

St Joseph's Catholic Primary School, Worcester

'Following Jesus in all we do'

PE Policy



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St Joseph's Catholic Primary School Policy for Physical Education and Physical Activity

Physical Education is the unique process of learning which enables children to be active, critical, cooperative and evaluative. At St Joseph's we recognise the vital contribution that physical education has towards a child's physical, cognitive, social and emotional development; as well as the role it can play in a child's spiritual, moral and cultural development.

The implementation of this policy is the responsibility of all the teaching staff and should be applied by teachers, coaches and support staff.

All children are entitled to 2 hours of PE per week, 1 skills lesson and 1 sports based lesson in line with the annual curriculum plan. Children will come to school wearing their PE kit to allow for maximum participation time.

We aim to enable children to become physically educated by giving them the opportunity to:

Develop fundamental motor skills which can be transferred into sport specific skills by:

- Ensuring our Early Years and Keystage 1 curriculum provides children with the opportunity to develop core balance, strength, co-ordination, gross and fine motor skills.
- Enabling children to use and adapt these skills within specific sports in Keystage 2 by giving pupils the opportunity to gain a range of specific sporting skills through activities which promote key skills for sports such as netball, football, athletics, cricket and rounders.

Develop physical and cognitive competence and confidence in the skills of planning, performing and evaluating, by:

- Practising and consolidating movement concepts and motor skills in dance, games and gymnastics across Keystages 1 and 2.
- Knowing how to improve their own performance and that of others by engaging in the continual process of reflection, selection, refinement, adapting and evaluation
- Equipping children with the correct vocabulary to enable them to evaluate performances accurately and looking for windows of opportunity to make cross curricular links to reinforce learning

Develop problem solving skills and interpersonal skills which can be applied across the curriculum by;

- Opportunities to work individually, cooperatively in groups and as a whole class
- Providing children with activities which require them to solve problems, think tactically and make decisions

- Encouraging children to express their own opinions, interests, enjoyment, motivation and enthusiasm for physical activity

Utilise their skills in competitive activities by:

- Giving year groups 1-6 the opportunity to take part in School Games Competitions
- Giving children the opportunity to represent our school in netball, football, swimming and athletics as part of our Catholic School Partnership
- Offering extra-curricular activities with the opportunity to progress to representing the school in competitive games
- Being aware of local clubs that offer sporting opportunities for children

Promote physical activity and a healthy lifestyle by:

- Explicitly teaching about the positive effect that exercise and eating healthy have on people's wellbeing and general health
- Encouraging pupils to select and engage in regular physical activity
- Offering healthy snack options and ensuring our school meals are balanced and healthy

Develop positive attitudes by:

- Exhibiting personal qualities such as perseverance, resilience, resourcefulness, wellbeing, respect and humility.
- Understanding and showing appreciation of fair play and good team work and respect for the rules of a game and referees
- Developing an understanding of how to give and take constructive feedback from peers and teachers to improve theirs and others performances

Ensure safe practice by:

- Teaching children how to move the equipment safely through routines and procedures
- Giving children the opportunity to monitor their own risk at Forest School, during outdoor learning and during any physical activity
- Enabling children to appreciate the importance of safe practice and taking responsibility for their personal practise

Curriculum

At St Joseph's we aim to provide the children with a broad and balanced curriculum which enables children to acquire skills and broaden their experiences. Children experience a wide range of physical activities and sporting opportunities which are in line with and add to the core National Curriculum.

Our School Game Partnership provides pupils with the opportunity to take part competitively in activities such as athletics, tri golf, netball, football, multiskills, gymnastics and swimming.

Special Educational Needs

Teachers liaise with the SENCo to plan and provide children with special educational needs with the appropriate level of support, challenge and opportunity to develop. When planning and selecting materials, tasks and resources and teaching styles we will take into account the needs of all pupils in terms of abilities and stages of development. For children who need extra support with their basic motor skills we have a Smart Moves programme which is aimed at individually targeting children's needs. Children are taught in their normal class groups which gives pupils the opportunity to support and learn from each other.

Equal opportunities

All pupils regardless of race, gender, ability, social origins or size are entitled to be included and be successful in physical education. All pupils have equality of opportunity in respect of curriculum balance, curriculum time, extracurricular involvement and use of resources and facilities. Our aim is to enable all our pupils to be successful and to not fear failure.

Knowledge and understanding of health and safety

Children will be taught to warm up and prepare appropriately for different activities and to cool down.

Children will be taught how wearing appropriate clothing and being hygienic is good for their health and safety.

Appropriate clothing should be worn in line with school PE uniform policy and determined by the type of activity children are participating in. For example: barefoot for gymnastics, unless children have a verruca and trainers for athletics. Children who do not have the appropriate footwear may need to sit out certain activities and may be used as a "coach" to help them remain engaged in the learning but not actively taking part.

Jewellery is to be removed for PE, earrings can be taped up if they cannot be removed and long hair must be tied back.

Hooded tops should be removed if it is deemed to be a possible risk for the activity taking place e.g. gymnastics.

The safe use of equipment will be encouraged at all times and children will be trained to move and store equipment in a safe manner.

For swimming, only swimming trunks and swimming costumes are permitted. Children with hair longer enough to tie back are required to wear a swimming hat. Children can wear goggles with written consent from parents.

All equipment will be checked by a teacher before the children use it. All adults working in the school have a responsibility to report any defects in the equipment which need attention.