ST MARY'S CE (A) FIRST SCHOOL
PE POLICY

Philosophy

At St Mary's, the fundamental role of PE lies in helping children become physically literate and possess the necessary skills, knowledge and motivation to equip them for a healthy, active lifestyle.
PE develops links between school, home and the community by providing opportunities for the children to participate in a large variety of activities which will build character and embed key values like fairness and respect. This incorporates the Christian ethos of love and respect and encourages our pupils to take the feelings of others into consideration, just like the Good Samaritan. The Physical Education curriculum should be seen as an inclusive one and should develop the potential of each individual child so that by the end of their time at St Mary's, children are encouraged to have a lifelong participation in physical activity and sport.

Aims

To promote positive attitudes towards lifelong health, hygiene and fitness.
To develop a knowledge of safety factors and foster an appreciation of safe practice.
To develop fair play, cooperation, sportsmanship and the ability to deal with both success and failure.
To provide an understanding of how the body moves and functions.
To develop an ability to remember, adapt and apply knowledge, practical skills and concepts in a variety of movement based activities.
To be given the opportunities to plan, practise and evaluate skills taught and learnt.
To develop communications skills, encouraging the use of correct terminology, to promote effective co-operation.
To develop leadership skills and an ability to work closely with others.
To ensure continuity and progression from Foundation to Key Stage 2 by means of careful, structured planning, monitoring and assessment.
To foster an enjoyment and positive attitude to the subject in school by allowing them to discover their own aptitudes and preferences for the different activities.
To ensure that all children have access to physical education both during and out of school hours.
To ensure all staff are confident in teaching physical activity.
To ensure that all children, regardless of gender, race or disability, are provided with the same experiences in PE.
To provide opportunities for children to set themselves targets and compete against each other, individually and as members of a team.

Pupils' spiritual development will be enhanced within the subject by fostering:
Awe and wonder of the human body
A sense of co-operation and teamwork
Stillness and reflection and a sense of achievement and self-worth

EYFS objectives

Pupils will work on their physical development which includes:

- Playing and exploring with a range of apparatus and equipment.
- Explore and develop control and movement
- Develop coordination
- To be active and interactive
- Negotiate safe ways to travel

PE Lessons will provide opportunities for children to acquire the skills outlined in the statutory Early Learning Goal

- Work and play cooperatively and take turns with others.
- Negotiate space and obstacles safely, with consideration for themselves and others.
- Demonstrate strength, balance and coordination when playing.
- Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.

KS1 objectives

Pupils will develop their fundamental movement skills, increasing their competency and confidence in a broad range of activities. They will have lots of opportunities to improve their balance, agility and coordination, individually and with others and they will participate in co-operative and competitive activities. Cross- curricular opportunities are encouraged. Using maths when counting, time etc and science when thinking about how our bodies respond to exercise.

Pupils will be taught to:

Perform dance using simple movements

Master basic movements including jumping, running, throwing and catching. Develop balance, agility and coordination and implement these in activities.

Participate in team games, utilising the skills they have learnt.

KS2 objectives

Pupils will continue to apply and develop a wider range of skills, using them in different ways including linking movements to make sequences. They will understand how to improve in different physical situations and learn how to evaluate and recognise the success of themselves and others. Pupils will have opportunities to collaborate, communicate and compete with one another. Cross- curricular opportunities are encouraged. Using maths when counting, time etc and science when thinking about how our bodies respond to exercise.

Pupils will be taught to:

Play competitive games, utilising the skills they have learnt and apply basic principles for attacking and defending.

Develop their movements and start using them not only in isolation but also in combination.

Perform dances using a range of movements.

Develop flexibility, balance, strength and technique through evaluating their own performance against previous ones and understanding how they need to progress.

Swimming and Water Safety

All children have access to swimming instruction in Key Stage 2 and will be taught to:

Swim competently, confidently and proficiently over a distance of at least 25 metres.

Begin to use a range of strokes effectively such as front crawl, backstroke and breast stroke

Perform safe self-rescue in different water based situations

At St Mary's, children in Key Stage 2 will have access to swimming lessons at Uttoxeter Leisure Centre for one term in Year 3 and one term in Year 4. Swimming is coached by pool staff and assisted by school staff.

Guidelines for staff and pupils

Staff

A sports coach teaches both indoor and outdoor games and activities, providing specialist teaching to all children in the school. Other lessons are taught by the class teacher. Some lessons are taught by school staff supported by a specialist coach.

Students working within the school are supported by qualified members of staff.

Pupils

Wear correct and appropriate PE kit.

Understand and adhere to safe practice.

Health & Safety

As a school, we ensure the safety of all pupils and staff through the following codes of practice:

- Safe storage of all equipment – all equipment to be stored safely and tidily in its appropriate place after use, so easy access and availability are ready for the next group. PE equipment is stored in the Hall and PE Storeroom. These areas will be monitored by all members of staff.
- The school office will arrange for an annual safety equipment check (gym equipment) by a recommended maintenance contractor, currently SportSafeUK.
- Children are taught to manage and use apparatus safely and effectively.
- Equipment will be checked at the beginning and end of use. All unsafe, damaged or lost equipment to be reported to the PE Lead and Head Teacher.
- Staff are aware of First Aiders within the School and there are several members of staff first aid trained across school.
- Staff have knowledge of the environment in which learning is taking place. They must check areas for hazards before any activity takes place.

Entitlement

Curriculum

- The school aims to provide 2 hours of quality PE for all pupils, in order to meet the Government public service agreement.
- The PE curriculum has been developed from the national curriculum and is supported by specialist planning.
- Each class has timetabled access to the hall and the playground for PE, twice a week. The school field can be used for PE lessons.

Lunchtime and after school clubs

- Staff/Sports Coach provide 2 after school clubs each week.
- The sports coach supports the lunchtime supervisors for two days, providing strategies to ensure children are more active.
- The children in Year 4 are trained as sports leaders to run activities at lunchtime to help children be more active.
- Some Friday afternoon clubs support mental health and well-being.
- A range of after school activities are on offer throughout the academic year including: handball, dodgeball, archery, yoga, athletics, tag rugby, intervention games, and cricket.
- There are opportunities throughout the year for KS1 and KS2 children to compete in tournaments with local schools.

Safe practice

- All teachers work with Safe Practice in PE guidelines.
- Teachers/ support staff/ sports coaches are made aware of children's medical needs in relation to physical activity.
- Children come into school wearing their PE kit on the days they have PE or sports clubs.
- All jewellery should be removed where possible, if not possible then the jewellery should be covered with hypoallergenic tape (applied by pupil).
- Long hair should be tied back during PE and after school clubs.

Equal opportunities and inclusion

A child should only be excused from PE if a letter has been brought in from a parent/guardian or a doctor's note.

All children should be included in every PE lesson regardless of their abilities.

If a child does not have their PE kit they are to be included in the PE lesson. Spare PE kit is available in each class if needed.

Lessons should be differentiated to include every child, with gender and ability taken into consideration, and pupils will be challenged to have an awareness of the school's growth mindset.

Children with additional needs are supported appropriately and activities differentiated.

Role of the PE Lead

To manage and co-ordinate the planning and development of the PE curriculum in the school.
To co-ordinate the teaching programme throughout the school.
To ensure progression and continuity from EYFS through to KS2.
To support and assist colleagues in lesson planning and teaching methods.
To disseminate good practice, materials and training resources and make other staff aware of relevant continuing professional development opportunities.
To monitor the teaching and learning within the subject area.
To ensure that children have the opportunity to become involved in extra-curricular sports activities to further develop skills and talents.

Monitoring

PE Lead, Senior Management and Governor's Curriculum Committee.

Agreed by all staff
Reviewed March 2023
Reviewed April 2025
Review April 2027