

Physical Education Policy



HOLY CROSS
CATHOLIC
PRIMARY SCHOOL

Living loving learning together.

<u>Agreed On</u>	<u>Signed</u>	<u>Review Date</u>
Spring 2023	A.M Hutton	Spring 2025

Aims of our Physical Education (PE) curriculum

At Holy Cross Catholic Primary School we recognise the importance PE plays in the curriculum and are committed to providing all children with opportunities to engage fully in Physical Education. The main aim is to develop children's basic physical competencies, build confidence in their ability and build the foundations for a lifelong love of sport, physical activity and a healthy lifestyle. PE lessons encourage children to compete against themselves and others whilst being challenged to improve their physical, social, emotional and thinking skills.

Our objectives in the teaching of PE align with the National Curriculum in that we aim to ensure 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; and
- Lead healthy and active lives.

Teaching and Learning

At Holy Cross Catholic Primary School teachers and coaches work together to plan, deliver and assess within a range of sports in order to ensure that children are exposed to a broad and balanced curriculum, developing their knowledge, skills and understanding of PE, physical activity and school sports.

In KS1 and KS2, teacher led lessons are planned using the Get Set 4 PE platform, which aligns with our core values, our whole child approach to PE and the objectives laid out in the National Curriculum. Get Set 4 PE is planned so that progression is built into the scheme which ensures our children are increasingly challenged as they move up through the school. The curriculum map details the PE topics covered in each half term with the aim of ensuring that our children are exposed to and have experiences of a wide range of sports as well as fulfilling the National Curriculum. Our medium-term plans give details of each unit of work for each term. The short-term lesson plans provide opportunities for children of all abilities to develop their skills, knowledge and understanding in each activity area.

Each year group aims to provide 2 hours of PE teaching each week in addition to physical activities and school sports carried out during play times, lunch times and other curriculum areas. In addition, children are given opportunities to practice skills learnt through intra and inter competitions and extra-curricular opportunities including sports day.

EYFS

Physical activity is vital in children's all-round development, enabling them to pursue happy, healthy and active lives. Gross and fine motor experiences develop incrementally throughout early childhood, starting with sensory explorations and the development of a child's strength, co-ordination and positional awareness.

Within EYFS, children are provided with daily opportunities to participate in play both indoors and outdoors in order to develop their core strength, stability, balance, spatial awareness, co-ordination and agility. Gross motor skills provide the foundation for developing healthy bodies and social and emotional well-being. Through adult modelling and guidance, children will gain an understanding of how to look after their bodies, including healthy eating, and managing personal needs independently. In addition to the children participating in daily indoor and outdoor play, EYFS also participate in PE lessons within the school hall on a weekly basis.

Early Learning Goals (ELG) are the level of development children should be expected to have attained by the end of EYFS. Below is a list of the focused ELGs in relation to PE.

- negotiate space and obstacles safely, with consideration for themselves and others;
- demonstrate strength, balance and coordination when playing;
- move energetically, such as running, jumping, dancing, hopping, skipping and climbing;
- hold a pencil effectively in preparation for fluent writing – using the tripod grip in almost all cases;
- use a range of small tools, including scissors, paint brushes and cutlery;

- begin to show accuracy and care when drawing; and
- understanding the importance of healthy food choices.

Assessment

Assessment of the children is carried out during each lesson through observations by teacher, coaches and teaching assistants and instant feedback is given. At the end of each half term/topic, teachers and/or coaches complete summative assessments and gather video evidence of each standard – working towards, expected and exceeding. This information is then input on to an assessment grid and uploaded on to OneDrive alongside video evidence. Teachers and coaches use school's progression document to support with assessment. These records also enable the teacher to make an annual assessment of progress for each child and this is also used as part of the child's annual report to parents. The teacher passes this information on to the next teacher at the end of each year.

Reception and Nursery assess using EYFS framework during weekly EYFS meeting times.

Swimming

Swimming is provided by the local authority and is compulsory for children in Y3-Y6. Girls must wear a full costume (not a two-piece) and boys must wear swimming trunks. Children must also wear a swimming cap. Boys and girls will use the separate changing rooms at the swimming centre.

SEN/Inclusion/Equal Opportunities

At Holy Cross Catholic Primary School all children take part in PE and teachers/coaches ensure all activities are inclusive and accessible for all regardless of gender, ethnicity, religion or special education need. Teachers, coaches and teaching assistants are aware of adaptations to the curriculum to ensure that all children are provided with equal opportunities to fully participate in all activities.

Monitoring and reviewing

The planning and coordination of the teaching of PE is the responsibility of the subject leader, who:

- supports colleagues in their teaching, providing a strategic lead and direction;
- evaluates the strengths and areas for development in the subject through staff and pupil voice questionnaires;
- regularly updates teaching staff and SLT with any update regarding PE, physical activities and/or school sports; and
- reviews evidence of the children's work and observes PE lessons.

Resources

There are a range of resources to support the teaching of PE across the school. All PE equipment and resources are located in the PE cupboard and labelled. Children are only allowed to access these boxes during actual PE lessons, always under the direct supervision of an adult. The hall also contains benches and mats which again can be used during PE lessons. We expect the children to help set up and put away this equipment as part of their work. By so doing, the children learn to handle equipment safely. The children use the school playground for games and activities and a local swimming pool for swimming lessons.

Health and safety

The general teaching requirement for health and safety applies in this subject. We encourage the children to consider their own safety and the safety of others at all times. We expect them to arrive at school in the agreed PE kit on the days they have PE lessons. The governing body expects the teachers, coaches and teaching assistants to set a good example by wearing appropriate clothing when teaching PE. The policy of the governing body is that no jewellery is to be worn for any physical activity. If children wear religious jewellery that they cannot remove, parents must ensure that children wear skin tight compression base under layer sports top underneath their Holy Cross PE top. Long hair must also be tied back.

Winter and spring PE Kit – Holy Cross PE top, school cardigan/jumper, navy or black leggings/tracksuit bottoms and appropriate training shoes/pumps.

Summer PE Kit – Holy Cross PE top and shorts, school cardigan/jumper and appropriate training shoe.