

PE and Physical Activity Policy



ST BENEDICT'S
CATHOLIC PRIMARY SCHOOL

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1. Our Vision

Through a positive caring environment, we provide the opportunity for every child to reach their full potential in sport. We embrace Christian values alongside the importance of developing life skills and ensure all children are ready for their next steps.

2. Introduction

At St Benedict's, physical activity and sport runs through the school with opportunities to participate before, during and after the school day. We believe that children who are active and healthy are more likely to be well-motivated, positive children. Through clubs and PE lessons, we deliver a broad range of physical activities to participate in which aims to improve the physical, mental and social development of our children.

3. Rationale & Ethos

In the development of this policy staff, governors and children were consulted. This policy links with the Schools Development Plan, PE Policy and SEN policy. This policy links with the school's vision of developing children's life skills through Sport and PE.

4. Aims

- Provide opportunities for all children to participate in physical activity during and out of school time.
- Provide pathways and opportunities for our pupils to excel in sport.
- Be proud of our individual achievements.
- Build upon resilience, determination and respect through PE.
- Strengthen friendships by developing communication, teamwork and confidence.
- Provide quality opportunities for children within and outside of school time.

In order to develop positive attitudes all children should:

- Follow the conventions of fair play and honest competition.
- Cope with success and limitations in their performance - Persevere with and consolidate their performances - Be mindful of others in their environment.

5. Objectives

- Exposition (demonstration, explanation and instruction) by the teacher to the class, groups or individuals
- Develop a teacher's toolkit, understanding and pedagogy surrounding the delivering of PE and School Sport.
- Practical activity and related discussion
- Co-operative group work
- Consolidation and practice of fundamental skills
- Opportunity to discuss and reflect on their work through a plenary

- Use of professional/qualified coaching to enhance current provision within school - Links made to Mental Health and Healthy Schools.
- Build and develop children's personal development through the teaching of life skills.
- Extended high-quality provision through after school activities making use of professional / qualified coaches
- Use of community facilities – local swimming baths.

Children at St Benedict's are entitled to high-quality PE lessons for 2 lessons per week. Timetables are constructed termly to identify times where teachers and sport coaches will provide this for the pupils.

6. PE in the Curriculum

All pupils have access to 2 hours of P.E. per week in each year group. Reception pupils have two timetabled opportunities to access the Main hall but also have access to indoor and outdoor play throughout the day. Teachers ensure all PE lessons are as physically active as possible. PE is accessible for all pupils. School residential includes opportunities for physical activity away from the school site. Teachers provide opportunities for pupils to be physically active during lesson time (i.e. brain breaks, Yoga and active learning).

Contribution of PE to teaching in other curriculum areas: English

Links between PE and English include: writing sequences, following/giving instructions, oral/peer assessments, speaking and listening, and movement within drama. Sporting role models are often available for the children to research and aspire to become through autobiographies.

Maths

Links between PE and Mathematics include: measurement, shape and space, sequences, number, angles, position and movement, rotation and time. The school has also purchased resources such as Tagtiv8 and Active Maths to provide teachers with the tools for more active lessons.

ICT

Children use capturing and recording equipment (cameras and videos) for evaluation/development of skills. Videos of professional/skilled athletes are also used to help develop good technique.

PSHE

PSHE and PE links include following rules, living healthily, co-operating with others and understanding fairness and equality. It will also aim to develop the whole child, building resilience amongst other important life skills.

Christian Values

Through sport children are taught the values of respect, trust, honesty, friendliness and perseverance.

Healthy Eating

The 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 clubs, lessons and through cookery sessions with all age groups.

SMSC

PE offers many opportunities that support the social development of our children. Groupings allow children to work together and give them the chance to develop respect for the abilities of other children through collaborative and co-operative work, while gaining a better understanding of themselves.

7. Equal Opportunities and Inclusion

At St Benedict's, physical activity is made available to all pupils. This is achieved through provision of a wide range of opportunities, differentiated to meet individual needs either through adaptation of activity or equipment by suitably trained staff.

In afterschool clubs, a range of opportunities for learning is provided for all pupils. These clubs are provided by school staff and external coaches who are all suitably trained and DBS checked. Additionally, breakfast sports club are available to give children an active start before school. Within this, the majority of children attend one of these clubs at some point throughout the year.

8. Role of Curriculum Subject Leader

- With the Head teacher, to share a role in the monitoring and evaluation of the PE curriculum throughout the school.
- To encourage other members of staff in their teaching of PE and to give support where appropriate.
- To encourage staff to work within the guidelines laid down in the PE policy.
- To keep up to date with current good practice and with national changes within the PE curriculum.
- To manage the PE and School Sport Premium to purchase in line with the school's needs.
- To support members of staff in the use of effective planning, assessment and recording systems.
- To oversee an annual inspection of all PE equipment.
- To maintain a high standard of PE teaching in his/her own classroom and ensure that PE keeps a high profile within the school, through sports activities, external support, etc.
- To work closely with the Sports Activity Lead to oversee PE within the school.
- Implement the 'Personal Best' initiative in to the staff teaching of PE.

9. Safety

We follow the recommendations given in The Safe Practice in Physical Education and Sport published by AFPE, a copy of which is held at Rye Hills School by the School Sports Partnership.

Each member of staff is fully aware of any medical conditions of any child they teach and how best to deal with them. Children's inhalers are kept in a designated First Aid box in the classroom and this is taken by the responsible adult when the children are doing PE or any other physical education on or off site. Children are responsible for administering their inhaler with the supervision of an adult (this is dependent upon the age and / or need of the child)

Children are expected to wear suitable footwear/ kit for the relevant activities. All long hair should be kept tied back and no jewelry should be worn during P.E. lessons.

10. Resources

All P.E. equipment is stored around the hall and in the P.E. cupboard in the hall. All children will be taught where to find and how to handle the P.E. equipment. Teachers will make sure that everything is replaced tidily and safely once the lesson is over. All the children will be taught to treat equipment with respect; to collect, use and replace individual items in the appropriate place. If any equipment is found to be faulty or unsafe the teacher will remove it from use and report it to the P.E. subject leader. Every child has access to additional resources at playtime and lunchtime.

11. Monitoring and Evaluation

Formative assessment in PE is carried out by class teachers and the Sports Activity Lead. This should be completed informally during teaching through observation.

At the start and end of each unit of work teachers and Sports Activity Lead to complete pupil assessments in order to update the children's attainment and progress in that area of PE. These are used to assist in reporting to the parents and passed on to the following class teacher.

12. Partnerships

School works in partnership with a range of organisations to raise the profile and increase opportunities for pupils to be physically active. These include

- NPCAT
- Yoga Bugs
- Redcar Rugby Club
- Simon Carson Soccer School
- Dance Magic
- Grangetown Netball
- Destination Judo
- Redcar Town Football Club
- Youth Sports Trust

- Redcar Gymnastics Club
- Marton Furness Hockey Club

With the formation of the Nicholas Postgate Sports Partnership, this will lead to opportunities to develop Sport and PE with other schools across the Diocese. The Nicholas Postgate Sports Partnership package has been specifically designed to ensure there is a key focus on increasing levels of physical activity and enhancing teaching and learning within physical education. As a trust, it is our vision to create a world class school sport system influencing the development of more physically literate children and young people. Within this NPCAT Sport partnership we aim to achieve the following:

- CPD opportunities for teachers to develop.
- CPD for PE Coordinators to effectively utilise the PE and Sport Premium.
- Support for curriculum and assessment through PE Passport.
- Opportunities for training to create more active playgrounds.
- Opportunities for young students to develop into Sport Leaders.
- Provide a wide variety of competitions across a variety of sports and locations.
- Create a Gifted and Talented Programme to give children every chance to succeed in sport.

13. Family Engagement

- School shares information on physical activity with families through:
- Twitter
- School Website
- Notice Boards
- Celebration Assemblies.

14. Active Travel

Bike sheds are available for bike and scooter storage throughout the school day. Helmets are stored within the school. These are left at their own risk. Bikes and scooters must not be ridden on the school grounds. Bikeability training is made available annually to Upper Key stage 2. Pupils unable to provide their own bike will be supported to provide access for the training. Additionally, balance bike training is provided for each child in reception.

15. Evaluation

The PE Curriculum Lead monitors the policy in line with the aims and objectives and it is reviewed and updated in the light of any national guidance. Otherwise this policy will be reviewed in line with other policies every two years.

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