

Sacred Heart Catholic Primary School and Nursery



**PE Policy
2022/23**

Physical Education

Aims and objectives

P.E develops the children's knowledge, skills and understanding, so that they can perform with increasing competence and confidence in a range of physical activities. P.E promotes an understanding in children of their bodies in action and knowledge of the body systems. It involves thinking, selecting, applying and evaluating skills; it promotes positive attitudes towards a healthy lifestyle. Thus, we enable the children to make informed choices about physical activity throughout their lives.

Objectives for teaching P.E are:

- Enable children to develop and explore physical skills with increasing control and co-ordination.
- Encourage children to work and play with others in pairs and group situations.
- Develop the way in which children perform skills, and apply rules and conventions, for different activities.
- Show children how to improve the quality and control of their performance linked to assessment.
- Teach children to recognize how their body feels during exercise and explain the body functions taking place.
- Develop children's enjoyment of physical activity through creativity and imagination.
- P.E should include aspects of numeracy and literacy and cross curricular links.
- To develop an understanding of how to succeed in a range of physical activities, and how to evaluate their own success.
- To develop children's skills in leadership through peer led activities in lessons and at lunchtime.

Teaching and learning style

We use a variety of teaching and learning styles in P.E lessons. Our principal aim is to develop the children's knowledge, skills and understanding through whole class, paired work, group work and individual work. Both pupils and teachers draw attention to good examples of performance as models for other children. Children are encouraged to evaluate their own and other's work. Children are able to use a wide range of indoor and outdoor resources. Teachers take account of wide ranging abilities in each class. Suitable learning opportunities are provided for pupils by matching challenges to ability level. This is achieved through adapting:

- Space
- Equipment
- Adopting activities to include those with disabilities

PE Curriculum planning

To reflect the changes in the new National Curriculum, the new P.E. planning is designed to give children the opportunity to access high quality P.E. teaching each week. We are supported by Get Set 4 PE which provides P.E. planning, training opportunities for staff, as well as assessment frameworks.

All teachers have been given long term plans for P.E. These outline the expected topics to be covered by teachers alongside intra class competitions to provide a celebration of children's successes in a particular area of P.E. The long term plan also identifies opportunities for both an indoor and outdoor session of P.E. to be delivered which will help us achieve National Curriculum objectives for P.E. participation.

To provide a high quality PE curriculum, resources from Get Set 4 PE and the Sacred Heart progression document have been combined to design a high quality progressive curriculum.

Early Years

Throughout the Early Years Framework, physical development is a prime area learning goal for the children to develop and improve upon.

We encourage children to develop confidence, control of the way they move, and care in the handling of tools and equipment. Children are provided with continual opportunities to undertake activities that offer appropriate physical challenge in outdoor and indoor environments.

Contribution of PE in other curriculum areas.

English - PE also develops children oracy skills through discussion of what they have learnt during their session and how to improve their performance.

PSHE- PE contributes to the teaching of personal, social and health education and citizenship. Children learn about the benefits of exercise and healthy eating, and how to make informed choices about these things. PE offers opportunities to support the social development of our children through their work in pairs and groups. Their activities allow chances to respect children's levels of ability, and encourages them to cooperate across a range of activities and experiences. Children learn to respect and work with each other, and develop a better understanding of themselves and each other.

Science- Children learn about the benefits of exercise and healthy eating, and how to make informed choices about these things. Children should learn about the effects of exercise on their body and the body systems carrying out these actions.

ICT- Video recordings can be used to evaluate performance. Key skills and technique can be demonstrated through smartboard use and video use. Digital cameras can record activities and examples of good practice. Music can be used in a variety of P.E. lessons for warm ups and cool downs. Staff now have access to IPAD's which are used as a method of recording children's performance and are used in analysis with KS2 children.

PE and inclusion

We teach PE to all children, whatever their ability or individual needs. PE forms part of the school curriculum policy to provide a broad and balanced curriculum to all children. Through our teaching of PE, we provide opportunities that enable all children to make good progress. Our PE Scheme details include strategies on how to adapt activities for the needs of all pupils. We continuously monitor and develop our provision to ensure there are visual aids and demonstrations to support all pupils in accessing the objectives set out in the lesson.

Specific PE targets may be incorporated into a child's centred plan. We enable all pupils to have access to the full range of activities involved in learning PE. Where children are to participate in activities outside our school (a sports event at another school) a risk assessment prior to the activity taking place is carried out, to ensure that the activity is safe and appropriate for all pupils.

We have specifically targeted G&T children in areas such as school teams, activity leaders and extra-curricular clubs to further develop their learning.

PE Assessment and AfL

Teachers assess children's work in PE by making assessment observations during lessons. All children are encouraged to evaluate their own and others' performance. Teachers record progress digitally against criteria from the LA. These allow yearly progress to be passed on to parents by the annual report, and to the next teacher.

Photographic and video evidence will be kept from PE lessons and extra-curricular clubs on twitter, using the hashtag #SH7PE. These will be used for monitoring purposes and as a teaching tool for new staff.

Since 2021, teachers are required to complete P.E. assessments using GetSet4PE. Each unit of work is subdivided into different statements which the teacher can tick off when completed. As well as this, children complete a PE Exit ticket at the end of each lesson to explain what they have learnt. These are displayed on the PE display in the PE hall.

Resources

The school has a wide range of resources to support the teaching of PE across the school, both indoors and outdoors. Equipment is kept in a PE store cupboard. The PE hall has climbing apparatus in which teachers and pupils have been trained in putting out and putting away. The school playground is available for outdoor activities as are the two MUGAS. Wavertree Sports Centre Swimming Pool facilitates our swimming lessons.

Health and Safety

We encourage the children to consider their own and others' safety at all times. Teachers should set an appropriate example by wearing PE clothing during P.E. lessons. Children should always wear their correct P.E. kit in school. No jewellery is permitted to be worn during PE lessons. Children are trained to put equipment out themselves under the supervision of a member of staff.

Significant safety points include: Children **not** climbing over the sides of the frame when it is open; children not putting the frame out or away unless shown by a member of staff. No mats are to be used for safety as per LA guidelines and gymnastic staff training.

Extra-Curricular Activities

A wide range of PE related clubs are provided by the school. This encourages the children to develop their skills in a wide range of

activities. Parents are informed of activities commencing at the beginning of the term and updated to any developments in the weekly newsletter.

Monitoring and Review

The co-ordination and planning of the PE curriculum is the responsibility of the subject leader, who also;

- Supports colleagues in their teaching, keeping them informed of developments or providing direction related to their practice.
- Evaluate strengths and weaknesses related to the subject and report to the Head teacher.
- Use allocated leadership time to evaluate pupil's progress, observe lessons and review planning.
- The Senior Leadership Team monitors and evaluates provision.

COVID-19 Challenges to P.E. delivery at Sacred Heart

Following Government guidelines and recommendations from Sporting Governing bodies, the delivery of high-quality P.E. has been severely impacted since the announcements of National and local lockdowns. As a result, the P.E. team alongside SLT, have implemented the following changes to the P.E. curriculum;

- Children will only participate in P.E. lessons on their timetabled day. On this day, children will attend school wearing their sports clothes to avoid children changing in school. This also reduces the need to keep extra clothes in P.E. in school and clothes can be washed more regularly.

