



Physical Education Policy

2021

Date	Review Date	Coordinator	Nominated Governor
October 2020	October 2021	Luke Fenlon	Rati Starkey

MISSION STATEMENT

Corpus Christi Catholic School is a welcoming, vibrant and diverse community with the Christian values of respect, equality and love for all at its core.

We aim to nurture, motivate, educate and to inspire all children to become lifelong learners and to achieve the best that they can.

Following the example of Jesus, we uphold our school motto:
To Learn, To Live, To Love.

Discere Vivere Amare




**CORPUS CHRISTI
CATHOLIC SCHOOL**

Rationale

Corpus Christi School believes that Physical Education, experienced in a safe and supportive environment, is vital and unique in its contribution to pupil's physical and emotional development and health.

The school is committed to delivering a broad, varied and inclusive curriculum, with opportunities to participate in individual, competitive and collaborative sporting activities.

Corpus Christi school is dedicated to supporting children in developing habits for a healthy and active lifestyle, and furthering their physical confidence.

Aims

The Physical Education lessons provide all pupils with the opportunities to:

- develop competence to excel in a broad range of physical activities
- remain physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives
- develop balance, agility and co-ordination (KS1)
- develop flexibility, strength, technique, control and balance (KS2)
- enjoy purposeful physical activities in a range of sports
- develop a sense of fair play and sportsmanship through competitive activities
- develop self-confidence, self-awareness and communications skills through co-operative sporting activities

Objectives

At Key Stage 1, children are taught to:

- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
- perform dances using simple movement patterns
- participate in team games
- develop simple tactics for attacking and defending

At Key Stage 2, children are 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

Cross Curricular Objectives

- understand the basic physiological changes to their bodies when exercising (*Science and Physiology*)
- develop imagination and cooperation to achieve shared goals (*Social and Emotional*)
- develop initiative, self-confidence and discipline (*Social and Emotional*)
- use I-pads for self - assessment (*ICT*)

Curriculum Organisation

The P.E. curriculum is organised to ensure that all children access all areas of the curriculum in their Key Stage and goes beyond the statutory requirements. Progressive objectives are built upon throughout each Key Stage.

The curriculum is delivered through:

- weekly timetabled P.E. lessons with specialist coaches
- additional P.E. / fitness sessions with class teachers or professional dance teachers
- extra-curricular opportunities for competitive sport
- active residential trips (Juniors)
- encouraging children to make healthy food choices (at lunch)
- outdoor experiences (for example through Natural Thinkers in EYFS, trips to Brockwell Park)
- external visitors and workshops

P.E. Units Covered

KS1

- Dance: developing balance, agility and coordination and perform dances using simple movement patterns
- Gymnastics: develop balance, agility and coordination
- Games: master basic movements, including throwing and catching, and participating in team games to develop simple tactics for attacking and defending
- athletics activities: master movements such as running, jumping, throwing and catching

KS2

- Dance: perform dances using a range of movement patterns
- Gymnastics: develop flexibility, strength, technique, control and balance
- Games: play competitive games, modified where appropriate and apply basic principles for attacking and defending. Compare their performance with previous ones and demonstrate improvements
- Athletics: use running, jumping, throwing and catching
- Swimming: swim competently and proficiently over a distance of at least 25 metres, using a range of strokes and perform safe self-rescue in different water-based situations
- Outdoor and adventurous activities: activities which challenges children both individually and within a team

Early Years Foundation Stage

Physical development is one of the prime areas within the seven areas of learning in the EYFS **(Moving and handling and Health and self-care)**.

The gross and fine motor physical development of young children is supported through active and outdoor continuous provision, through which, children improve their skills in co-ordination, control, manipulation and movement. The children in Corpus Christi's Nursery and Reception classes are also taught about the importance of physical activity, making healthy choices in relation to food and keeping safe.

Planning

Specialist coaches are responsible for planning and delivering their own curriculum. These plans are given to the P.E. coordinator on a half-termly basis.

Where class teachers also deliver a taught P.E. lesson, they follow the *Rising Stars* scheme of work and detail the page number of their lesson on their weekly timetable. This scheme of work is in line with the National Curriculum.

Assessment and Recording

By the end of each key stage, pupils are expected to know, apply and understand the matters, skills and processes specified in the relevant Key Stage (programme of study). Assessments take place twice throughout the year. National Curriculum 2104

In Key Stage 1 and 2, children are assessed in P.E. twice a year. These assessments take place at Spring Half Term and end of Summer Term, and the judgements are made by class teachers in collaboration with sports coaches, and discussions with the children.

Children are not given a level, but are assessed on whether or not they are meeting the end of year expectations detailed in the National Curriculum ('National'), are working towards these expectations ('Towards'), or have exceeded these expectations ('Exceeded'). Children are judged on a best fit.

The P.E. coordinator tracks pupil progress which is reported to parents in the end of year report which details the child's progress, strengths and areas for development in Physical Education.

Inclusion

As stated in the National Curriculum, children with Special Educational needs will be included in any Physical Education lesson. If a programme needs to be adapted then the teacher in charge will do this in consultation with the coordinator and SENCO (if applicable).

Children with special educational needs also take part in extra-curricular sports activities.

Resources

There is a wide range of resources to support the teaching of P.E. across the curriculum. The majority of equipment is kept in the P.E. store in the junior playground but further resources can also be found in the KS1 area.

The main hall contains specialist gymnastic apparatus. A second hall for P.E. is also available on the Junior site. The Infant and Junior playgrounds are used for outdoor lessons.

Children use the facilities at Brixton Recreation Centre for swimming lessons and PGL provide a one week residential for Year 6 to take part in Outdoor and Adventurous activities.

Sports Day is held at Dulwich Sports Ground.

Health and Safety

The general teaching requirement for Health and Safety applies in this subject. We encourage children to consider their own safety and the safety of others at all times. We expect them to change for P.E. independently and quietly, wearing the correct P.E. kit as appropriate for the lesson.

Appropriate Dress

Indoor sessions: white t-shirt with CC logo, navy blue shorts, plimsolls

Outdoor sessions (Summer): white t-shirt with CC logo, navy blue shorts, plimsolls or trainers

Outdoor sessions (Winter): As above or navy blue sweatshirt and bottoms

Extra-curricular activities

Seventeen P.E related extra-curricular activities are provided after school in a range of activities and across a range of year groups.

The school plays regular fixtures against other schools in football and participate in local Lambeth leagues. This allows children to put into practice the skills they have developed in lessons, as well as fostering a sense of team spirit and co-operation while playing competitively.

Many children also participate in competitive sporting activities organized through Sainsbury's Games and also through the coaches SG Sports.

In addition, all children participate in an annual Sports Day in a variety of competitive races and a carousel of planned fun sports activities.

Corpus Christi children also enjoy a 'Sports Week' which is held periodically and involves inviting local sports clubs, professional sports coaches and skilled parents into school to give the children an opportunity to try out new sporting activities. Such activities have included; wall climbing, fencing, circus skills, African dance and ballet (to name but a few). This is organised by the P.E. co-coordinator.