



# **ST. AUGUSTINE OF CANTERBURY CATHOLIC PRIMARY SCHOOL PE Policy**

## **Mission Statement**

"I called you by your name, you are mine." Isaiah 43

The mission of our school is to support and further the teachings of Christ and His Church.

We welcome and embrace individuals of all abilities and cultural backgrounds.

We aim to enhance and celebrate their moral, physical, social and emotional development, so that they may reach their full potential in an atmosphere of stability, care and respect.

We believe that education is for all and in partnership with parents, carers, children and the wider Catholic community: we will strive and succeed in a wholly inclusive setting.

## **Equality Statement**

This policy has been equality impact assessed and we believe that it is in line with the Equality Act 2010 as it is fair, it does not prioritise or disadvantage any pupil and it helps to promote equality at St Augustine of Canterbury Catholic Primary School.

We have carefully considered and analysed the impact of this policy on equality and the possible implications for pupils with protected characteristics, as part of our commitment to meet the Public Sector Equality Duty (PSED) requirement to have due regard to the need to eliminate discrimination, advance equality of opportunity and foster good relations.

This policy was adopted March 2022

The policy is to be reviewed March 2024

Written by: Miss Lisa Richardson (PE Lead)

St Augustine of Canterbury Catholic Primary School recognises the value of Physical Education (P.E). We fully adhere to the aims of the national curriculum for physical education to ensure that our children:

- Develop competence to excel in a broad range of physical activities
- Are physically active for sustained periods of time
- Engage in competitive sports and activities
- Lead healthy, active lives

### **Implementation**

P.E. is taught at St Augustine of Canterbury Catholic Primary School as an area of learning in its own right as well as integrated where possible with other curriculum areas.

We teach lessons so that children:

- Have fun and experience success in sport
- Have the opportunity to participate in P.E at their own level of development
- Secure and build on a range of skills
- Develop good sporting attitudes
- Understand basic rules
- Experience positive competition
- Learn in a safe environment
- Have a foundation for lifelong physical activity, leaving primary school being physically active.
- Develop skills in other areas of the curriculum whilst carrying out physical exercise, eg: Maths through the use of Active Maths programme.

### **Impact**

P.E is taught as a basis for lifelong learning, where the children have access to a wide range of activities in the belief that, if taught well, and the children are allowed to succeed, then they will continue to have a physically active life. A high-quality physical education curriculum inspires all children to succeed and excel in competitive sport and other physically demanding activities. At St Augustine Catholic Primary School, we provide opportunities for children to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.

### **Funding**

St Augustine of Canterbury Catholic Primary School receives PE and sport premium funding based on the number of children in years 1 to 6. This funding is used to make additional and sustainable improvements to the quality of PE and sport we offer. Information about the school's funding allocation and how it is spent each year is published on the St Augustine of Canterbury Catholic Primary School website under 'PE and Sport Premium'.

We use the premium to:

- Develop or add to the PE and sport activities that we already offer
- Build capacity and capability within the school to ensure that improvements made now will benefit children joining our school in future years.

There are 5 key indicators that we should expect to see improvement across:

- The engagement of all our children in regular physical activity - *the Chief Medical Officer guidelines recommend that all children and young people aged 5 to 18 engage in at least 60 minutes of physical activity a day, of which 30 minutes should be in school.*
- The profile of PE and sport is raised across the school as a tool for whole-school improvement
- Increased confidence, knowledge and skills of all staff in teaching PE and sport
- Broader experience of a range of sports and activities offered to all pupils

### Teaching and Learning

We use **The PE Hub** to support our planning of the PE curriculum. Teaching styles and strategies provide opportunities for all children to participate in a range of activities and evaluate their own performance. Careful planning ensures time is spent in organising and resourcing lessons and activities.

### Assessment

Assessment of PE is an ongoing process. As each lesson progresses, the teacher observes and assesses, intervening as necessary, to ensure that each child makes the full progress of which they are capable. Lessons are planned to ensure that they are fully inclusive and take account of children's differing needs and physical ability. Attainment and progress in P.E is tracked 3 times per year using the P.E Hub Assessment tool. In terms of reporting on progress, annual reports are written about each child for parents/carers and PE is listed as a foundation subject in all reports. The assessment of PE at St Augustine of Canterbury Catholic Primary School is in accordance with the National Curriculum 2014 attainment target for each key stage:

#### KS1

- Children should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others.
- They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

#### KS2

- Children should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement.

- They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

## **Planning and Resources**

P.E. equipment is stored safely in the P.E. cupboard. The PE cupboard is locked and only members of staff have access. The cupboard is regularly checked by the PE subject leader (Miss L Richardson) to check its tidiness and organisation. Staff are advised to inform the subject leader of broken, damaged or lost equipment so that replacements can be ordered.

## **Organisation**

Under the 2014 PE Curriculum, PE is a statutory subject to be taught, although there is no statutory requirement for time spent engaging in PE lessons. St Augustine of Canterbury Catholic Primary School does however; acknowledge the Dfe PE recommendation of 2 hours per week.

Therefore, children have access to two timetabled P.E sessions per week. This may include gymnastics, dance, swimming (from term 3 onwards in Years 3 and 6) or games activities incorporating areas of athletics, outdoor/adventurous and team activities. Each week in school, one Scheduled lesson is taught by a specialist Medway Sports Coach.

## **Swimming provision**

At St Augustine of Canterbury Catholic Primary School, children attend swimming lessons at a local swimming pool in Years 3 and 6. Each class participates in 6 weekly lessons. Lessons are taught by specialist swimming instructors. The children are assessed on their ability in the first swimming session and placed into ability groups; this ensures there is appropriate differentiation for all children to allow them to make progress. Teachers track the children's progress throughout their swimming sessions. At the end of Year 6, the children's progress and attainment is then published on the school website in accordance with the End of Key Stage 2 National Curriculum requirements.

## **Extra-curricular clubs**

Many of our children will access further extra-curricular activities to enhance the work that goes on in curriculum time. As a result of the unique and specialised learning environment here at St Augustine of Canterbury Catholic Primary School, we work with outside professionals to ensure our children have access to further opportunities for quality Physical Education provision. Medway sports provide an after-school sports club which specialises in a variety of different sports throughout the year.

## **EYFS**

We recognise the importance of Physical development in the Early Years Foundation Stage as a key area of learning. There are two strands under Physical Development; Moving and Handling and Health and Self-care.

- **Moving and Handling:** Children learn to develop good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space.
- **Health and self-care:** Children learn the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe.

Children in the EYFS access time and space to enjoy energetic play daily, using portable equipment and their own designated outdoor area. Furthermore, specific Physical Development lessons give children the opportunity to practise movement skills through games with beanbags, cones, balls and hoops. They participate in activities where they can practise moving in different ways and at different speeds, balancing, target throwing, rolling, kicking and catching. These skills are then built on when children enter KS1. From term 4, the children in EYFS also benefit from the Medway Sport coach at one lesson per week in addition to their weekly teacher led lesson.

## **KS1 and KS2**

### **KS1 Attainment Target**

Children should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Children are taught to:

- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
- participate in team games, developing simple tactics for attacking and defending
- perform dances using simple movement patterns.

### **KS2 Attainment Target**

Children should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Children are taught to:

- use running, jumping, throwing and catching in isolation and in combination
- play competitive games, modified where appropriate (for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis, and apply basic principles suitable for attacking and defending)
- develop flexibility, strength, technique, control and balance (for example, through athletics and gymnastics)
- perform dances using a range of movement patterns
- take part in outdoor and adventurous activity challenges both individually and within a team
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.

### **Swimming and water safety**

Children are taught to:

- swim competently, confidently and proficiently over a distance of at least 25 metres
- use a range of strokes effectively
- perform safe self-rescue in different water-based situations.

### **Healthy Eating/PSHE links**

St Augustine of Canterbury Catholic Primary School, recognises that physical activity is just one element of healthy lifestyles and actively promotes healthy eating to help combat child obesity. These messages are shared in PSHE lessons, clubs, lessons and through cookery sessions; these sessions are also open to parent involvement.

### **The Daily Mile**

In addition to the recommended two hours of physical activity per week. At St Augustine of Canterbury Catholic Primary School, we participate in The Daily Mile. Each class is encouraged to walk or run outside for 15 minutes per day; organisation is carried out by the individual teacher to when it suits their class to participate. Class records are kept on display in each classroom and class representatives from Upper Key Stage 2 classes collect and record whole school data.

### **Equal Opportunities**

At St Augustine of Canterbury Catholic Primary School, we are committed to promoting equal opportunities irrespective of socioeconomic background, gender, disability and ethnicity in all areas of the curriculum. We believe that children should have equal access to and participation in a range of physical education activities.

## **Inclusion**

At St Augustine of Canterbury Catholic Primary School, we are committed to ensuring that all children participate in PE and physical activity irrespective of any special educational need(s) or physical disability they may have. We believe that children should have equal access to and participation in a range of physical education activities in order to reach their own potential. Research has shown that children ALL participating in PE together proves better outcomes for ALL than not being inclusive. Teachers can access resources, guidance or strategies on TOP Sportsability (free online resource) for better including all children in every PE lesson.

## **Targeting and competitive sporting events**

At St Augustine of Canterbury Catholic Primary School, competitive sporting events via providers such as Medway Sports are released at the beginning of every academic year. The PE subject leader (Miss L Richardson) ensures that a range of children are selected for events. For other events, we target SEND children or Gifted and Talented children where appropriate.

All children have equal opportunities to represent our school at local events such as Medway, Mini-Youth Games. The results of their achievements in events are recognised in weekly Newsletters written by the Headteacher. Certificates are also awarded during whole school assemblies by the Headteacher or Deputy Headteacher.

## **Sports Day**

The P.E Co-Ordinator organises an annual multi-sport circuit Sports Day event at the end of the summer term. Children work together and compete together in-house groups. Points are then totalled and a yearly winner announced by the Headteacher; all children who participate receive a sticker in recognition of their efforts. Parents and carers are actively involved to attend and support their children. We have a wide range of sporting activities on the day to encourage participation and success for all children.

## **Involving parents and carers**

We recognise the important part parents and carers play in encouraging children to participate in physical activity. Information about PE, physical activities and sporting competitions organised by the school and opportunities after school, are shared with parents/Carers by means of specific PE letters from the PE Lead and through the School newsletter.

## **Role of the Subject Leader**

### **Training**

- Provide support and training for staff in-house, including the planning, teaching, assessing, health and safety and evaluating of the P.E. curriculum.
- Provide up-to-date information for teachers on (online) resources in PE and new initiatives/schemes.
- Seek further training and support from specialist teachers and coaches Medway Sports Development, and via the SGO (School Games Organiser).

- Over the course of an academic year, ensure all teachers can observe/team teach with specialist teachers, in order to make their contribution sustainable.

### **Curriculum**

- Timetable specialist teachers and coaches.
- Ensure the PE curriculum resources available to teachers are of a good standard and a quantity.
  - Promote PE and Sport across the school, encouraging children's participation and celebrating both involvement and success.

### **Organisation**

- Register the school for various borough sporting events.
- To report on school swimming attainment annually and record this online.
- Complete Risk Assessments for sporting events.
- Organise Sports Day(s) annually.
- Report to the Head Teacher and Governors on PE.

### **Budgeting**

- Complete the 'Evidencing the Impact of the Primary PE and Sport Premium' document annually (liaising with the Head Teacher).

### **Health and Safety**

Health and safe practice is always emphasised in each environment, including the handling of equipment. Large equipment is inspected annually. Appropriate clothing is essential and children's attire is checked by teachers prior to undertaking PE activities. Staff should carry out risk assessments with the children at the start of all PE lessons.

### **Apparatus - Healthy and Safety**

All equipment, apparatus and environment should be checked before the start of every lesson by teacher and is the responsibility of the teacher. Children should be given health and safety guidance through the lesson. When using the apparatus such as the wall bars in the hall, shorts must be worn to ensure safety when climbing; loose jogging bottoms could cause trips, slips and falls in gymnastics.

### **PE Kit**

Children are encouraged to wear appropriate PE clothing. Shorts/jogging bottoms, t-shirts and sensible footwear for outdoor activities are recommended. Children are encouraged and regularly reminded to bring P.E kits into school - parents are given the timetabled days for their child's P.E lesson at the beginning of every year through class information letters; if changes are made a note home to parents is given. To help promote good hygiene, all children



change into PE kit before each lesson. If a P.E kit has been forgotten by a child and they cannot take part in their lesson, a differentiated activity sheet based on the lesson is given for the child to complete and hand into their teacher; this ensures the children is still able to benefit from the lesson taught as a participator. If a child is persistent in 'forgetting' their P.E Kit, contact is made to parents to encourage their child to help them remember their kit.

Children are bare-footed for gymnastics lessons, though they must wear their shoes to the lesson and leave them at the side of the hall in case of a fire emergency. Children do not wear trainers on the wall bars.

### **Jewellery and Hair**

Wearing jewellery is not allowed at St Augustine of Canterbury Catholic Primary School. Children must not wear any kind of jewellery in PE lessons, including watches. Children with medium/long hair are reminded to tie it up securely.

### **Weather**

It is encouraged that outdoor PE lessons take place in all seasons and in as many weather conditions as feasible. Classes are timetabled to have an hour in the hall each week, so if the weather is not appropriate for outdoor PE, the PE lesson can still go ahead. Children are encouraged to wear clothing in line with the season and weather conditions, maximising access to all lessons.

### **Staff dress**

It is important that staff should consider their own and their children's safety with regard to their own personal clothing, footwear and jewellery when involved in the teaching of any PE activity. School P.E clothing is provided for teachers if they wish to wear it; this demonstrates the importance of appropriate clothing to the children.

Policy written by: Miss Lisa Richardson (PE Lead)

Policy Agreed: March 2022

Policy Review Date: March 2024