

# St Peter's C of E Primary School



## Physical Education Policy

### Vision Statement

#### **'Faith, Family, Future'**

Jesus built his church upon the strength of St Peter – who was his rock. At St Peter's, we provide a solid foundation on which our community thrives through our rich, aspirational curriculum. As a family, we nurture and unlock individual potential through mutual love and respect; enabling all to flourish now and in the future.

**'Each of you should use whatever gift you have received to serve others'**

#### **1 Peter 4 v10**

#### **Ethos:**

At St Peter's, we aim to deliver a high quality PE curriculum which inspires all pupils to succeed and excel in competitive sport and other physically demanding activities. We aim, via a broad curriculum and the use of the PE premium, to provide opportunities for children to become physically confident in a way which supports a lifetime love of sport and keeping physically fit in order to build resilience, healthy competition and teamwork. We will provide opportunities to compete in sport, both inter and intra school, and other activities which build character and help to embed values such as fairness and respect.

#### **Aims:**

1. To promote physical activity and healthy lifestyles.
2. To develop positive attitudes which enhance a sense of well-being.
3. To ensure safe practice.
4. To encourage community involvement, active participation and competition at all levels.

### **Objectives:**

1. Physical activity
  - To be physically active.
  - To adopt the possible posture and appropriate use of the body.
  - To engage in activities that develop cardiovascular health, flexibility, muscular strength and endurance.
  - To teach the need for personal hygiene in relation to physical activity.
2. Game play
  - To observe the conventions of fair play, honest competition as good sporting behaviour as individuals, team members and spectators.
  - To learn how to cope with success and limitations in performance.
  - To consolidate personal performances.
  - To be mindful of others and their environment.
  - To promote enjoyment and personal development.
3. Following rules/instructions and keeping safe
  - To respond readily to instructions.
  - To recognise and follow relevant rules, codes, etiquette and safety procedures for different activities or events, in practice and during competition.
  - To learn about the risks to safety of wearing inappropriate clothing, footwear and jewellery and why particular clothing, footwear and protection are worn for different activities.
  - To learn how to lift, carry, place and use equipment safely.
  - To learn how to warm up, stretch and cool down from exercise.
4. Competition
  - To provide increased opportunities for sport clubs and competitions in school.
  - To encourage children to make healthy lifestyle choices which can be measured by attendance of club participation.
  - To continue CPD sessions through the Shepway Sports Trust.

### **Implementation:**

At St Peter's, PE is delivered by the class teacher following plans from the PE Planning scheme. Each term 2 different units are taught and each unit is 6 lessons long.

Teachers are responsible for the planning of each of the sessions they implement, they also maintain overall responsibility for their class and their assessment throughout the entire PE curriculum.

### **Curriculum Planning:**

The long term plan is set by the subject leader in collaboration with SLT and using the PE Planning scheme as a basis. At St Peter's, pupils will engage in lessons of high quality PE each week. Children's experiences will also be enriched through opportunities for outdoor and adventurous activities. A range of resources will be used to support progression across the curriculum. Through careful planning and scaffolding, all

children should be able to access the PE curriculum and experience success. This may be done via extended or scaffolded activities and or additional adult support.

Various sports clubs will be made available to children after school run by Elite coaching these will include dance and multi skills club.

### **Assessment:**

Teachers will assess and evaluate their class' knowledge, understanding and skills by making observations of the children participating throughout all PE sessions. In line with St. Peter's assessment policy, children will receive verbal feedback in order to develop and encourage progress. Children are also expected to be self-reflective of their own performance and able to develop their own next steps. Teachers will complete assessment grids for each unit taught each term to reflect these skills, which will then be analysed by the PE Leader who will provide feedback to inform and develop future practice for St. Peter's.

Children who are identified as talented should be referred to the PE Leader and sign posted to additional clubs to support their development.

The PE Leaders will also keep a register of all children who take part in sports during after school clubs.

### **Health and Safety:**

Teachers are responsible for ensuring the safety of the site prior to any lessons. If there is an issue or concern, they either make it safe or do not teach lesson and report concerns to the headteacher.

1. There must be an additional adult when PE is carried out in the hall or on the field.
2. The school mobile phone must be taken to the field along with a first aid kit and any inhalers and medicines for children with a severe allergy.

### **PE Clothing:**

All children must wear appropriate clothing for PE in line with the school uniform policy. If a child misses PE due to no kit, they must come into the lesson and make notes of objectives and teaching points, or help by observing and feeding back to individuals about their performance. Where appropriate, they can learn to referee/umpire small sided games. This will ensure they are accessing the PE curriculum.

Constant lack of kit must be reported to the parents directly or via the headteacher and a Parent Mail message.

PE Kit consists of:

Blue Shorts

School PE T-Shirt

Black plimsolls

School Track Suit

Long hair must be tied back. Ear-rings must be removed. All staff who are teaching or supporting the teaching of PE are required to wear suitable footwear and clothing.

**Reviewed December 2022 - H. Hebdon**