

# St Francis of Assisi Catholic Primary School



## PE POLICY

### Mission Statement

*At St Francis of Assisi Catholic Primary, God is at the heart of our school*

***We** try, everyday, to follow Jesus' commandment 'Love one another as I have loved you'*

***We** do this through love for our families, our friends, and our school*

***We** respect our environment and recognise our responsibility for it*

***We** encourage in each other a love of learning*

***We** rejoice in each others' uniqueness*

***We** place prayer and worship at the centre of everything we do*

***We** are a community of love dedicated to God*

*Our school is somewhere **We** can grow together*

## Whole School Curriculum Intent

***At St Francis of Assisi Catholic Primary School, we are deeply committed to developing the gifts and talents each pupil has been given by God. The school's direction stems from its Mission Statement, 'Our School Is Somewhere We Can Grow Together'.***

***We deliver an engaging and challenging curriculum for every child that attends our school. The National Curriculum forms the foundation for all learning, which has been carefully sequenced to ensure that all children, in particular the disadvantaged and those with Special Educational Needs, are exposed to the richest and most varied opportunities that we can provide.***

***We have ambitious expectations and will support the spiritual wellbeing of each child by instilling the knowledge, skills and understanding that they need to be aspirational, successful young people, who are confident and well-rounded in an ever-changing world.***

### Physical Education Intent Statement

We believe that Physical Education (PE) is essential to ensure children attain optimum physical and emotional development and good health. Through the delivery of high-quality teaching and learning opportunities all children are inspired to succeed in physical education and the development of life skills. Through PE experiences children are taught how to cooperate and collaborate with others as part of an effective team, understanding fairness and equity of play to embed life-long values. Our curriculum aims to improve the wellbeing and fitness of all children at St Francis, not only through the sporting skills taught, but through the underpinning values and disciplines PE promotes. We provide children with a pathway to participation that will enable all pupils to build their confidence and achieve their full potential.

### Aims

The aims of PE are:

- Be competitive – with others and by SELF improvement.
- To encourage all children to be physically active for sustained periods of time – 30 minutes per day.
- Engage in competitive sports and activities.
- Acquire and develop skills.
- Select and apply skills, tactics and compositional ideas.
- Develop and improve performance to the best of their abilities.

- Acquire knowledge and understanding of fitness and health.
- Develop spiritual, moral, social and cultural awareness through competitive and cooperative activities.
- Enable pupils to develop a range of qualities such as safety awareness, fairness, perseverance, determination, concern for others, initiative and independence.
- Enable pupils to work independently and as part of a team, in a variety of activities.
- Give pupils the experience of commitment, responsibility, teamwork and positive sporting behaviour. They should be taught how to conduct themselves in sporting competitions, respect their opponents and to accept the authority of referees, umpires and judges.
- Allow children to develop informed opinions and to be able to support them by reasoned discussion.
- To link the PE programme of study to curricular subjects whenever possible.
- Principles of learning in PE.

### **Subject Curriculum Design – Implementation**

At St Francis we follow the 2014 National Curriculum Physical Education which details the programmes of study to be taught in each key stage.

#### Early Years

Physical development within the EYFS framework is one of three prime areas for learning.

The two related early learning goals are:

- Moving and handling – Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space.
- Health and self-care – children know the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe.

Children access a range of daily activities to develop their fine and gross motor skills and have continued access to a dedicated outside area. In addition to this, they also have a weekly PE lesson.

#### Key Stage 1

Pupils are taught to master basic movements such as running, jumping, throwing, catching, as well as developing balance, agility and co-ordination. They are enabled to participate in team games to develop very basic tactics. They should also develop simple movement patterns in dance. This will be achieved by teaching the following over the course of an academic year in KS1:

- REAL PE – one lesson developing fundamental movement skills.
- One lesson incorporating DANCE, GYMNASTICS, INVASION AND NET GAMES, STRIKING AND FIELDING GAMES AND ATHLETICS.

## Key Stage 2

Pupils are taught to use running, catching and throwing in isolation and in combination. They play competitive games modified where appropriate, such as football, netball, rounders, cricket, hockey, basketball, tag rugby, badminton and tennis, and apply principles suitable for marking, dodging, attacking and defending. Pupils develop flexibility, strength, technique, control, stamina and balance for example through gymnastics and athletics. Dances are performed to develop the use of movement patterns and choreography. Some outdoor adventurous activity also takes place to challenge individuals and teams. All children in year 6 will be trained in sports leadership. Some children in year 6 will be involved in the playground leaders activities for younger students.

These activities will be achieved by teaching the following:-

- REAL PE – one lesson developing fundamental movement skills.
- One lesson incorporating DANCE, GYMNASTICS, INVASION AND NET GAMES, STRIKING AND FIELDING GAMES AND ATHLETICS.

KS2 children will participate in 3 terms of SWIMMING.

This will be delivered so that children are able to: -

- Experience competition.
- Experience winning or losing and do so graciously.
- Experience self-improvement, regardless of ability.
- Experience indoor and outdoor activities.
- Experience games skills such as attack, defend and field.
- Develop problem solving skills.
- Experience individual and group activities.
- Experience listening and appraising.
- Practice and refine skills.
- Use repetition to improve skills.
- Pupils will be encouraged to recall and apply their knowledge in varying situations.

Children from Year 1 to Year 6 receive two timetabled PE sessions a week. One taught by the class teacher and one by our PE specialist teacher. Each class is timetabled one session in the hall and one in a designated outdoor area. In instances of rain, most outdoor lessons can be taught indoors (if hall space is available) with some minor changes, such as using adapted equipment. Also, many outdoor lessons can go ahead on the courts as the wet weather does not affect this teaching area. Teaching staff deliver high quality PE activities/lessons for 1.5-2 hours per week. Coaches from local sport clubs (e.g. Tennis/ Cricket/ football) regularly provide additional opportunities for extending the PE curriculum. In addition, a full and varied extra-curricular programme is offered. This provision will change each term and is published to parents via the school newsletter. The aim of the extra-curricular programme is to encourage as many pupils as possible to take part in activities after school whether for recreation, competition or in pursuit of excellence. As well as providing the opportunity for pupils to attend clubs, there is a full range of sports fixtures organised to include many of the activities. There are teams entered in fixtures including football, netball, hockey, badminton, cross country, rugby, and athletics.

Teacher led lessons will be taught using the Real PE scheme which has been designed to give all children the physical literacy, emotional and thinking skills to achieve in PE, sport and life. Each lesson is planned to focus on improving children's learning behaviours and fundamental movement skills. All lessons include the following key components:

- Warm up
- Exploratory/ progressive skill development activity
- Using and applying of skills
- Plenary/ cool down

### **Sequencing the Curriculum**

The content and sequencing of the curriculum has been carefully thought about so that pupils build upon prior learning, make connections and confidently develop their knowledge, skills and techniques for a range of different physical activities and sports. The curriculum is a progressive model so that by learning and practising the content pupils will make good progress as they move through the school from Early Years to Year 6.

### **Assessment and Record Keeping**

At Saint Francis of Assisi School assessment is an integral part of the teaching process.

Assessment is used to inform planning and to facilitate differentiation. The assessment of children's work is on-going to ensure that understanding is being achieved and that progress is being made. Assessment is carried out during PE lessons through observations and discussion with children. Levels of attainment are recorded termly on Target Tracker. PE is included as part of the end of year reports to parents.

### **Inclusion and Special Needs**

We aim to meet the needs of all children by an effectively differentiated curriculum through quality first teaching. Where we identify that, due to one or more factors a child is finding an area of learning challenging, measures are put in place to support the child in catching up. These measures are individual and personal to the needs of that child at that time and may be as small as altering an element of our classroom practice. On occasion a child may have a significant difficulty which requires support from specialist strategies or external agencies. Ultimately, we aim to ensure that every single child is fully catered for regardless of their age, gender, race, culture or ability. Where children do find difficulties, we are pro-active in our actions.

### **Monitoring and Evaluation**

In PE, subject leaders and SLT know that children achieve their very best through regular monitoring which includes lesson visits, planning reviews, staff meetings and pupil voice. Subject Leaders regularly meet and report to link governors.

### **Role of subject leader**

The subject leader will be responsible for improving standards of teaching and learning in PE through:-

- Pupil progress,
- Taking the lead in policy development,
- Auditing and supporting colleagues in their CPD,
- Purchasing and organising resources,
- Keeping up to date with subject developments.

**Reviewed September 2023 AS**