

Sacred Heart Hindsford R.C. Primary School

PE Policy



Policy written by T. Rabbani

PE Lead

Updated September 2021

Accepted by Governors:

J. Carter

signed (chair)

S. M. Dermott

signed (Head)

Shared with staff: date:

September 2021

By living out our Catholic faith

TOGETHER

we ENCOURAGE

and ACHIEVE

"I have called you by name"

Why we do sport

Physical education, when experienced in a safe and supportive environment, is a vital and unique contributor to a pupil's physical and emotional health development and well-being. Physical education develops pupils' physical competence and confidence and their ability to use these to perform in a range of activities.

It promotes physical skills, physical development and knowledge of the body in action. It provides opportunities for pupils to be creative, competitive and to face up to different challenges as individuals and in teams. It promotes positive attitudes towards active and healthy lifestyles.

Aims

Physical education involves pupils in the continuous process of acquiring and developing skills; selecting and applying skills, tactics and compositional ideas; knowledge and understanding of fitness and health; and evaluating and improving performance. Through the programme pupils should have the opportunity to meet the physical education and school sport high quality outcomes:

- Learners show commitment to PE and school sport
- Learners know and understand what they are trying to achieve
- Learners understand that PE and school sport are part of a healthy, active lifestyle
- Learners have the confidence to get involved
- Learners willingly participate in a range of activities
- Learners think about what they are doing and make appropriate decisions
- Learners show desire to improve and achieve
- Learners have stamina, suppleness and strength
- Learners enjoy PE and school sport

Time Allocation

EYFS/Key Stage 1

Children have 1.5 hours of sport.

Key Stage 2

One topic session of sport. Swimming to be taught during lower Key Stage 2. One session weekly at the Pelican Centre.

Catch up swimming upper Key Stage 2 if needed.

The Power of P.E

We have used The Power of P.E scheme for the last few years, this has provided a base for teachers when planning and delivering the P.E curriculum. Alongside this, we are in the process of purchasing a new scheme to ensure progression and vigorous assessment throughout the P.E curriculum throughout the school.

In addition, all children have the opportunity to join in a variety of extra-curricular sports clubs run by staff and outside agencies. This gives them the opportunity to develop their skills, enjoy performance and encourage sport as part of a healthy lifestyle. We also have Before and After School Clubs of dedicated sport such as Football, Netball and Cross Country.

Commando Joe's

We have also purchased Commando Joe's. This is a programme of study where the children through practical tasks learn and discover the skills they need to work together as a team. It focusses on RESPECT.

R – Resilience

E – Empathy

S – Self Awareness

P – Positivity

E – Excellence

C – Communication

T – Teamwork

ATSA (Atherton and Tyldesley Sports Association)

We continue to be a member of ATSA. They regularly hold tournaments for, amongst other sports, football, dodgeball, netball, swimming, tag rugby and kurling. We run practice sessions for these competitions and they are built into sports lessons and clubs. Children are selected and escorted to the tournaments.

A range of tasters are also built into the academic year. This gives another opportunity for our children to try new sports. Some of the tasters include, table tennis, boxing, yoga and athletics.

Enrichment

When possible the school engages outside agencies to help deliver sport education in our school. Recent trainers have included;

- Judo lessons
- Dance lessons
- Premier Sports
- ATSA sports weekend
- Bike ability
- Healthy lifestyles

Health Related Learning

Pupils should be taught:-

1. How exercise affects the body in the short term.
2. To warm up and prepare appropriately for different exercises.
3. Why physical activity is good for their health and well-being. Pupils should be encouraged to develop active lifestyles that can be maintained throughout adult life.

Equal Opportunities

Opportunity and provision in PE and sport activities will be planned and delivered to meet the needs of all pupils. PE experience will reflect the whole school policy on promoting equal opportunities for all pupils in terms of organisation, programme and access to resources. Differentiation should enable all pupils to achieve to the best of their ability.

In the case of pupils with Additional needs, activities and equipment will be modified where necessary to enable maximum participation. Individual teachers will consult with the parent/carer with regard to the specific needs of their pupils, which will be supported where possible with due regard to health and safety.

Physical difficulties

Children who cannot in the short term be physically active such as those with injuries, long- term illness etc. should be involved in the non-performance aspects of the activity. They can work with individuals or groups helping with the evaluating and improving aspects of the tasks.

Assessment and Monitoring

The ability and progress of pupils in PE will be assessed by the teacher and used to inform further planning. Assessment opportunities will come through:

- Observation
- Questioning
- Discussion
- Performance

Assessment of pupils will provide information on:

- Overall physical ability and skills.
- Ability to select an appropriate response to a task.
- Ability to appreciate and evaluate performances of self and others.
- Interaction and social skills.
- Motivation, enthusiasm and teamwork.

Evaluation

This policy will be evaluated regularly in consultation with staff and following any national initiatives. A copy will be available on the school web site.

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Date: September 2021

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