

ST JOHN THE BAPTIST CATHOLIC PRIMARY SCHOOL



*'Learning and Growing Together, Unique in
God's Eyes'*

PHYSICAL EDUCATION POLICY

Policy Reviewed by Governors: June 2023

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Person(s) Responsible: Carly Carden



*Learning and growing together,
Unique in God's eyes.*

Vision

At SJB our vision is to provide the highest quality education within a Catholic ethos. Through the love of God, we will foster individual uniqueness recognising every child is created in the image of God (Gen 1:27)

Together, with our families, our parish and wider community, we seek to create a safe, happy and inclusive school where children become confident, responsible, caring citizens, rich with the rewards that faith and learning bring to heart, mind, body and spirit. Learning and growing together; Unique in God's eyes.

Mission

We love one another, just as God loves us.

We are respectful, welcoming, and inclusive.

We learn together, using our unique gifts to achieve personal excellence.

We are active members of our parish, our community and wider world seizing every opportunity to make a difference.

'Love one another as I have loved you'

John 13:34

Contents

Links with our School Vision/Mission:	Page 4
School Policy and the National Curriculum:	Page 4
Intent Statement:	Page 4
Implementation Statement:	Pages 5/6
Impact Statement:	Page 6
Marking:	Page 7
Planning and Resources:	Page 7
Equal Opportunities and Inclusion:	Page 7
The Role of the Subject Lead	Page 8
Parent/Carers:	Page 8
Monitoring and Evaluation:	Page 8
Related Policies:	Page 8

Links with our Mission Statement:

'We aim to create learning opportunities that will inspire our children to have the strength of spirit, courage of mind and the knowledge and skills to achieve their goals'.

Embedded within our school mission statement is an ethos, which hopes to develop in each child a sense of achievement, value and self-worth; to involve parents and carers in the education of their children; and to develop respect for, and appreciation of, other cultures and religions.

PE is an important part to play in supporting children to learn about the past and help them to develop perspective and judgement. We aim to ensure that each child's work is valued; that criticism is constructive; that children feel comfortable about discussing sensitive issues; that 'difference' – language, culture, beliefs and colour is seen as something to be celebrated. We aim to ensure that all the different communities in our school are represented, e.g. through our choice of books, resources and topics; and that parents and carers are fundamental in supporting their child's development in PE.

School Policy and the National Curriculum:

At key stage one and key stage two teachers plan their lessons following the statutory guidance and instruction of the National PE Curriculum. The National Curriculum Progression document can be accessed here: [https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/239040/PRIMARY_national_curriculum - Physical education.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/239040/PRIMARY_national_curriculum_-_Physical_education.pdf)

Intent:

At St John the Baptist we have designed a Physical Education (PE) curriculum which is assessable to all children and will promote the enjoyment and importance of physical education. We hope to encourage and develop the whole child and develop a love and understanding of physical activity. We will provide quality first teaching using the key objectives contained in the National Curriculum document and the school's skills progression document for guidance.

We believe it is vital that all pupils are given equal opportunities to access a broad, balanced curriculum, encompassing a wide variety of physical activities, therefore enabling all pupils to achieve their full potential through the development of their physical competence and confidence. At St. John the Baptist school we believe physical education is a crucial and important avenue for raising self-esteem and well-being through participation, success and enjoyment.

Implementation:

We teach the National Curriculum, supported by a clear skills and knowledge progression. This ensures that skills and knowledge are built on year-by-year and sequenced appropriately to maximise learning for all children.

The Early Years Foundation Stage (EYFS) follows the Physical Development guidance, which aims for children to have happy, healthy and active lives. Opportunities for gross and fine motor experiences are available throughout the day with opportunities for both inside and outside play. These activities support children to develop their core strength, stability, balance, spatial awareness, co-ordination and agility. The children also take part in P.E. lessons twice a week taught by the class teacher and qualified external coaches who support the children in starting to learn basic skills through various activities.

Teachers in KS1 and KS2 plan lessons in line with the key objectives set out in the National Curriculum document. These ensure physical education is central to whole child development and contributes indirectly to all other areas of the curriculum. At St. John the Baptist school, we will develop every pupil's physical, spiritual, moral, social, cultural and intellectual skills.

At St. John the Baptist, in order to improve fitness, strength, mobility and endurance we provide stimulating and rigorous weekly physical activity lessons. We ensure these lessons develop competence in manipulative skills through a range of games and activities in line with the year on year skills progression document. Children will: develop balance and co-ordination through body centred activities and games; develop an aesthetic awareness and an appreciation of the quality of movement through participation and observation; develop positive attitudes and social competence in a variety of situations and increase the ability to make decisions, solve problems and take initiatives through varied educational challenges. In Key Stage Two children have swimming lessons provided by qualified swimming coaches who build on children's confidence in the water and their technique as well as focusing on water safety.

In addition to promoting physical activities we will also promote a healthy lifestyle by teaching pupils that they need to be active through regular cardio-vascular work, with an emphasis placed on personal progress and individual challenges. At St. John the Baptist school we understand the importance that regular physical activity can have on physical and mental well-being. In order to support our children learning this the children take part in a 'dash' for 10 minutes every day. This is a self-paced activity that supports children to understand the benefits of daily exercise. We also have a Health and Fitness Week every year focusing on leading a healthy lifestyle. During this week children take part in physical activities every day, led by staff members as well as qualified external coaches. Children learn the importance of a healthy lifestyle with healthy eating, personal hygiene and physical exercise being at the heart of this.

Part of our PE curriculum includes supporting children to ride scooters and bikes, giving them a skill for life. The children learn with the support of 'Bikeability' – starting with scooter training in Reception class and finishing with the children taking

their Level Two Bikeability training in Year 6. In order to support all children to have the opportunity to take part in this training the school has bikes and helmets that the children can use during these sessions. We also have additional support for children who haven't mastered the skill of bike riding provided by Subtrans Bike It, with the support of our school's Bike Crew made up of pupils from year 5 and 6. Subtrans Bike It also visit the school and help to maintain the children's bikes, keeping them in good working order.

We give the children in year five and six the opportunity to take part in outdoor adventurous activities by taking them to an activity centre (Blackland Farm Outdoor Activity Centre or similar). This provides the children with the chance to take part in a variety of different activities that help them to bond, learn new skills and develop their self-esteem. Along with this children have the space to make choices, assess the risks and the consequences of their decisions, and discover the benefits of team work.

At St. John the Baptist we understand the importance of sharing our skills and talents with the wider community. Year five are given the opportunity to take part in 'Let's Dance' – a celebration of school dance for Brighton and Hove. They have quality teaching from an experienced dance coach who supports the children to create a collaborative dance. They get the opportunity to share their dance skills by performing on the stage at the Brighton Dome in front of a large audience, building their confidence in their performing skills.

We teach children to develop positive attitudes to sport by encouraging them to observe the conventions of fair play and good sporting behaviour as individuals, team-members and spectators, co-operating with and considering others. We also support them to cope both with success and limitations in performance. We look to increase self-confidence and self-motivation, enabling children to work consistently to the best of their ability and always look to improvement.

Safe practice is extremely important at St. John the Baptist and we will ensure that children learn the importance of appropriate rules as well as safety procedures for the different activities they take part in. This includes understanding the importance of wearing appropriate clothing, footwear and protection of different activities, how to lift, carry, place and use equipment safely and the importance of warming up and cooling down before and after physical exertion. We are aware that some pupils may need to adapt their participation or clothing due to their religious or ethnic background. We are also aware that during Ramadan some children may not be eating or drinking during daylight hours and suitable arrangements are made for these children.

To enable all children and young people to fulfil their physical potential we ensure that the provision is challenging and appropriate and that support mechanisms are in place to allow all children and young people to reach their full potential. We have a number of after school clubs that encourage children to be active outside of PE lessons. The school also gives children the opportunity to take part in intra-school and inter-school competitions in various sports including football, netball and golf. We are part of the Schools Sport Trust that aids teacher development and any new developments in PE, the English Schools Football Association that organises league

and cup games for girls and boys football, the Brighton and Hove PE and School Sport that organises competitions between schools and at county level. The school celebrates these sporting achievements through assemblies and certificate giving as well as children's personal successes in competitions outside school. We also celebrate children's sporting successes in non-competitive festivals so that all children can have a go at sporting events as well as our school sports day at the end of the year, giving children the opportunity to compete against each other in a variety of activities.

Feedback is given to pupils during lessons to provide instant support for children who may need further intervention and can alert teachers to those who have grasped the skill quickly and need to be challenged further. Feedback may be on a one to one basis or to a small group and specific children are identified who may need extra support or are identified as gifted and talented and can be supported to join clubs.

Teachers carry out formative assessment of the children at the end of lessons but use summative assessment, based on age related expectations, throughout the year during school assessment weeks to identify children who may need additional support or further challenge.

Impact:

Outcomes in Physical Education (PE) are assessed visually by the teacher comparing the children's entry level skills at the start of the unit with the same skills at the end of the unit. These relate to each of the identified national curriculum skills appropriate to the key stage.

By the time children leave St. John the Baptist they will:

- Be able to apply a broad range of skills, using them in different ways for different sporting activities.
- Be able to jump, run, throw and catch in isolation and in combination.
- Be able to compete competitively and show good sportsmanship whether they win or lose.
- Enjoy competing against others and be able to collaborate and communicate effectively as part of a team.
- Be able to have good control of their body and understand how to use their body effectively to perform a wide range of sports.
- Understand the importance of warming up and warming down before and after sport in order to look after their bodies.
- Have taken part in outdoor and adventurous activities both individually and as part of a team and understand risk taking.
- Have understanding of water safety and be confident in the water.

An action plan has been created by the subject lead to monitor targets they wish to implement across the school. Through moderation of planning and observation of lessons the P.E. lead and Senior leadership team can ensure progress is made across all year groups. If progress is not made support is immediate and steps provided to ensure children continue to progress.

Planning and Resources:

At St. John the Baptist school we have a variety of good quality equipment and resources to support learning and teaching. Some resources are located within individual classrooms while further resources are available as a central supply, to be used by the whole school.

Equal Opportunities and Inclusion:

St John the Baptist we aim to ensure that equality of opportunity for all children of the school community is central to everything we do. This is closely related to our mission as a Catholic school; we believe that all human beings are created in God's image and likeness and that it is our duty to respect and cherish this. For our school this means, not simply treating everybody the same but, understanding and tackling the different barriers which could lead to unequal outcomes for different groups. It also means that we will recognise, value and celebrate the achievements and strengths of all.

We have consistently high expectations of all pupils irrespective of age, gender, ethnicity, ability or social background. All pupils are encouraged to strive to reach their personal best rather than measure themselves against others. Parents are also encouraged to view their own children's achievements in this light. If a child's needs are best met by following an alternative plan this will be overseen by the SENCo in collaboration with the class teacher and communicated to parents and carers.

We identify and support where appropriate:

- Children with English as an additional language
- Children with special educational needs
- Individuals or groups of children who are underachieving
- Individuals or groups of children who show special skills or talents

The Role of Subject Leader:

The role of the subject lead is to raise the profile of PE at St. John the Baptist Primary School through best practice. The PE Leader is responsible for ensuring school policies are being followed and that children are making good progress in PE throughout the school. They create an action plan each year to focus on targets for the coming year. The PE Leader will also organise, audit and purchase central and class-based PE resources for the school.

Parents/carers:

St. John the Baptist we recognise that parents are the first educators of their children. The PE policy is available for parents on request. An overview of the learning in PE for each term is sent out to each year group on the Curriculum Web. Parents are informed of their child's progress at Parent Evenings and in written school reports. Parents and carers can speak to their child's teacher at any point during the year to discuss their child's work and teachers will share opportunities with parents/carers have to support their child at home.

Monitoring and Evaluation:

The PE Lead and the Senior Leadership Team monitor PE once a year. The PE leader and the Senior Leadership Team monitor a sample of lessons and talk to children to gain pupil voice. Members of the governing body may take part in monitoring. Good practice is shared with colleagues and CPD supports all teachers in areas of PE teaching that they are weaker in.

Related Policies:

Marking Policy
EAL / SEND Policies