

# Sacred Heart Catholic Voluntary Academy

St Thomas Aquinas Catholic Multi-Academy Trust



## PE POLICY

Policy Date:	17/05/20	Kate Hayles Head Teacher	
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**Physical Education** – is the planned, progressive learning that takes place in the school curriculum timetabled time and is delivered to all students. This involves both ‘learning to move’ (i.e. becoming more physically competent) and ‘moving to learn’ (e.g. learning through movement, a range of skills and understanding beyond physical activity, such as co-operating with others). The context for the learning is physical activity, with children experiencing a broad range of activities. *(Extracted from afPE’s health position paper 2015)*

**School sport** – is the structured learning that takes place beyond the curriculum (i.e. in the extended curriculum) within the school setting. This is sometimes referred to as after school clubs. The ‘school sport’ programme has the potential to develop and broaden the foundation learning that takes place in physical education. It also forms a vital link with ‘community sport and activity’. *(Extracted from afPE’s health position paper 2015)*

### **National Curriculum:**

The National Curriculum for physical education aims to ensure that all pupils:

- 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.

### **KS1**

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination both individually and within a team. They should be able to engage in competitive sport against both self and others.

Pupils should be taught to:

- Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination.
- Participate in team games, developing simple tactics such as attacking and defending.
- Perform dances using simple movements.

## **KS2**

Pupils 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 and competing against each other. They should understand how to improve within physical activities and sports, also understand / learn how to evaluate and recognise their own success.

Pupils should be taught:

- To use running, jumping, throwing and catching in isolation and in combination
- To play competitive games, modified where appropriate e.g. (badminton, basketball, cricket, football, hockey, netball, rounders and tennis) and to apply the basic principles suitable for attacking and defending.
- To develop flexibility, strength, technique, control and balance through athletics and gymnastics.
- To perform dances using a range of movement patterns.
- To take part in outdoor and adventurous activity and challenges both individually and within a team.

## **Swimming and Water Safety:**

All children must provide swimming instruction either in KS1 or KS2. In particular, pupils should be taught to:

- Swim competently, confidently and proficiently over a distance of at least 25 meters
- Use a range of strokes effectively e.g. front crawl, backstroke and breaststroke
- Perform safe self-rescue in different water-based situations.

Students with medical problems will need written permission from either parent or a doctor to be excused from swimming lessons.

## **Physical Education vision statement:**

At Sacred Heart Catholic Voluntary Academy we believe that physical education (PE) plays an imperative role in the physical, social, emotional and intellectual development of children. Physical education and school sport are important in giving the children the knowledge and understanding to make educated decisions about healthy eating and make a positive impact on their own health and wellbeing.

The physical education curriculum at Sacred Heart Catholic Voluntary Academy aims to provide all children a minimum of two hours of PE each week. Children's self-confidence should increase through the ability to manage themselves well during variety of saturations. The children will get to experience a range of different physical activities and sports carried out in a safe and enjoyable environment. Success and hard work will be celebrated and enjoyed during good work assemblies.

## **Sports Premium:**

Sacred Heart welcomed the governments sport premium funding to develop and make improvements to the quality of PE within school. The school will do this by introducing new sports or activities to encourage more pupils to take up sport and to run sporting competitions against other schools. In addition, it will provide existing staff with training or resources to help them teach PE more effectively. The expenditure is published on the school website and a report is published and presented to the school Governors.

## **Equal Opportunities:**

All children within school will be provided with equal opportunities to participate within the curriculum, where there are no barriers based on race, sex, religion, culture and ability.

Physical education lessons should aim to provide quality experiences which will challenge all children.

## **Differentiation:**

Appropriate adjustment and modification of PE activities should be attempted to accommodate the different ability range, doing this will improve the safety within lessons and experience for all.

Applying the STEP framework can help achieve the safety and experience within lessons.

- **S**pace – where the activity is happening
- **T**ask – what is happening
- **E**quipment – what is being used
- **P**eople – who is involved

## **Diversity and Accessibility:**

All pupils within Sacred Heart will be able to access a broad and balanced PE curriculum within school, which will meet the needs of all individuals and groups of children including those who have a diverse special education need, children who are disabled, who have English as additional language and gifted and talented. This is done by the effective planning, delivery and using support staff appropriately.

## **Monitoring and Evaluation**

The School Sport Coordinator and the Head Teacher will monitor subject monitoring including PE lessons, sport activity, and the impact of the sport premium. This will be done by:

- Observation of teaching and learning
- Obtaining views of pupils, staff and parents
- Analysis of records of club attendance

### **Quality of teaching is good when:**

Lessons are split into four sections warm up, main activity, games and cool down

- Lessons objectives and aims are shared with the children at the start of the lessons
- Expectations and challenges are high but achievable
- Lessons are differentiated to support all pupils learning needs
- Continuity and progression are shown clearly through the scheme of work and through the year groups.
- When groups are required the groups should be made equally active and involved on task.

### **Safeguarding:**

Please refer to policies on the school website as Safeguarding at Sacred Heart is paramount.

- Health and Safety
- Safeguarding
- Use of photos
- First Aid
- Asthma and epi-pens

### **Roles and Responsibilities:**

#### **Teacher should:**

- Make the lesson enjoyable and unforgettable, if the lesson is enjoyable and interesting the children will want to learn and be there.
- Make sure the children are as active as possible
- Make the lesson safe
- Check the equipment, PE kit and lessons area is free from hazards
- Where children who are not taking part within the lesson due to injury or ill health they should still be involved. E.g. officials, time keeping etc. (By keeping involved in the lesson they are more likely to develop knowledge and will make it easier for them to re-join the class).
- Plan effective lessons to make sure all children are active and enjoy the lesson.

- Be as positive role model to all children.

### **Parents should:**

- Provide children with appropriate PE kit to wear during indoor and outdoor lessons depending on season.
- Ensure the children are not wearing any jewellery on the day their child has PE
- Provide children with a hair bobble for children with long hair
- If their children is unable to take part in the PE lesson a letter should be sent either to the class teacher or school sport coordinator, outlining the reason why this should be done before the lesson starts.

### **Pupils:**

- Be responsibility for bringing their PE kit into school depending on age.
- Be responsible for maintaining his or her own safety by following the adult's instructions.
- Strive to improve their own performance and ability.



## **Health and safety:**

At Sacred Heart, we aim to control / limit the risks in accordance with the guidelines in the ‘Safe Practice in Physical Education, School Sport and Physical Activity 2016’ afPE. Any concerns by the School Sport Coordinator will be reported to the schools Health and Safety officer. All members of staff involved in PE have a duty of care to all children that partake without endangering themselves or anyone else around them.

All personal effects should always be removed for the PE lesson, the teacher / sports coach should always give a verbal reminder at the beginning of the lesson. If items cannot be removed, the adult in charge of the lesson should make the situation safe. This can be done by changing the activity.

**PE kit** – Pupils should wear clothing that are fit for purpose according to the physical education, school sport and physical activity, environment and weather conditions. From foundation, the children should change into suitable PE kit to participate safely. The school PE kit is a pair of black shorts and white t-shirt and change of footwear e.g. trainers or plimsols. Pupils should wear sufficient and appropriate clothing according to the weather conditions e.g. wearing jumpers and jogging bottoms during the winter and wearing shorts and hat during the summer. Sun cream can be provided by the parents for the summer months but cannot be put on by members of staff the children will need to apply these themselves.

Staff should change into appropriate clothing to lead the activity and set an example to the pupils.

**Hair** – Long hair should always be tied with a soft hair bobble to prevent entanglement with equipment and to prevent vision being obscured.

**Jewellery and personal effects** – Pupils who wear earrings should take these out before the lesson has started. Pupils who are unable take their earring out need to make them safe by taping front and back, staff are unable to remove or tape any earrings. If any jewellery is worn for religious reasons and cannot be taken off it should be made safe by covering it up with a sweat band.

**Staff** – Need to be mindful of their own adornments, and remove them prior to the lesson.

**Non- participation** – Pupils who are not taking part in the lesson need to be recorded by the teacher. The children also should be given a role within the lesson e.g. timekeeper, scorer etc.

**Equipment** – A minimum requirement is that equipment used in PE lesson should be visually checked prior to the lesson starting. Staff need to report the faulty equipment to the School Sport Coordinator and Health and Safety Officer in school, and remove the equipment from lesson and put to one side. Staff will need to report faulty equipment either before the lesson has started or after the lesson.

**Weather** – Before PE lesson starts, the leader should check the weather conditions. Careful planning or safe indoor alternatives are important. Activities should be modified depending on indoor or outdoor activities.

Staff within school are advised to follow the safety requirements as set out within the governments endorsed '**Safe practice in Physical Education 2016 (afPE)** that can be found within the filing cabinet in the PE store cupboard.

**Written by Nicholas Stovell (School Sport Coordinator). This policy was written in conjunction with afPE Safe Practice Book 2016.**