

ST BEDE'S CATHOLIC PRIMARY SCHOOL

PE POLICY



*As one
we learn together,
play together,
pray together,
as one*

Intent

The policy for Physical Education has been updated in line with the requirements of the new National Curriculum 2014 and the PE and Sport Premium Funding for 2023-24.

At St Bede's, we aim to develop a love of sport and physical activity in all children and inspire them to become lifelong active people. We want all children to develop and improve the fundamental skills needed to access all physical activity such as invasion games, gymnastics or dance. Children will understand the importance of healthy competition against either themselves (personal best) or other children, the importance of an active and healthy lifestyle and the role that physical activity plays in achieving this. They will also learn important life skills including swimming, water safety and life skills such as team work, independence and resilience.

Aims:

- To maintain the School Games Silver Mark.
- To develop the child's physical, mental, social, moral and cultural skills through a broad and balanced curriculum linked to the National Curriculum and Early Learning Goals.
- To provide opportunity for **all children** to participate in physical education with differentiation and support.
- To provide the opportunity for all children to experience and enjoy a wide variety of sports and physical activities.
- To provide the opportunity to experience competition through both in school and out of hours learning.
- To increase children's physical activity by providing high quality P.E lessons and out of hours learning.
- To promote a healthy, active lifestyle.
- To ensure, through in-service training, staff feedback, surveys etc that all staff feel confident about and are competent in delivering all of the above.
- That all who deliver P.E., are capable of delivering this subject to all pupils through sufficient training of teachers, teaching assistants and the purchasing of equipment that enables this delivery.
- To resource P.E. appropriately and to review these resources annually.

- That all children can take part in and experience coaching from outside agencies to involve them in new sports and activities.

Implementation

- PE at St. Bede's provides challenging and enjoyable learning through a range of sporting activities including; invasion games, net & wall games, strike and field games, gymnastics, dance, swimming and outdoor & adventure.
- The long-term overview and our own bespoke curriculum planning sets out the PE units which are to be taught throughout the year and ensures that the requirements of the National Curriculum are fully met.
- Pupils participate in two high quality PE lessons each week, covering two sporting disciplines every half term. In addition, children are encouraged to participate in the varied range of extra-curricular activities. There are a range of after-school clubs available throughout the year.
- Children are invited to attend competitive sporting events.
- Each year a small group of KS2 children are invited to become Sports Leaders for the school. They develop into sporting role models for the younger children, assisting with lunch-times, our annual sports day and any other sporting activities.
- Children in Year 3 and 4 have swimming provision to enable them to achieve 25m by the end of year 6 with booster sessions for year 5/6.
- Encourage the "Daily Mile", to help meet the government target of all children being active for at least 30 minutes a day (in school).

Impact

St Bede's holds the Gold School Games mark and this mark helps to maintain and build on high standards of P.E and sporting opportunities. St. Bede's aims to equip children with the fundamental skills and life skills needed to be active and healthy. By the end of year 6, we aim to ensure that all children can perform safe self-rescue in different water-based situations and can confidently swim 25m. We help motivate children to participate in a variety of sports through quality teaching that is engaging and fun. From our lessons, our children learn to take responsibility for their own health and fitness. We equip our children with the necessary skills and a love for sport with opportunities to celebrate their successes.

National Curriculum

St Bede's Catholic Primary School will provide a progressive curriculum, enhancing the six main areas of activities outlined in the National Curriculum:

- Games
- Gymnastics
- Dance
- Swimming
- Outdoor and adventurous activities
- Athletics

As required in Key Stage 1, we teach dance, games and gymnastics.

In Key Stage 2, we teach dance, games and gymnastics. In addition to this, the children will be taught athletics, swimming and outdoor and adventurous activities.

Both Key Stage 1 and 2 are allocated 2 hours per week for Physical Education. We also offer extra outdoor time in EYFS and KS1 with opportunities to use bikes and scooters to enhance fundamental skills.

After school sports clubs and breakfast clubs offer a variety of sports and develop a range of skills.

Aims for Foundation Stage

Physical development within the EYFS framework is one of three prime areas for learning.

The two related early learning goals are:

Gross Motor Skills;

- Negotiate space and obstacles safely, with consideration for themselves and others.
- Demonstrate strength, balance and coordination when playing
- Move energetically, such as running, jumping, dancing, hopping, skipping and climbing

Fine Motor Skills;

- Hold a pencil effectively in preparation for fluent writing – using the tripod grip in almost all cases
- Use a range of small tools, including scissors, paintbrushes and cutlery
- Begin to show accuracy and care when drawing

Children access a range of daily activities to develop their fine and gross motor skills and have access to a dedicated outside area. In addition to this, they also have one weekly PE lesson and 3 x extra physical outdoor time.

Aims for Key Stage 1

Our pupils will develop fundamental movement skills, becoming increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They will be engaged in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Pupils will 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.

Aims for Key Stage 2

Pupils will continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They will be encouraged and motivated to enjoy communicating, collaborating and competing with each other. They will develop an understanding of

how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Pupils will be taught to:

- Use running, jumping, throwing and catching in isolation and in combination
- Play competitive games, modified where appropriate [for example, 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 a personal best.

Outdoor and adventurous activities

As well as being timetabled as part of the curriculum, opportunities will be provided to develop and enrich learning of Outdoor and Adventurous Activities for KS2 through residential and outdoor educational day visits. In Year 5, the children have the opportunity to take part in a three day residential at Robinwood. In Year 6, the children spend the day at the Newburn Activity Centre.

Swimming and water safety

Children will be taught to swim in Year 3 and 4. They will begin lessons in Year 3. Then the children will continue with swimming lessons in Year 4. Boosters will be provided for Year 5 and 6 to top up their existing swimming ability.

Pupils will be taught to:

- Swim competently, confidently and proficiently over a distance of at least 25 metres
- Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]
- Perform safe self-rescue in different water-based situations.

This Policy was ratified on

Signed:.....(Chair of Governors)

Review Date:.....

Signed: (Head Teacher)