



ST CHARLES' CATHOLIC
PRIMARY SCHOOL

PHYSICAL EDUCATION
POLICY

| <u>PHYSICAL EDUCATION POLICY</u> | | |
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Our Mission at St Charles' Catholic Primary School is to...
LOVE, LEARN, GROW TOGETHER

St Charles' Catholic Primary School
Physical Education Policy

1 Aims and Objectives

1.1 Physical Education develops pupils' physical competence and confidence and their ability to use these to perform in a range of activities. It promotes skillfulness, physical development and knowledge of the body in action. Physical Education provides opportunities for pupils to be creative, competitive, cooperative and face up to different challenges as individuals and in groups and teams. It promotes positive attitudes toward healthy and active lifestyles. They learn how to plan, perform and evaluate actions, ideas and performances to improve their aptitudes, abilities, preferences and make choices about how to get involved in lifelong physical activity.

1.2 The aims of Physical Education are:

- Stimulate and maintain pupil interest and enjoyment in PE and to promote health and fitness for current and future lifestyles.
- Enable pupils to be familiar with a body of knowledge, principles and vocabulary to relate to PE.
- To enable pupils to Understand and use safe practice and to appreciate its importance in PE.
- Understand the short and long term effects of exercise on the body.
- Understand the role of exercise in a fit and healthy lifestyle.
- The establishment of self-esteem through the development of physical confidence is a major aim for the Physical Education department.
- Enable pupils to work independently and as part of a group or team in varied activities so as PE contributes to the development of core skills such as communication by speech.
- Develop an awareness in pupils of the implications of sport and physical activity (past and present) for the individual and local, national and international communities.

2 The Physical Education Curriculum

2.1 Our PE curriculum aims to ensure that all pupils develop physical literacy and the fundamental knowledge, understanding and skills to excel in a wide range of physical activities, by providing a broad & balanced curriculum with opportunities for all.

2.2 Pupils in both KS1 and KS2 will engage in lessons of high quality PE each week. In KS1 the curriculum focuses on fundamental movement skills to develop agility, balance and co-ordination. Curriculum content includes ball skills and team games, gymnastic and dance activities.

2.3 Year 2 includes swimming. At KS2 pupils will continue to apply and develop a range of skills and units of work which include a range of invasion, net/wall, and fielding and striking games, gymnastics, dance, athletics and swimming. Children's experiences will also be enriched through opportunities for outdoor and adventurous activities.

3 The Foundation Stage

3.1 In the Reception class, opportunities will be provided for children to be active and to develop their co-ordination, control and movement through moving and handling activities which involve the use of a range of equipment and involve different spatial experiences. Structured lessons and opportunities for outdoor physical activity will last at least 2 hours each week. They have lots of time outside in their own outdoor area to work on their co-ordination and gross motor skills. They also have organized Balance Ability for 12 weeks through the course of the year.

4 Swimming

4.1 Lessons will be provided by Local Authority employed swimming coaches at The Aquarium Centre for Year 5 and Year 6 pupils only this year.

5 Extra-Curricular Opportunities

5.1 Pupils have opportunities to develop their skills in a range of activity areas. They benefit from PE and Sport opportunities provided within the Liverpool Sports Partnership; these include competitions and tournaments which are open to a large number of pupils. Members of staff and external coaches also provide PE and Sport afterschool activities and pupils are actively encouraged to participate. Participation and success is celebrated in assemblies. This will resume after COVID restrictions.

6 Assessment

6.1 Assessment for learning will be made through short term (daily/weekly) observations of children's work, through discussion with the children, and through their own self-assessment. The school's PE Medium Term Plans set a challenge or core task which on completing, the pupils are assessed against, either as working below, working at or working above the expected standard.

6.2 After each unit of work pupils are asked to think about their performance using the above vocab to identify what grade they are in each activity. Pupils are continually asked to self-assess. Due to the nature of the subject, peer assessment is used throughout lessons, assessment criteria is given verbally to the pupils (the key teaching points of a specific skill) and pupils are asked to look at each other's performance and identify what needs to be improved.

7 Liverpool School Sports Partnership (LSSP)

7.1 The school is a member of the Liverpool Sports Partnership (LSSP) and as such has access to curricular support, competitive opportunities for pupils, opportunities to be inspired by sporting

ambassadors, and training for staff via the partnership. Accordingly, the School aspires to the following outcomes which guide the work of the LSSP:

- To equip pupils with the right skills they need to take part in physical activity and sport
- Enable different pupils to have the confidence to participate in PE & Sport
- Develop pupil's leadership skills
- To encourage pupils to lead a healthy and active lifestyle
- Enable pupils to take part in a range of competitive, creative and challenge-type of activities
- To enable pupils to enjoy PE, school and community sport and physical activity
- Increase teachers' skills and confidence to teach PE and sport
- To equip the PE Coordinator, Leadership Team & Governors with the latest up to date information for PE, Sport & Physical Activity enabling the school to prioritise effectively
- Support to address whole school issues e.g. reducing incidents at break-times & lunchtimes through playground activities
- Access to a Network across the City focusing on PE & Sport
- Enjoyment, celebration and unity for the school: pupils, staff & parents

8 Monitoring

8.1 The monitoring of the standards of children's work and of the quality of teaching in PE is the responsibility of the PE subject leader. The work of the subject leader also involves supporting colleagues in the teaching of PE, being informed about current developments in the subject, and providing a strategic lead and direction for the subject in the school.

9 Vision

9.1 At St Charles' Catholic Primary School, we believe that Physical Education and sport have a vital role to play in the physical, social, emotional and intellectual development of children. Physical education and sport are important in giving children the knowledge, understanding and the tools to make informed choices about healthy living and have a positive impact on their own health and well-being.

The Physical Education curriculum at St Charles' Catholic Primary School aims to provide for pupils' increasing self-confidence through an ability to manage themselves successfully in a variety of situations. Children will have the opportunity to take part in a wide range of sports and physical activities, carried out in a safe and supportive environment, where effort and hard-work, as well as success, is celebrated and enjoyment and working together is promoted.