

**St John The Baptist  
Primary School**



**One Family in Christ**

# *Physical Education Policy*

*Revised February 2020*

## ***Introduction***

### ***Rationale***

*Physical Education develops pupils' physical competence, confidence and ability to perform in a range of activities. It promotes skilfulness, 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 or teams. It promotes positive attitudes towards healthy and active lifestyles.*

*Pupils learn how to think in different ways to suit a wide variety of creative, competitive, cooperative and challenging activities. 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.*

*We seek to provide a full, varied and interesting Physical Education curriculum which challenges, engages and excites pupils. We see Physical Education as a vital part of the education experience as a whole.*

## **Aims**

*The aims and objectives of the PE Policy relate directly to those of the school as a whole.*

*In order to do this we aim to:*

***1) Stimulate and maintain pupil interest and enjoyment in PE and to promote health and fitness for current and future lifestyles.***

*2) a. To enable pupils to see PE as:*

- i. A major feature in their lives, related to employment, leisure and culture.*
- ii. Part of a wider body of knowledge and skills, interpersonal or problem solving.*

*b. To enable pupils to:*

- i. Understand and use safe practice and to appreciate its importance in PE.*
- ii. Understand the short and long term effects of exercise on the body.*
- iii. Understand the role of exercise in a fit and healthy lifestyle.*

*3) Enable pupils to develop a range of desirable personal qualities such as safety, awareness, concern for others, **initiative** and independence. **The establishment of self-esteem through the development of physical confidence is a major aim for the Physical Education department.***

- 4) *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.*
- 5) *Employ teaching methods and resources that will allow pupils to have equal access to PE and to experience success and enjoyment in their PE work.*
- 6) *In order to develop positive attitudes all children should:*
  - a. *Develop a sense of fair play and sportsmanship.*
  - b. *Develop communication skills, encouraging the use of correct terminology, to promote effective co-operation.*
  - c. *Cope with success and limitations in their performance.*
  - d. *Persevere with and consolidate their performances.*

### **Objectives**

- 1) *Pupils should follow instructions accurately.*
- 2) *Safety is enhanced by emphasis on the following:*
  - i. *The need to wear correct clothing/equipment.*
  - ii. *The need to follow rules.*
  - iii. *How to lift, carry, move and place heavy equipment.*
  - iv. *The need for warm up and recovery period when exercising.*
  - v. *How to swim and be safe when around water.*
  - vi. *General safety rules when engaged in Outdoor Education.*

- 3) *Lessons should be conducted in a secure, supportive and disciplined manner that demonstrates mutual respect. Pupils should learn rules, etiquette and laws for various activities.*
- 4) *There should be opportunities for individual and/or group activities so as pupils can express their feelings verbally and learn how to work cooperatively as well as on their own.*
- 5) *Children will participate in a range of motor/movement activities in order to develop personal physical skills.*
- 6) *Children will be made aware of their body in relation to others and their immediate environment and aim to promote quality of movement.*
- 7) *Pupils to be given opportunities to develop imagination and co-operation to achieve shared goals.*
- 8) *Pupils to be given opportunities to develop personal characteristics like initiative, self-reliance and self-discipline.*
- 9) *Pupils to be given opportunities to enjoy and succeed in PE as well as be stimulated and challenged.*
- 10) *Pupils to be given the opportunity to develop areas of activity of their choice in extracurricular time.*
- 11) *To make full use of the facilities to prepare a child mentally and physically for Key stage 3 and beyond.*

## ***Resources and Facilities***

*The resources and facilities for the teaching of physical education at St. John's RC Primary School are:*

- *Artificial grassed athletics track with solar powered stopwatch*
- *Artificial grassed sports pitch*
- *Artificial grassed KS1 playground*
- *Fully equipped Fitness Studio*
- *School hall*
- *Climbing activity area*
- *Foundation stage equipped outdoor areas*
- *Cardio Walls*
- *Minibus for off school activities*
- *Fully stocked PE cupboards including*
  - *Range of multi skill equipment*
  - *Sports specific equipment*
  - *Basketball posts*
  - *Football goals Indoor and outdoor*
  - *Tennis nets/equipment*
  - *Gymnastics equipment*
  - *Benches*
  - *Mats*
  - *Boccia, New age kurling, lacrosse, Rugby league, Hockey, Athletics, Fitness equipment.*
  - *I pads and webcams for use in PE.*
  - *Moki activity tracker bands.*

*Equipment is checked regularly and stock replenished as and when is needed.*

## ***School Games and Extra Curricular Sport***

*The school is fully engaged in the Sainsbury's School Games framework for competitive sport. We are committed to entering as many events as possible. We also contest a high number of varied matches/friendlies with other local schools.*

*KS2 children will all get a minimum of one opportunity per school year to represent a team. Upper KS2 will be given two/three opportunities. Gifted and Talented children will be given upwards of ten appearances or more. Children's appearances will be collated on the Primary PE Passport.*

### ***Leaders and Pupil Voice***

*We are committed to having several different groups of leaders that will help organise, supervise and model good practice.*

*Groups include:*

- i. Sports Leaders*
- ii. Gym Leaders*
- iii. Play Leaders*
- iv. Daily Mile Ambassadors*
- v. Cycle Leaders*
- vi. Sports Crew*

*Our Sports Crew now meet once a month to discuss extra-curricular activities, PE provision and Sports Days etc.*

*Sports Leaders in upper KS2 get the chance to complete the 'Learn to Lead' scheme where they get to organise, plan and lead over several hours in both their own class and EYFS or KS1.*

## **Assessment**

*We track every child in all areas covered in PE that school year. We will do this primarily on the Primary PE Passport app. Children will be tracked throughout their time at St. John's RC Primary to make sure that progression is being made. Children that are continually at a lower level will be identified and measures to help will be put in place. Gifted and Talented children will also be identified and lessons will be advanced to meet their needs. Children will complete a self-assessment sheet each half term.*

## **Contribution to other curriculum areas**

### **Technology**

*Web cams are positioned in the school hall so that pupils can watch television screens on a time delay. This enables them to self-assess the activity/task they are performing.*

*I pads are used by groups/individuals as a tool to record/assess performances or actions. Screen mirroring is also used to demonstrate/model good examples.*

*Moki Activity Tracker Bands will be used to monitor lower mobility pupils to encourage greater movement. They will also be used for class or individual challenges.*

*Cardio Walls are positioned in the hall for children to use. They are used to improve motor skills, reaction times, concentration and endurance.*

## **Mathematics**

*To begin to implement Active Maths across the school. By upskilling some teachers with the Maths Mastery training to help the process.*

*To use Maths when recording or working out scores/distances in PE, particularly athletics. Also, when discussing various areas of maths such as angles when working out the trajectory of a throw or bounce etc.*

## **Science**

*Terminology of how the body works and why. Explanations of what exercise does to the body particularly through fitness.*

## **Languages**

*Through use of a foreign language when counting in warm ups/cool downs. When giving directions in a warm up game such as N,E,S,W.*