

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. It is a foundation subject within the National Curriculum. It educates pupils in the knowledge of the body and physical activities; the skill to use their body efficiently and effectively; the understanding of how their body moves and the importance of a fit and healthy lifestyle.

This policy outlines the purpose, nature and management of physical education at St Joseph's Catholic Primary School. The implementation of this policy is the responsibility of all the teaching staff and should be applied by teachers, coaches and support staff.

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
- Develop physical and cognitive competence and confidence in the skills of planning, performing and evaluating movement
- Develop problem solving skills and interpersonal skills which can be applied across the curriculum
- Utilise their skills in competitive activities
- Promote physical activity and a healthy lifestyle
- Develop positive attitudes
- Ensure safe practice

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 about factors which influence efficient and effective performance
- 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
- In Keystage 1 the use of Build Learning Power Character 'Team Ant' and 'Bradley Bat' and 'Busy Beaver' will help promote the qualities of teamwork, collaborative discussion and decision making. In Keystage 2 the 'Secrets of Success' will be promoted in the same way.

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 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
- Daily 'Wake Up Shake Up' or Brain Gym activities to promote children's cognitive development through physical activity
- Encouraging pupils to select and engage in regular physical activity
- Introducing a Change 4 Life club for our least active pupils in the (spring term 2016)
- 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. In Keystage one the characteristics of effective learning and Building Learning Power Characters will be promoted in PE lessons and in Keystage two the 'Secrets to Success' will be used.
- 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*. Pupils develop the skills for traditional and unusual activities which provide them with the skills they will need in secondary school and beyond whilst inspiring and motivating them. 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 kwik cricket. The sports crew, made up of sporting role models from Year 6, arrange intraschool competitions to prompt enthusiasm and participation with interesting activities such as New Age Kurling. In addition, pupils also have the opportunity to learn to swim and develop physical development skills at Forest School.

*The core National Curriculum:

Keystage 1:

- basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination
- team games, developing simple tactics for attacking and defending
- perform dances using simple movement pattern

Keystage 2:

- use running, jumping, throwing and catching in isolation and in combination
- play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending
- develop flexibility, strength, technique, control and balance
- perform dances using a range of movement patterns
- take part in outdoor and adventurous activity challenges both individually and within a team

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.

Assessment recording and reporting

Opportunities for assessment will be identified during planning and pupils will receive ongoing teacher assessment. These assessments will be directly related to learning objectives and will be set before every lesson. The ongoing assessment will allow children to be challenged and for any gaps in skills to be targeted. Information will be shared with pupils, teachers and parents in written and oral form.

Cross Curricular Skills and Links

Physical education offers an added dimension to the whole school curriculum and the wider life of the school through learning opportunities in health education; citizenship; literacy; numeracy and language skills; and in personal and social education. Teachers give pupils opportunities to use ICT to support and develop their learning, data handling, research and retrieval skills.

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

All routine procedures relating to safe practice are agreed and will consistently be adhered to by all teachers and support staff. Health education, particularly those areas addressing the effect of exercise on the heart and the need for exercise to keep us healthy, will be addressed during the appropriate physical education lessons.

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. Jewellery is to be removed for PE, earrings can be taped up and long hair must be tied back. 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. All activities which involve children working above floor level must have mats.

When engaged in physical education children are expected to behave in a considerate, responsible manner showing respect for other people and equipment. During physical education, children will be encouraged to discuss safety implications concerning themselves and others. If a child hurts their head a courtesy call must be made to their parent and/or carers and a head bump form must be filled in and sent home.

