



**OLSJ**  
OUR LADY + ST JOSEPH  
CATHOLIC PRIMARY SCHOOL

***PE POLICY***  
***OUR LADY & ST JOSEPH CATHOLIC PRIMARY***  
***SCHOOL***

PREPARED BY: D Cuming & C Hemmings

APPROVED BY: Governors

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## **Curriculum Statement**

### **Intent**

OLSJ recognizes the value of Physical Education (P.E). We fully adhere to the aims of the national curriculum for physical education to ensure that all children:

- Develop competence to excel in a broad range of physical activities and games
- Are physically active for sustained periods of time on a regular basis
- Engage in competitive sports and activities
- Lead healthy and active lives

### **Implementation**

PE is taught at OLSJ as an area of learning in it's own right as well as integrated alongside other curriculum areas, where possible. Each child will take part in a minimum of one PE session per week, 2 one hour sessions is the expectation (1 hour indoor PE; 1 hour outdoor PE)

We teach PE at OLSJ so that children:

- Have fun and experience success in sports
- Have the opportunity to participate in PE at their own level of development
- Learn new and develop existing skills
- Develop good sporting attitudes
- Understand the fundamental rules to a variety of sports
- Experience positive competition
- Learn in a safe environment
- Develop a foundation for lifelong physical activity, leaving OLSJ as physically active



### **Impact**

PE is taught as a basis for lifelong learning, where the access to a wide range of activities in the belief that if taught well and the children are allowed to succeed, then they will continue to have a physically active life when they leave OLSJ.

It is our belief that a high quality PE curriculum inspires children to participate, fully engage, succeed and excel in competitive sport and other physically demanding activities.

At OLSJ we offer children the opportunity to become physically confident in a way that supports their health, fitness and general well-being. The opportunity to compete in sport and other activities builds character and helps to embed values such as fairness, respect and a positive work ethic.

### **Teaching and Learning**

Teaching styles and strategies provide opportunities for children to participate in a range of activities and evaluate their own performance. In depth planning ensures time is spent in organizing and resourcing lessons and activities. Children experience a range of opportunities to work individually, in pairs as well as part of a team.

Lesson structure:

- At the beginning of the lesson, the children will be given a brief explanation of the main learning objectives, before taking part in an 'arrival activity' (quick activity/game linked to the core part of the lesson)
- Children will often be given the responsibility of setting up their own area's with cones/markers to help improve their spatial awareness.
- Each activity will have an objective/target for children to be able to work towards and assess their own performance.
- Each aspect of the lesson will have differentiation's available to either simplify or progress the game dependent on the children's understanding and success within the game.
- All PE lessons will be planned with the FA's 4 corner module (Technical, Physical, psychological and social) in mind, meeting each criterion, giving each child the opportunity to be active, think logically and problem solve, work cooperatively and develop new skills.
- All PE lessons will end with a short debrief, giving the children an opportunity to voice their feedback with each other and their teacher using WWW (What Went Well?) and EBI (Even Better If...).

### **Assessment**

Assessment of PE is an ongoing process. As each lesson progresses, the teacher carefully observes and assesses each child and their performance, taking each child's development. Lessons are planned and designed to ensure that they are fully inclusive, accounting for children's differing needs and physical abilities. The assessment of PE at OLSJ is in accordance with the national curriculum attainment target for each key stage:



### **Attainment targets**

By the end of each key stage, pupils are expected to know, apply and understand the matters, skills and processes specified in the relevant programme of study.

#### **KS1**

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and co-ordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Pupils should be taught to:

- Master basic movements including running, jumping, throwing and catching, as well as developing agility, balance 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

#### **KS2**

Pupils should 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 should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Pupils should be taught to:

- Use running, jumping, throwing and catching in isolation and combination
- Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending
- Develop flexibility, strength, technique, control and balance
- 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 their personal best

### **Swimming and Water Safety**

OLSJ provide swimming instruction in KS2 for all children. Swimming lessons are organised via an outside agency.

In particular, pupils should be taught to:

- Swim competently, confidently and proficiently over a distance of at least 25 meters
- Use a range of strokes effectively
- Perform a self-rescue in different water based situations



### **Planning and Resources**

All P.E. equipment is stored safely and conveniently in the school. The majority of the equipment is stored in the PE cupboard in the back playground. The gymnastics equipment is stored safely in the main hall and 'samba goals' assembled in the MUGA. The PE cupboard is locked at all times and both PE instructors have a set of keys. A spare set of keys can be found in the premises managers office.

The PE subject leader has the responsibility of maintaining the cupboard to ensure the cupboard is kept tidy and safe at all times, as well as regularly checking the quality of the equipment, making sure to remove damaged equipment from use and liase with the school business manager to order replacement equipment.

### **Organisation**

PE is a statutory subject to be taught, although there is no statutory requirement for time spent engaging in PE lessons. OLSJ acknowledges the DfPE recommendation of 2 hours per week. To achieve that target, children will participate in a minimum of one PE lesson per week however 2 one hour sessions is the expectation (1 hour indoor PE; 1 hour outdoor PE) This may include swimming, gymnastics, dance or games activities incorporating areas of athletics, outdoor/adventurous and team activities.

### **Swimming provision**

At OLSJ, children in years 4 & 5 have one full term of weekly swimming lessons, where years 3 & 6 have half a term each. All swimming lessons are taught by specialist swimming instructors who assess each child at the beginning of the term as well as at the end of the term.

### **Extra-curricular activities**

At OLSJ we off a wide variety of after school clubs, including sports based clubs such as football, basketball, boxing, dance and gymnastics to name a few. Each club is aimed at specific year groups (e.g. KS1 football club, KS2 gymnastics club). These clubs offer the children at OLSJ additional time to participate in physical activities in a safe and structured environment.

### **EYFS**

We recognise the importance of physical development in the Early Years Foundation Stage as a key area of learning. There are two strands under physical development; Moving and Handling and Health and Self-care.

- Moving and Handling: Children learn to develop good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space. Developing their ABC's (Agility, Balance, Co-ordination and Speed)
- Health and Self-care: Children learn the importance of good health, physical exercise, a healthy diet and to talk about ways to keep healthy and safe.

At OLSJ, the children in the EYFS enjoy energetic play on a daily basis, providing plenty of opportunity to develop their fundamental movement skills. EYFS children also take part in one physical development lesson per week with the schools PE instructor to develop the skills to play structured games and develop their running, jumping, throwing and catching skills.



## **KS1 and KS2**

### **KS1 attainment target**

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and co-ordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Pupils should be taught to:

- Master basic movements including running, jumping, throwing and catching, as well as developing agility, balance 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

## **KS2**

### **KS2 attainment target**

Pupils should 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 should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Pupils should be taught to:

- Use running, jumping, throwing and catching in isolation and combination
- Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending
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## **Swimming and Water Safety**

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- Use a range of strokes effectively
- Perform a self-rescue in different water based situations



### **Equal Opportunities**

At OLSJ promoting equal opportunities irrespective of socio-economic background, gender, disability and ethnicity in all areas of the curriculum it is extremely important and highly priorities committed. We believe that children should have equal opportunity participate in different physical activities no matter whether what physical activity irrespective of any special educational need(s) or physical disability they may have.

### **Targeting**

At OLSJ, competitive sporting events are encouraged. The PE subject leader will liaise with staff in order to guarantee children are selected for events. For other events, SEND children or Gifted and Talented children are asked to compete where appropriate.

### **Role of the Subject Leader**

#### **Training**

- Support and training should be provided for staff in-house, including the planning, teaching, assessing, and the evaluation of the P.E. curriculum.
- Current and up to date information needs to be provided for teachers on (online) resources in PE and new initiatives/schemes.
- Seek further training and support from professional teachers and coaches.
- During the course of the year, ensure all teachers can observe teachers, in order to evaluate and access their lessons.

#### **Curriculum**

- Check and modify curriculum annually
- Teachers and coaches should liaise with Head Teacher.
- It's important that PE and Sport is promoted across the school, encouraging children's participation and celebrating both involvement and success.

#### **Organisation**

- Register the school for multiple borough sporting events.
- School swimming attainments should be recorded annually online.
- Risk Assessments need to be completed for sporting events.
- Organise Sports Day(s) per annum.
- Any concerns need to be reported to the Curriculum leader, Head Teacher and Governors on PE.

#### **Budgeting**

The subject leader in charge of managing the PE budget and ordering new equipment. All purchases to be approved by head teacher and school business manager.



### **Parents**

- Parents are encouraged to voice their opinions to OLSJ if they have any concerns. Parents are also given the chance to attend Sports day to celebrate which in turns promotes physical activity, as well as support.
- Annual reports are written for every child and given to parents/carers.

### **Health and Safety**

Health and good safe practice is extremely important in a sporting environment, especially the handling of equipment. The equipment at OLSJ is inspected annually.

Appropriate clothing is also very important and children's attire is checked by teachers and TA's before they are allowed to engage in any activities.

#### **a) PE Kit**

It is essential that children wear the correct PE kit. Shorts/jogging bottoms, t-shirts and sensible footwear must be worn for all activities. Children in all years are regularly reminded to bring in P.E kits. In Early Years, children change into PE kit before each session, as we believe it aids in their personal development and independence. All year must change into PE kit for PE lessons to support to promote good hygiene. Teachers remind parents of children who have failed to wear PE kit, this means that we minimise the number non-participants. Children that engage in gymnastics lessons, are usually barefooted, however they must bring their shoes to the lesson and leave them near the door in case of a fire emergency.

#### **b) Jewellery and Hair**

Wearing jewellery is not allowed During P.E. lessons. Children will be told to remove jewellery before the lesson. Children with medium/long hair are asked to tie it up securely.

#### **c) Weather**

It is encouraged that outdoor PE lessons take place in all seasons and if possible during most weather conditions. Each class has an hour of PE indoors each week. If the weather is not appropriate for outdoor PE during their weekly 2-hour session, the lesson will be completed indoors.

Children are encouraged to wear appropriate clothing for the different season and weather conditions, meaning more children will be able to participate.

#### **d) Hygiene**

All children will be spoken to about the body changes that occur when they exercise, they are also told about the short and long term effects of exercise on the body.

#### **e) Staff dress**

Staff will need to consider their own and their children's safety with regard to their own personal clothing, footwear and jewellery, when teaching any PE activity. Teachers must also wear appropriate clothing.