

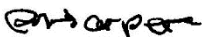


Our Lady of the Assumption Catholic Primary School



Approved Physical Education Policy

Approved by Governors: 15th December 2021

Signed:  Chair of Governors

To be reviewed: December 2024

Safeguarding Statement:

Our Lady of the Assumption Catholic Primary School is committed to safeguarding and promoting the safety and welfare of all children and expects all staff, parents and volunteers to share this commitment.

Our School Vision

As a Catholic school that puts Christ at the centre, we are committed to developing independent, successful and confident children who have high aspirations, who gain a sense of achievement and leave our school with a wealth of happy memories.

Values and Ethos

We believe that everyone is made in the image and likeness of God and we value the equality of all, reject discrimination of any kind, and welcome the diversity of different cultures.

Aims of the National Curriculum

The national curriculum for physical education aims to ensure that all pupils:

- Experience and engage in competitive sports and activities
- Develop key skills to excel in a broad range of physical activities
- Are physically active for sustained periods of time
- Know and can lead healthy, active lifestyles.

Our Aims

At Our Lady of the Assumption Primary Catholic School we aim:

- To develop competence to excel in a broad range of physical activities.
- To allow children to be physically active to sustained periods of time.
- To engage children with competitive sports and activities within a safe and encouraging environment including intra house games as well as Level 2 and 3 tournaments and competitions.
- To lead a healthy, active lifestyle.
- To develop an ability to know, plan and adapt a range of movement sequences.
- To organize equipment and apparatus safely.

- To develop an ability to remember, adapt and apply knowledge, practical skills and concepts in a variety of movement based activities.
- To promote and encourage a positive attitude towards health, hygiene and fitness.
- To develop motor skills through a range of relevant movement based activities.
- To develop a sense of fair play and sportsmanship.
- To develop communication skills, encouraging the use of correct terminology, to promote effective co-operation.
- To foster enjoyment and positive attitudes towards the subject.
- To provide opportunities for all children including most able pupils, SEND pupils and disadvantaged pupils.
- To give children a chance to voice their viewpoint and ideas on how PE and games can be improved within school.

Our objectives allow our children:

PE in Early Years and KS1

- Develop fundamental movement skills including running, jumping, throwing and catching.
- Become increasingly confident and competent and experience a range of opportunities to develop their agility, balance and coordination.
- Participate in team games in order to develop simple tactics for attacking and defending.
- Perform dances using simple movement patterns.

PE in KS2

- Enjoy communicating, collaborating and competing with others to develop initiative, self-reliance and self-discipline.
- Develop understanding of how to reflect and evaluate their own performance and the performance of others.
- Use running, jumping, throwing and catching in isolation and in combinations.
- Play competitive games and apply basic principles suitable for attacking and defending.
- Use a range of movement patterns, solve problems and overcome challenges.
- Develop flexibility, strength, techniques, control and balance.
- Perform dances using a range of movement patterns.
- Take part in outdoor and adventurous activity challenges.
- Be physically active for sustained periods of time to develop flexibility, strength and stamina.
- Swim confidently over a distance of at least 25 meters.
- Use a range of strokes effectively. (front crawl, backstroke and breaststroke.)

- Perform safe self-rescue in water based situations.

PE Kit

At Our Lady of the Assumption Primary School we have a uniform list for PE that we expect children to be wearing during all PE sessions. Parents and Carers are informed of the timetabled PE sessions. Children are expected to come into school wearing their PE kit on their designated PE days.

PE Kit should consist of:

- A plain white t-shirt and black shorts.
- Plain black jumper and black jogging bottoms for cold weather conditions.
- Appropriate footwear for indoor and outdoor activities (pumps and trainers)
- Swimming kit should consist of a one-piece swimming costume and swimming trunks above the knees, a towel and a swimming hat.

Staff Training

PE Co-ordinator aims to keep up to date with new movements and initiatives by attending regular coordinator meetings and unity meetings. CPD can be purchased through Primary PE Planning scheme to help upskill staff.

Assessment and Monitoring

Attainment Targets: By the end of each key stage, pupils are expected to know, apply and understand the matters, skills and processes specified in the relevant programme of study.

As a school, we have a tracking system (Primary PE Planning tracker tool) for PE so that a formal level can be given to a pupil at the end of each unit, teacher's assessment comes from the Primary PE Planning assessment wheel and teacher's observations during lessons. At the end of each unit teachers assess whether a child is working towards, at expected standard, above expected standard or most able. This information is then carried forward into the next unit or year. This will build up a key picture of their progress over time and may appear on the children's end of year report. The subject will be monitored and evaluated by the coordinator as outlined in the school's development plan for monitoring and assessment.

Health and Safety

Healthy and Safety of our pupils is of paramount importance. A separate report will be updated regarding the health and safety guidelines when teaching PE. All staff have a copy of BAALPE publication of 'Safe Practice in PE' (Appendix A).

It should be noted that, in the event of an emergency, phones are within a short distance of all PE lessons and first aid boxes. We have named first aiders in school to support any incidents that may occur.

Resources

There is a wide range of resources to support the teaching of PE across the school and to encourage children to take part in extra activities at break time, lunch time and after school. We keep all relevant equipment in our PE shed which is only accessible to children under adult supervision. The hall contains a range of large apparatus, we expect the children to help set up and put away this equipment as a part of their work to develop their understanding of carrying and moving equipment safely and sensibly.

Extra Curriculum Activities

At Our Lady of the Assumption, children are given the opportunity to get involved in a varied programmes of sporting activities after school. The PE coordinator organises a termly programme of activities that involve sessions being run by trained coaches, health experts or voluntarily run by our own school staff. This gives our pupils the opportunities to extend their physical activity time and also supports them in taking part in local leagues, competitions and tournaments.

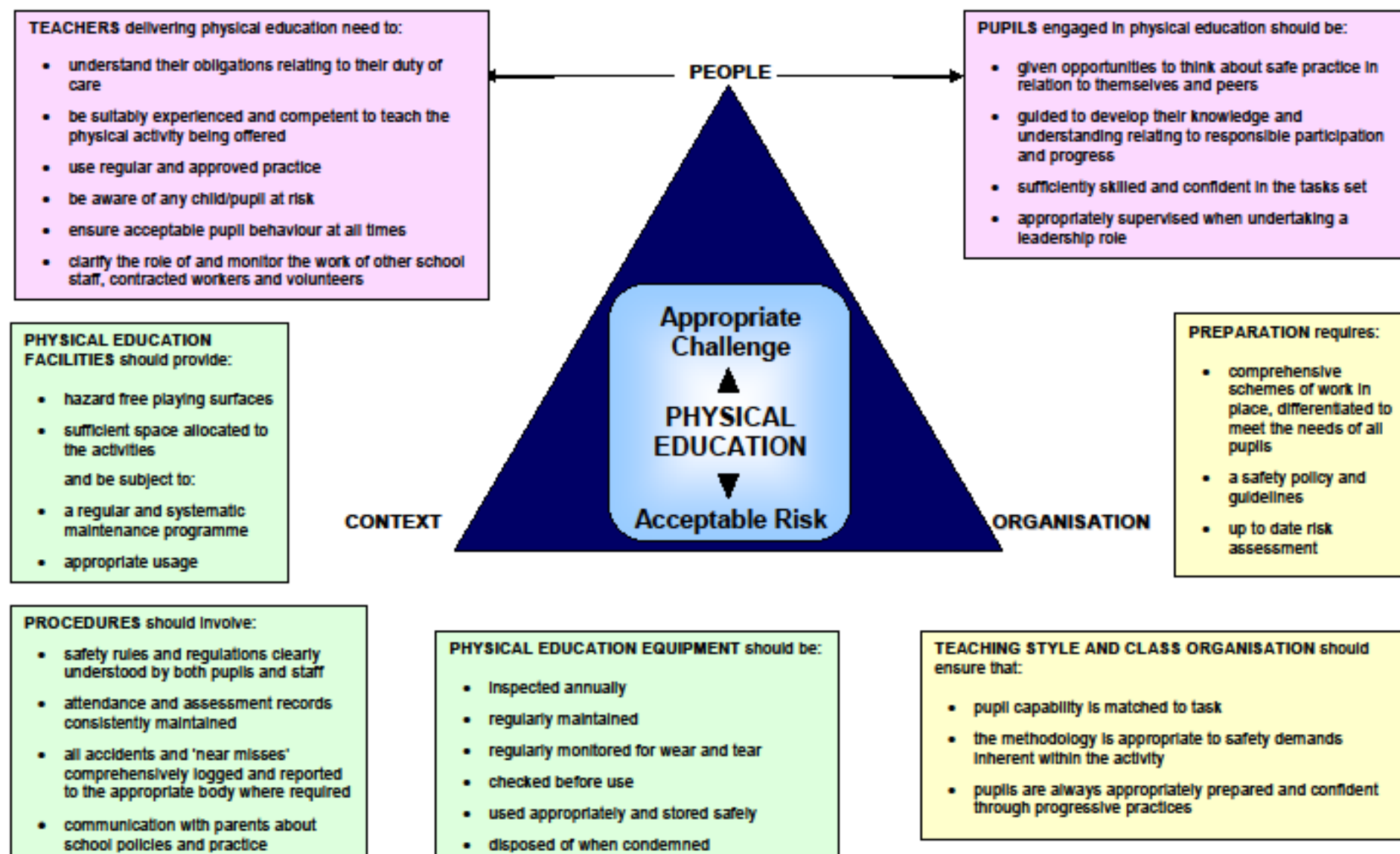
All children are given the opportunity to take part in all after school activities as we run a first come, first service bases. However, children have three chances to behave appropriately within the club before they are removed.

Children's attendance is monitored by the PE coordinator and placed on the Primary PE Planning tracker tool to encourage all children to take part.

Competitions

The school plays regular fixtures against other local Catholic schools in both the Catholic football and netball leagues. We similarly participate in area tournaments and competitions as well as friendly matches. The school also attends regular 'School Games' events throughout the academic year. This competitive element is key to our teaching and the team games allow children to put into practice the skills that they have developed in their lesson and extra curriculum sessions. These opportunities aim to encourage a sense of team spirit and co-operation amongst the children.

SAFE PRACTICE IN PHYSICAL EDUCATION



For further information see the DfES commended BAALPE publication
 'Safe Practice in Physical Education', 1999 (millennium) edition
 Available from: www.baalpe.org or telephone 01745 709487
 Copies of this poster are available from: DfES Publications at
www.teachernet.gov.uk/pesafety or telephone 0845 6022200

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