

## **St Edmund's Catholic Primary School**

### **Physical Education Policy**

*"A learning community, celebrating Christ in all, building a kingdom of love, hope and joy."*

As a Catholic school we recognise in everyone the dignity and beauty of the person, made in the image of God. We value each individual and respect them regardless of their background and circumstances because they are our brothers and sisters in the family of God, and we are called to love and value everyone

#### **Introduction**

At St. Edmund's Catholic Primary School, we are committed to providing all children with learning opportunities to engage in Physical Education. The teaching of P.E. in St. Edmund's Primary School provides special learning opportunities for our children. Children learn and develop different skills not only through physical activity but also through the way in which they learn to co-operate and interact with their peers.

Learning through P.E. helps to enhance the children's skills, fitness and above all confidence, thereby making a valuable contribution to their overall education. It is the aim of St. Edmund's School to provide comprehensive coverage of the National Curriculum for P.E. and to offer a variety of extra-curricular activities via the extended curriculum.

#### **1. Aims**

In teaching P.E., we aim to: -

- a) develop physical co-ordination and confidence;
- b) promote the physical and psychological benefits of participation in aerobic activity whilst at school and throughout life;
- c) develop artistic and aesthetic appreciation within and through movement;
- d) help children develop socially through competition and co-operation between other individuals and groups;
- e) promote positive attitudes towards health and physical fitness and an understanding of the biological aspects of the body in relation to fitness and well-being;
- f) provide equal opportunity for all pupils to reach their full potential, regardless of their race, gender, cultural background or physical ability.

#### **Curriculum Planning and Organisation**

- Each class is timetabled for weekly PE lessons.
- The playground areas and field are used to facilitate activities.
- Swimming lessons are provided by qualified teachers at the VOWH Leisure Centre swimming pool.
- A Coach provides additional opportunities for extending the PE curriculum and to upskill the PE leader.
- After school clubs e.g. football, hockey, netball, multi skills, cricket and athletics provide extra opportunities to engage in physical activities.

*In our school every day we learn, love and pray.*

- To enhance competition, school and partnership competitions are organised e.g. cross country, netball, football and athletics.
- Through the Abingdon Partnership the children are all given regular opportunities to participate in after-school competitive sporting activities. School staff accompany the teams to these events.

### **Early Years Foundation Stage**

The curriculum for Early Years Foundation Stage Children includes the development of basic movement skills linked to the foundation goals and activities leading to gymnastics, dance, games and athletics.

In Nursery children are expected to:

- Continue to develop their movement, balancing, riding (scooters, trikes and bikes) and ball skills.
- Go up steps and stairs, or climb up apparatus, using alternate feet.
- Skip, hop, stand on one leg and hold a pose for a game like musical statues.
- Use large-muscle movements to wave flags and streamers, paint and make marks.
- Start taking part in some group activities which they make up for themselves, or in teams.
- Increasingly be able to use and remember sequences and patterns of movements which are related to music and rhythm.
- Match their developing physical skills to tasks and activities in the setting. For example, they decide whether to crawl, walk or run across a plank, depending on its length and width.

In Reception children are expected to:

Revise and refine the fundamental movement skills they have already acquired:

- rolling
- crawling
- walking
- jumping
- running
- hopping
- skipping
- climbing

Progress towards a more fluent style of moving, with developing control and grace.

Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming.

Use their core muscle strength to achieve a good posture when sitting at a table or sitting on the floor.

Combine different movements with ease and fluency.

Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group. Develop overall body-strength, balance, co-ordination and agility.

Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming. Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.

Children access a range of daily activities to develop their fine and gross motor skills and have unlimited access to a dedicated outside area. In addition to this Reception Class also have a weekly PE lesson.

### **Key Stage 1 & 2**

We base our planning in accordance with the current National Curriculum guidelines.

- Lessons are blocked in units of work to promote greater depth of understanding, developing skills, contextual application of these skills and the ability to perform reflectively.
- Currently swimming lessons take place via a 2-week intensive block for Year 4 and 6.

### **Inclusion**

- No pupils will be excluded from any physical education programme unless advised by a medical professional.
- Lessons will provide good quality experiences that are suitably challenging for all pupils.
- Children will undertake different activities, but all will be given the same opportunity to achieve the aims through an appropriate range of activities.
- For children with limited gross motor skills, the integrity of activities will be maintained and expectations will take into account the individual needs of pupils.
- For the purposes of competitions, all children will be given the opportunity to participate in the experience.

### **Assessment & Recording**

- Assessment is usually carried out by teachers in the course of the normal class activity.
- This is done mainly through observations and sometimes through discussion with children.
- A photographic/video record is sometimes used to document some of their work.
- Physical development levels and progress are recorded by the EYFS teachers for each child.

Physical Education / physical development is included as part of the end of year reports to parents.

## **Health & Safety**

Pupils are taught how to improve their own abilities to assess risks.

- **First aid** equipment is available, and all staff are trained in what action to take, including calling for assistance in the event of an accident.
- **Personal Inhalers** for pupils suffering from asthma are made readily accessible.
- **Regular checks** are made on **all equipment**.
- Any items constituting a danger are taken out of use immediately.
- All **large items** of equipment are **inspected annually** by an independent safety expert.

## **Standard P.E. kit is as follows: -**

- Red polo shirt
- Navy blue or black shorts/jogging bottoms
- Trainers for outdoor games

It is perfectly safe for children to work in bare feet in the hall. However, they must wear suitable footwear during transfer from class to where the lesson is to take place.

## **Non-participants**

It is intended that all pupils will take part in P.E. If children are fit enough to attend school, they should be able to participate in P.E. activities. However, there will be exceptions:

- certain medical conditions may prevent participation. A doctor's note is needed to establish whether the pupil can or cannot participate in vigorous exercise.
- genuine parental concern. A personal note from a parent/guardian is required to notify the teacher of a particular reason for non-participation.

The non-participant should watch the lesson and make notes on it.

## **Matches and events outside school**

With the ever-increasing opportunity to enjoy P.E. away from school due consideration must be given to providing First Aid equipment at all time. A First Aid box should be readily available during school fixtures; e.g. football matches, and medical equipment/asthma inhalers should also be taken to such events. A serious injury may occur during such activities which may require qualified assistance.

It is advisable that at least two members of staff attend each sporting fixture so that one can be designated to find help in the event of an emergency. The teacher in charge will need to decide upon the appropriate action to take. A list of contact numbers for parents is readily available, particularly if the event is taking place outside normal school hours. In the event of an injury taking place the appropriate forms must be completed and the details recorded.

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