



# **Star of the Sea Catholic Primary School**

## **PE Policy**

**2023 – 2024**

**Coordinator: Mr Thompson**

**Updated: December, 2023**

**To be reviewed: December, 2024**

## **Star of the Sea RC Primary School**

### **PHYSICAL EDUCATION (PE) POLICY**

Star of the Sea RC School believes that Physical Education (PE) is a unique and vital contributor to a pupil's physical, social and mental development and wellbeing. A high quality PE programme develops knowledge, skills and understanding so that pupils can perform with increasing competence and confidence in a range of physical activities. The PE programme at Star of Sea RC Primary School aims to contribute to the personal development, health and wellbeing, enjoyment, success and achievement of all pupils across the curriculum and beyond. The PE programme will allow pupils to learn, think and make decisions in different ways in response to creative, competitive and challenging activities. PE will also help pupils to develop personally and socially through working in teams and undertaking different roles and responsibilities.

At Star of the Sea school, we have agreed Drivers for our curriculum, which impact all our subjects:

*Spiritual - living out the Gospel Values*

*Togetherness - as a Rights Respecting school*

*Ambitious and Aspirational - to reach our full potential*

*Resilient - we never give up*

*Self-belief - striving to succeed with a Growth Mindset*

At Star of the Sea, we believe that every child should have the opportunity to take part in physical activity on a regular basis and become more physically confident and competent throughout their years at our school. Our curriculum aims to ensure that all pupils:

- develop competence to excel in a broad range of physical activities,
- engage in competitive sports and activities,
- lead healthy, active lives

As with all our subjects, our subject design interrelates different strands of knowledge:

**Substantive knowledge** represents the content that is taught in each year group. In planning, this knowledge is the content we want pupils to know and remember including subject specific vocabulary.

PE is organised using themes by organising key concepts that underlie a subject specific way of thinking in a subject discipline. We use the following 'themes' to activate prior knowledge and to support pupils to build their knowledge over time and across different sports and physical activities:

- **Motor Competence** - a person's ability to make a range of physical actions which include coordinating fine and gross motor skills. These are fundamental to being able to participate in everyday activities as well as in play and physical activity.
- **Rules, Strategies and Tactics** – a person's ability to move intelligently as well as competently. The rules, strategies and tactics which are involved with different types of activity require explicit teaching.

- **Healthy Participation** – positive and inclusive participation in physical education will enable children to build, self-esteem, teamwork, and positive values and attitudes in P.E. and across the curriculum.

Themes provide opportunities to show pupils how to make links across a range of activities and build connectedness. Themes are taught, revisited and referred to across year groups as the children move through school.

**Disciplinary knowledge** is drawn from the National Curriculum programmes of study, is organised into categories of knowledge and mapped into a vertically integrated progression document which ensures opportunities for pupils to build, revisit and deepen their knowledge and skills.

**Assessment** in PE is more than just knowing rules or excelling in one area of sport. We assess the pupils' ability to apply their knowledge through clearly defined outcomes at the end of each unit of learning. This provides information on the children's ability to use and apply new knowledge in a subject specific context.

### **Intent**

Star of the Sea Catholic Primary School believes that Physical Education (PE), experienced in a safe and supportive environment, is essential to ensure children attain optimum physical and emotional development and good health. We intend to deliver high-quality teaching and learning opportunities that inspire all children to succeed in physical education and in developing life skills. We want to teach children skills to keep them safe such as being able to swim. We also want to teach children how to cooperate and collaborate with others as part of an effective team, understanding fairness and equity of play to embed life-long values. Our curriculum aims to improve the wellbeing and fitness of all children at Star of the Sea, not only through the sporting skills taught, but through the underpinning values and disciplines PE promotes.

### **Implementation**

PE at Star of the Sea provides challenging and enjoyable learning through a range of sporting activities including; invasion games, net & wall games, strike and field games, gymnastics, dance, swimming and outdoor & adventure. The long term plan sets out the PE units which are to be taught throughout the year and ensures that the requirements of the National Curriculum are fully met. Pupils participate in two high quality PE lessons each week, covering two sporting disciplines every half term. One of these lessons is delivered by an external provider, either Access Coaching or Decote Dance and provides teaching staff with CPD opportunities. In addition, children are encouraged to participate in the varied range of extracurricular activities. Lunch time sports clubs are available each day and children can attend after school sport clubs. Children are invited to attend competitive sporting events within the local area. This is an inclusive approach which endeavours to encourage not only physical development but also mental well-being. These events also develop teamwork and leadership skills and are very much enjoyed by the children. Each year a small group of Year 6 children are invited to become Sports Leaders for the school. They develop into sporting role models for the younger children, assisting with lunch-time clubs, our annual Sports day and any other Sporting activities. Children in Year 5 learn to swim for a block of 4 weeks during the Autumn and Spring Term. Children participate in the "Daily Mile", to help meet the government target of all children being active for at least 60 minutes a day.

## **Impact**

We help motivate children to participate in a variety of sports through quality teaching that is engaging and fun. From our lessons, our children learn to take responsibility for their own health and fitness, many of whom also enjoy the success of competitive sports. We equip our children with the necessary skills and a love for sport. They will hopefully grow up to live happy and healthy lives utilising the skills and knowledge acquired through PE.

### **The School's Aims for Physical Education are to:**

- deliver an entitlement to all pupils through a planned and progressive curriculum for PE.;
- provide opportunities for all pupils to take part in a range of competitive, creative and challenge type activities;
- develop pupils' self confidence in a range of physical environments;
- develop physical skills, physical development and a knowledge of the body in action;
- promote positive attitudes towards active and healthy lifestyles and teach children how to lead healthy and active lives;
- encourage the pupils to reflect on their actions in order to improve the quality of their actions, performance or composition;
- provide opportunities for pupils to think about what they are doing and make appropriate decisions for themselves;
- provide pupils with opportunities to use imaginative ways to express and communicate ideas, solve problems and overcome challenges;
- provide feedback to pupils, involving them in their learning and allowing them to plan how to improve their performance;
- provide an environment for pupils to be committed to PE and Sport both in and out of school;
- provide an out of school hours programme which extends and enriches the curriculum and which encourages pathways to lifelong participation in physical activity;
- develop competence to excel in a broad range of physical activities;
- ensure all children are physically active for sustained periods of time;
- give all children the opportunities to engage in competitive sports and activities.

### **Curriculum**

PE is a foundation subject in the National Curriculum. As required legally, we teach Dance, Games, Gymnastics and Athletics at Key Stage 1. In Key stage 2 we teach Dance, Games, Gymnastics, Athletics and Swimming. Throughout their time at Star of the Sea School children will also have the opportunity to learn about and experience a range of other sports including Outdoor Adventurous Activities (OAA), skipping and archery. In Year 6 children usually have the opportunity to attend a residential stay which accommodates outdoor and adventurous activities.

The school also aims to provide:

- A broad and balanced curriculum to provide opportunities for all pupils to develop their physical skills and understanding in a range of creative, competitive and challenging ways.
- A progressive curriculum map to ensure that over the years, skills are developed, mastered and applied in a range of contexts.

- Multiple opportunities for pupils to develop their skills as outlined in the National Curriculum.
- Appropriate Schemes of Work, including GetSet4PE, to ensure that pupils have the opportunity to:
  - Acquire and develop new skills
  - Select and apply appropriate skills, tactics and techniques
  - Evaluate their own and others performances in order to make improvements
  - Experience a range of roles/responsibilities
  - Make decisions and solve problems
  - Work individually, in pairs and teams

Planning and teaching should take into account the children's physical, cognitive, social, personal and creative abilities.

### **The Early Years and Foundation Stage**

In Nursery and Reception, Physical development is a prime area for children and is an integral part of their work. Children are encouraged to develop confidence and control in the way they move, and the way they handle tools and equipment. Children are given multiple opportunities to undertake activities that offer the appropriate physical challenge both indoors and outdoors. All children in Nursery and Reception take part in one PE lesson each week which include Dance, Gymnastics, Ball Skills, Fundamental Skills and Athletics. The EYFS outdoor area is also used daily, which provides a further opportunity for children to develop the skills learnt in their PE lessons.

### **Teaching and Learning**

A variety of teaching and learning styles are used in PE lessons. Our principal aim is to develop the children's knowledge, skills and understanding and we do this through a mixture of whole class teaching and individual/group activities. Teachers draw examples of individual performance as models for the other children and encourage the children to evaluate their own work as well as the work of other children. Within lessons children will also have the opportunity both to collaborate and to compete with each other.

Teaching and learning aims:

- A variety of teaching styles will be used to engage the variety of learners and provide them with the opportunity to learn from visual and auditory as well as kinaesthetic activities.
- Lessons will provide pupils with the opportunity to make decisions for themselves and to work together to solve problems and to be creative.
- Lessons will be planned to ensure a range of strategies are used to provide challenge and progression for all pupils
- Lessons will be differentiated according to the needs and abilities of each class. A range of differentiated strategies will be implemented (task, questioning, roles, grouping, feedback etc)
- Lessons will be planned to ensure that all pupils are supported to achieve and make progress in a range of learning opportunities.
- Assessment for Learning opportunities will be provided in every lesson to ensure pupils are able to evaluate and improve work and make progress in learning. This information will inform teacher planning.

## **Assessment and Recording**

- The attainment targets for PE as detailed in the National Curriculum, set out the knowledge, skills and understanding that pupils of different abilities are expected to have achieved by the end of each key stage.
- Teachers will be expected to assess pupils' work in PE by making assessments of progress against learning objectives. All teachers in KS1 and KS2 will be expected to assess children in the following areas; Dance, Gymnastics, Games and Athletics.
- In Nursery and Reception, teachers will assess children's Physical Development as part of their Termly assessments. At the end of the Reception, teachers will report to the Local Authority each child's attainment in Physical Development in relation to the Early Learning Goals.
- Teachers must ensure that when assessing, connections are made between acquiring and developing skills, selecting and applying skills, evaluating and improving performances as well as demonstrating knowledge and understanding of health and fitness and knowledge of different roles.
- Assessment for Learning strategies are employed by teachers in the course of their everyday planning and teaching. These strategies ensure pupils are able to evaluate and improve work and make progress in learning and will also inform teacher planning.

## **Monitoring and Evaluating**

Subject monitoring and evaluation will be carried out by the PE Coordinator with support from the SLT.

The following strategies will be used

- Lesson observations;
- Learning walks;
- Assessment of pupil progress and learning;
- Pupil interviews;
- Monitoring of evidence on appropriate applications.

## **Beyond the Curriculum**

As well as within the curriculum, physical activity is promoted beyond the curriculum in Star of the Sea Primary School. This is part of our goal that all children partake in at least 30 minutes of physical activity every day.

The promotion of physical activity is delivered through:

- Cross curricular links in our curriculum – Early years foundation stage programme, PE, PSHE and science;
- Extra-curricular clubs run through our after-school clubs, such as football.

Our school has playgrounds, playground markings and play equipment for free play. Mid-day supervisors engage and encourage pupils in physical activity at lunchtime. The trained Sports Leaders organise and lead activities for the younger pupils.

We have play leaders in year 6, who organise and supervise games for ks1 to play during break time.

We liaise closely with the 'Sustrans' foundation, who deliver assemblies and record information about how the children get to school. They also deliver biking workshops for the children.

We have 'travel ambassadors,' children at school who monitor how pupils are coming to school. We have also monitored the air pollution around our school.

Each class does a mile a day during some part of the school day.

### **Staff Development**

- Opportunities for the development of all staff will be provided in order to enhance the quality of PE within the School.
- The needs of staff will be identified through monitoring and evaluation undertaken by the PE Subject Leader/Coordinator.
- The PE Subject Leader/Coordinator will ensure any development opportunities available from NT LA are disseminated to staff.
- The PE Subject Leader/Coordinator will organise school/staff specific professional development strategies/opportunities with NTLA School Improvement Advisor for PE.
- Opportunities will be available for staff to observe professional coaches during lesson time to ensure CPD needs are met.

### **The role of the PE Subject Leader/Coordinator**

- Maintaining and updating knowledge and understanding of the subject;
- Coordinating planning and setting high expectations;
- Overall responsibility for teaching and managing pupil learning;
- Ensuring consistency in assessment, recording and reporting;
- Monitoring pupil achievement;
- Managing and developing school staff in CPD;
- Managing Out of School Learning programmes and activities;
- Managing and monitoring PE equipment and resources;
- Liaising with external agencies and other schools to provide opportunities for children to experience a wide range of festivals and competitions;
- To monitor the participation of children in sports clubs and competitions.

### **Health and Safety: DBS**

- All school staff are aware of the general Health and Safety requirements in PE activities.
- The school has risk assessments for activities delivered on and off-site.
- Staff not confident in delivering areas of the curriculum will seek support and CPD from school.
- Staff should encourage pupils to be aware of basic hazards and take steps to control these risks for themselves and others.
- The school expects that children will help to set up and put away gymnastic apparatus, including the large apparatus in the hall. Managing their own equipment represents an important element of pupil safety education. Pupils must be taught correct procedures on how to carry and lift equipment and should be done in an organised and systematic manner under direct supervision from the class teacher.

- The Association for PE (AfPE) document ‘Safe Practice in Physical Education and School Sport’ is a comprehensive guide to safe practice and managing risk in PE and should be referred to regarding any aspect of Health and Safety in PE.

### **Adults other than Teachers:**

The school values the contribution of external providers/coaches and encourages the opportunity to liaise with the wider community. Appropriate DBS/safeguarding procedures must be carried out before external providers begin any work in school – this includes:

- Enhanced CRB;
- Public Liability Insurance up to £5 million;
- Suitable level of qualification appropriate to activity;
- 2 recent references;
- Photo identification;
- 2 utility bills;
- If a provider is working for a company then a disclaimer should also be completed.
- North Tyneside LA has a database of coaches and external providers that have undertaken the above checks and are approved for NT schools. The NT database is updated on a monthly basis and emailed to all schools FAO the Head teacher.
- If schools choose to use a provider who is not on the North Tyneside external database then this is at the discretion of the Head teacher and/or governors and all of the above checks should be undertaken.
- If coaches are used in curriculum time, the class teacher still retains overall responsibility for the pupils and should be present to take part in, monitor and evaluate delivery of lessons.
- Support Staff may be used in curriculum time to support the delivery of PE, however the class teacher always maintains overall responsibility for what is taught and for the health, safety and wellbeing of pupils. Direct or distant supervision of support staff is acceptable according to competence levels. This should be determined through a risk assessment.

### **ICT in PE**

In PE, staff and pupils may use ICT to enhance performance and understanding and to record results and achievements through the use of digital photography/video, data handling, word processing, the internet etc. Showbie is used by staff and pupils to gather evidence during PE lessons and show progress. It is also used as a way for pupils to evaluate their own and each other’s work and give feedback. All staff should refer to the most recent database showing which children may not have their image taken/shared.

### **Personal, social and health education (PSHE) and citizenship**

PE contributes to the teaching of personal, social and health education and citizenship. Children learn about the benefits of exercise and healthy living, and how to make informed choices about these things.

### **Spiritual, moral, social and cultural development**

The teaching of PE offers opportunities to support the social development of our children through the way we expect them to work with each other in lessons. Groupings allow children to work together and give them the chance to discuss their ideas and performance. Their work in general enables them to develop a respect for other children’s levels and ability, and encourage them to co-operate 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.



### **Resources/Equipment/Facilities:**

- The PE subject Leader/Coordinator will manage the condition of resources and equipment and any damages will be reported/repaired/replaced/removed.
- All staff have the responsibility of informing the PE Subject Leader/Coordinator about any damaged items.
- Resources will be audited/managed and replacements ordered by the PE Subject Leader/Coordinator in consultation with the SLT..
- The PE subject Leader/Coordinator will maintain an overview of the management of internal and external facilities and equipment- this may be in conjunction with the SLT/site manager.

### **PE Kit:**

- From the earliest age, pupils are expected to wear the agreed PE kit for every lesson.
- It is expected that staff will set a good example and should endeavour to change for PE lessons. At the very least a change of footwear and removal of jewellery should be undertaken.
- PE clothing should be well suited to its function.
- Footwear that is fit for purpose is essential. It should demonstrate effective grip, support and reasonable protection where required.
- Pupils should never participate in socks on polished surfaces.
- Jewellery and other personal effects should be removed by pupils before participating in PE.
- Staff must undertake a risk assessment as to whether or not the weather conditions pose health and safety risks to pupils.
- Pupils should be adequately dressed for the weather conditions.

We have introduced a P.E. uniform – alongside our current kit that can be worn on the day of P.E. lessons. This will negate the need to get changed in class, freeing up more teaching time as well as providing a uniform and appropriate P.E. outfit for all children.

### **Out of School Hours Learning (OSHL)**

- The school offers a wide range of after and before school opportunities for all pupils which extend and enhance curriculum work. These activities are advertised to parents on a termly or half termly basis and the PE Subject Leader/Coordinator has the responsibility of maintaining OSHL timetables.
- The school also enters a range of inter school competitions across the year.
- The PE Subject Leader/Coordinator will liaise with the Secondary Sport Coordinator (SSC's) to ensure that opportunities to enhance the curriculum, OSHL and competition programmes are maximised.

### **Addendum**

This policy is aimed to promote PE across the school and wider community. However, it may need to be amended at short notice to implement local or national requirements due to unforeseen circumstances such as the Covid-19 outbreak and subsequent lockdowns and further restrictions. At these times, the Subject Leader/Coordinator will take appropriate advice from National and Local Authorities and will amend provision in line with their advice and guidelines. This will be agreed with the SLT and disseminated with staff and external coaches.

**Policy agreed by:**

**Head teacher** \_\_\_\_\_ **date** \_\_\_\_\_

**PE Subject Leader** \_\_\_\_\_ **date** \_\_\_\_\_

**Policy Review date: September 2024**