available for the teachers and PE lead to monitor.

Pupils with SEND

Differentiated quality first teaching is a priority for all pupils in our school including those with SEND. Our accountability as teachers for the progress and development of SEND learners is reflected in our methods to remove barriers to learning by making adaptations to the planning and delivery of PE lessons to meet the needs of our SEND learners. We have high aspirations and a clear understanding of our SEND learners' individual needs which are recorded in pupil profiles visible in all books; we choose and plan activities and experiences for our SEND learners based on these, in order to achieve the best possible outcomes.

In PE we use the STEP model (space, time, equipment and people) to differentiate activities to challenge and support all of our learners so that all learners are can meet the same objective through scaffolded learning.

Health and Safety Guidelines:

When planning trips to competitions, all teachers are required to gain permission from the Head teacher before confirming a booking. The teachers must also complete a risk assessment, even if it is a site they have visited previously. Teachers should refer to the school's Health and Safety Policy and the safety procedures recommended in the DfE's 'Health and Safety on Educational Visits' guidelines. Please see *The School Outings and Health and Safety Policies* for more details on planning a trip.

PE Uniform

All children must arrive at school in their PE kit on their classes PE days. This consists of; a plain white t-shirt with school logo, plain burgundy-red shorts (no logos, stripes) and appropriate non-marking footwear. Children may choose to wear the school tracksuit in colder weather (not a branded or logo tracksuit, or a football kit).

For swimming girls must wear a one-piece suit, boys must have tight fitting shorts. Shorts should be above the knee. All children (male or female) must wear a swimming cap.

Forgotten Kits: All classes have 2 spare PE kits to provide children with if needed. If children continually (more than twice in one half term) forget their PE kit staff should inform the PE Co-ordinator and a letter will be sent home. Spare swimming kits are also available to be borrowed from the school office. Children will not miss their PE lesson if they forget their PE kit.

Resources:

Our school provides the children with access to a variety of resources to aid their learning by using the Sports Premium budget. This includes sports equipment needed for lessons and extra-curricular activities to give the children a wide selection of sports to take part in.

Subject Leader Responsibility:

The PE subject leader is responsible for supporting the development of PE and its provision throughout the school. They will monitor the standard of teaching and learning through overviewing assessments, pupil voice and lesson observations, ensuring that colleagues are supported with the teaching of the subject and relevant CPD is provided. The lead will also seek opportunities to enrich pupils' experiences by entering competitions.

PE Premium Funding

The school receives funding to promote and develop sport and games in school. The money is spent in a number of ways with the overall aim being to benefit the children's experiences in sport. As well as helping to cover the cost of equipment and resources, the money is spent on curriculum areas including swimming and dance. Feedback from assessments to date help evidence the positive impact of spending the money in this way. The impact has been an uptake in clubs and an overall positive feel-good factor around sport, games and both physical and mental health.

Competitions

Throughout students' time at St Cecilia's Catholic Primary school they have a range of opportunities to attend competitions to compete against other schools in the local area through LSSP and other organisations. There are a range of purposes for competitions these include aspire, inspire and celebrate which enable all children to develop a love for physical exercise across a wide range of sports and activities.