**Our Lady and St Thomas**

**PE Policy Reviewed September 2024**

**Mission Statement**

“You are unique, talented and loved by God”

Our Lady & St Thomas Primary school recognises that we are all unique and loved by God. We celebrate the uniqueness of each individual child in our care and aim to provide a rich and relevant school experience within the context of a Christian Catholic environment, dedicated to promoting Gospel values.

By communicating these values, we endeavour to enable our children to achieve their full potential and become literate, numerate and caring adults with life enhancing skills and attitudes.

# Introduction

At Our Lady and St Thomas Catholic Primary School, we recognise the importance of Physical Education (PE) in promoting a lifelong love of physical activity, well-being and personal development. Our PE curriculum supports pupils in developing fitness, agility, coordination and teamwork, ensuring they gain the skills and confidence to engage in both competitive and recreational sports. By providing high-quality lessons, extracurricular opportunities and leadership roles, we aim to instil resilience, sportsmanship and a commitment to a healthy, active lifestyle.

# Rationale

Physical activity is essential for maintaining good health and well-being, supporting both physical and mental development. Through a well-structured PE curriculum, pupils develop confidence, self-discipline and an understanding of teamwork. Regular participation in physical activity has been shown to improve concentration, behaviour and emotional well-being. By embedding a culture of fitness and enjoyment, we empower pupils to maintain active lifestyles beyond primary school.

# Aims

The aims of our PE curriculum are to:

* Provide a broad and balanced range of physical activities that develop fundamental movement skills and physical literacy.
* Ensure all pupils achieve the national swimming target of swimming 25 metres by the end of Year 6.
* Foster resilience, teamwork and leadership through structured PE lessons and extracurricular activities.
* Offer enrichment opportunities through sports festivals, county competitions and outdoor adventure activities.
* Develop leadership skills through our Sports Ambassadors program, where pupils plan and deliver engaging physical activities during break times.

The National Curriculum for Computing aims to ensure that 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
* Lead healthy, active lives.

**Curriculum**

Our PE curriculum follows the Primary PE Planning scheme, ensuring structured progression in skills development across all year groups. Specialist PE teachers and external coaches deliver high-quality lessons, covering a wide range of sports and physical challenges. In Key Stage 2, all pupils take part in swimming lessons, with tailored support to help them achieve their 25-metre goal by Year 6.

Pupils participate in regular sports festivals and competitions from EYFS onwards, providing opportunities to experience different physical activities in a competitive yet supportive environment. Our school also integrates the Commando Joe’s scheme, which develops teamwork, problem-solving and resilience through structured activities. Year 5 and 6 pupils benefit from a residential trip featuring outdoor pursuits such as rock climbing and kayaking, further promoting confidence and physical endurance.

**By the end of Key Stage 1, pupils should be 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
* Participate in team games, developing simple tactics for attacking and defending
* Perform dances using simple movement patterns

**By the end of Key Stage 2, 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.

## Resources and Access

Our school boasts excellent facilities to support physical activity, including a running track, trim trail and an outdoor learning space. We invest in high-quality sports equipment to ensure all pupils can engage fully in PE lessons. Additional resources, including specialist coaches and extracurricular clubs, enhance our provision and ensure all pupils have access to varied physical activities.

# Planning

PE lessons are carefully planned using the Primary PE Planning scheme to ensure skill progression and engagement. Lessons are inclusive and differentiated to support all abilities, ensuring every pupil is challenged appropriately. Planning also integrates outdoor learning opportunities and cross-curricular links to reinforce the importance of an active lifestyle in everyday life.

# Assessment and Record Keeping (see also: Assessment Policy)

Assessment in PE is ongoing, with teachers observing pupils’ progress in skill development, teamwork and physical confidence. Pupils receive regular feedback to support their improvement. Swimming attainment is assessed formally to track progress towards the national curriculum target. Achievement in PE is recognised through awards presented during assemblies, promoting a culture of effort and success.

# Pupils with Special Educational Needs (see also: SEND Policy)

We are committed to providing inclusive PE lessons where all pupils, including those with SEND, can participate fully. Adaptations are made to activities to ensure accessibility, including modified equipment and tailored instructions. Our approach ensures that every pupil can experience success and develop confidence in physical activity.

# Equal Opportunities (see also: Equality Policy Statement)

We will ensure that all children are provided with the same learning opportunities regardless of social class, gender, culture, race, disability or learning difficulties. As a result, we hope to enable all children to develop positive attitudes towards others. All pupils have equal access to music teaching and all staff members follow the equal opportunities policy. Resources for SEN children and gifted & talented will be made available to support and challenge appropriately.

# The Role of the Subject Leader

The PE subject leader is responsible for overseeing the implementation of the PE curriculum and ensuring high-quality teaching and learning across the school. Responsibilities include: supporting staff in lesson planning, maintaining resources, organising competitions and leading staff training. The subject leader also mentors Sports Ambassadors and monitors the impact of physical education on pupil well-being.

# The Role of the Class Teacher

Class teachers, alongside specialist coaches, are responsible for delivering engaging and inclusive PE lessons that develop pupils’ physical skills and understanding. They create a positive learning environment that encourages active participation and teamwork. Teachers also assess pupils' progress, support extracurricular sporting activities and collaborate with the PE subject leader to enhance provision.

# Staff Training

Staff receive regular CPD opportunities to ensure high-quality PE delivery. External providers, including specialist coaches and local sports organisations, support training initiatives to keep teachers updated with best practices. The subject leader facilitates internal training sessions to maintain consistency and high standards in PE teaching.

# Cross-Curricular Links

PE is linked with other areas of the curriculum to enhance learning. Physical activity is incorporated into subjects such as Science (understanding the human body and fitness), Maths (measuring distances and times in athletics) and PSHE (developing resilience and teamwork). Some units (i.e. Dance) also integrate other aspects of the curriculum (i.e. history). Outdoor learning and forest school sessions further integrate physical education with environmental awareness and problem-solving skills.

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