



**St. Thomas's**  
CE Primary School

# Physical Education Policy

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## 1. Vision for PE and School Sport

All young people should have the opportunity to live healthy and active lives. At St Thomas's CE Primary School, we aim to inspire, challenge and motivate children so that they will **believe** in themselves to **achieve** their very best, and **succeed** in life.

Our school vision for PE and School Sport is to ensure that all children are exposed to a broad range of high quality physical activities, to help develop a set of skills that will prepare them to make lifelong, healthy, active lifestyle choices. At St. Thomas's CE Primary, we are fully committed to ensuring that our children are fit, healthy and active learners. We aspire to be a school that offers **every** child the opportunity to fulfil their absolute potential.

We recognise the importance of daily physical activity and how fundamental this is for children's physical, mental and social wellbeing. We teach our children about the impact that exercise has on their bodies which equips them to make more informed choices about continuing participation as they grow older. Here are just a few of the benefits you might see as a result of more active children:

- Improved mental wellbeing
- Increased confidence and self-esteem
- Better concentration and behaviour in class
- Helps children feel part of a team
- Enhanced social skills
- Increased resilience
- Improved sleep leads to better learning and concentration

We also strive to give as many children as possible the opportunity to participate in a variety of competitive sports during their school life, giving them the understanding of what competition feels like, what it is like to be part of a team, and to be able to both win and lose with equal grace. We hope this will lead to a life-long passion of being physically active and healthy.

St Thomas's CE Primary School seeks to provide a full, varied and interesting Physical Education curriculum, which challenges, engages and excites staff and pupils alike. We see Physical Education as a vital part of the education experience as a whole. The health and fitness of all of our children is paramount.

## 1a. Aims and Objectives

St. Thomas's CE Primary School has developed this policy to provide school staff and external providers of PE and School Sport with guidelines on what is required to achieve maximum levels of pupil participation in physical activity.

Our PE and School Sport offer sets out:

- To provide pupils with the best possible physical activity experiences regardless of ability, age, gender, cultural or ethnic background, to encourage a lifelong healthy lifestyle pattern.
- To provide a supportive environment for enjoyable participation.
- To provide a safe, healthy, challenging and physically active environment that encourages a sense of personal achievement, identity and satisfaction.
- To provide appropriate resources and facilities.
- To provide talented and gifted pupils with the opportunity to reach their potential and provide an age-appropriate participation pathway.
- To encourage and empower those less active/able children to take part and enjoy physical activity.
- To increase children's' participation and enjoyment of physical activity within and outside of the curriculum. To encourage participation in community sport and physically active recreation and competitions.
- To encourage participation of the whole school community in physically active experiences.
- To develop the concept of fair play by having positive attitudes towards understanding and applying the conventions and rules of competition.
- To improve the health of all children; helping them to develop an understanding of the importance of activity in maintaining a healthy lifestyle. To encourage all children to take ownership of their own fitness levels through a variety of different personal best challenges.
- To develop the ability to work both independently and co-operatively; to communicate with and respond positively towards others whether as participants, team members, organisers or spectators.
- To provide opportunities for cross curricular learning within PE lessons.

## 2. Curriculum Provision

At St. Thomas's CE Primary we offer 2 sessions of PE weekly. The sessions provide:

- The teaching of fundamental skills to enable our children to become physically literate.
- Personalised curriculum planning for life-long learning

Teachers, coaches and any other members of the school community involved in the delivery of PE and School Sport need to:

- Encourage enjoyment
- Cater for varying levels of ability by providing **every** pupil equal opportunity.
- Provide equal encouragement to all pupils to allow them to acquire skills and develop confidence.
- Prepare and conduct sessions based on sound coaching and teaching principles.
- Set realistic standards and objectives for pupils.
- Ensure a safe and productive environment.
- Ensure consequences of inappropriate behaviour are clearly understood and promoted, as set out in our behaviour policy.
- Encourage pupils to participate in games before, during and after school.
- Act as a good role model of sporting behaviour. Teachers, coaches and other members of the school community who take on a teaching responsibility for PE and School Sport are encouraged to keep up-to-date with teaching developments.

We are proud to have received the Platinum Sports Mark Award for the second time. This demonstrates the commitment and dedication that we, as a school, give to PE and sport.

### 3. School Vision and Values

Our school is a caring family community where everyone is unique, valued and encouraged to achieve their very best in an ethos where everyone develops respect for themselves, each other, God and His world.

Our vision and values here at St Thomas's underpin our curriculum design. Values run throughout lessons, and our vision is our motivation and inspiration for each lesson. We combine our school values with the six school games values; Passion, Self – Belief, Honesty, Determination and Teamwork.

Our aims working alongside the national curriculum for physical education are 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.

#### 3.a Vision

Our school is at the heart of the local community. It is safe and welcoming. The school has a caring and supportive atmosphere and upholds Christian values. We celebrate diversity and encourage children to respect and embrace differences. The school promotes children's active role in the community and in respecting their environment. We work collaboratively with other schools and explore opportunities to develop new partnerships to enhance teaching and learning. Our standards are high with pupils being encouraged to constantly challenge themselves and do and achieve their very best.

*Teach children how they should live and they will remember it all of their life.*

*Proverbs 22 V 6*

#### 3.b Aims

- To help every person to recognise and celebrate their uniqueness and to prepare and equip them to make a valid contribution for all aspects of life in the 21st century.
- To nurture the moral, cultural, intellectual, academic and physical development of everyone within our school community.
- To encourage everyone to develop lively, enquiring, imaginative and creative minds through high expectations, excellent opportunities and high standards of work.
- To support and encourage each other to become independent, self-motivated, resilient and self-aware learners.
- To develop the qualities of tolerance and respect for all regardless of faith, race, class, ability or gender and to encourage a sense of responsibility for themselves and towards others.
- To:

- Believe
- Achieve
- Succeed

### 3.c Values

We embrace all Christian values and have chosen specific values that are adopted by each individual class to study and develop in more detail. Our overall school value is Friendship.

Reception: Thankfulness

Year 1: Forgiveness

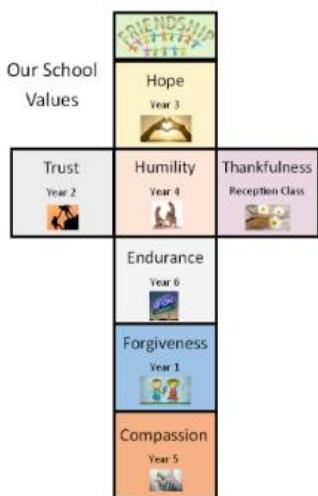
Year 2: Trust

Year 3: Hope

Year 4: Humility

Year 5: Compassion

Year 6: Endurance



#### 4. Curriculum Planning

At St Thomas's, we use the national curriculum, together with our school values, as the basis for curriculum planning in PE.

The curriculum planning in PE is carried out in three phases; long-term, medium-term and short-term. The long-term plan maps out the PE activities covered in each term. The PE subject leader works this out in conjunction with teaching colleagues in each year group.

Our medium term planning, including key knowledge and skills, for each unit are mapped on the whole school progression Map. Short term planning is in-house, informed by pupil's individual needs. Short term plans list the specific learning objectives for each lesson and give details of how the lessons are to be taught. The class teacher keeps these individual plans, and discusses them with the subject leader on an informal, as required basis.

Each PE lesson follows the same structure. Lessons begin with an introduction, then warm up, followed by the main activity and a cool-down/plenary, with mini plenaries used intermittently. For example:

- Introduction: sharing the learning objective, discussing the last lesson, watching skills, technique etc.
- Warm-up: pulse raising activity to prepare the body for physical exercise.
- Main activity: skills session linked to clear objectives e.g. dribbling skills, then developed into a small-sided/ game situation.
- Mini plenaries: used to highlight achievement of skills, model good practice and refer children back to their lesson objective.
- Cool-down: stretching/breathing activities to reduce pulse rate.

We plan PE activities so that they build upon the prior learning of the children. While there are opportunities for children of all abilities to develop their skills, knowledge and understanding in each activity area, there is planned progression built into the scheme of work, so that the children are increasingly challenged as they move up through the school.

##### 4a. Teaching and Learning

At St Thomas's, we use a variety of teaching and learning styles in PE lessons. Our main aim is to develop the children's knowledge, skills and understanding. We do this through a mixture of whole-class teaching and individual/group activities, including direct teaching in respect to the key teaching points of each activity. Teachers draw attention to good examples of individual performance as models for other children and we encourage the children to evaluate

their own work as well as the work of other children. Within lessons we give the children the opportunity both to collaborate and to compete with each other, and they have the opportunity to use a wide range of resources.

In all classes there are children of differing physical ability. Whilst recognising this fact, we provide suitable learning opportunities for all children by matching the challenge of the task to the ability of the child. We achieve this through a range of strategies:

- setting common tasks that are open-ended and can have a variety of results, e.g. timed events;
- setting tasks of increasing difficulty, where not all children complete all tasks;
- grouping children by ability and setting different tasks for each group, e.g. different games with varying restrictions;
- providing a range of challenge through the provision of different resources, e.g. different gymnastics equipment.

#### **4b. Swimming and Water Safety**

Swimming lessons are taken by our pupils in Year 5 and 6. Lessons are provided by the local authority employed swimming coaches alongside class teachers. Lessons are held at Better Kendal Leisure Centre.

Pupils are taught to:

- Swim competently, confidently and proficiently over a distance of at least 25 metres.
- Use a range of strokes effectively such as front crawl, backstroke and breast stroke.
- Perform safe self-rescue in different water based situations.

#### **4c. Cross Curricular Links**

Where relevant, links will be made to cross curricular themes and used as a means to develop cross curricular skills. For example:

**Numeracy:** In athletics it is hoped that children will reinforce skills in measuring and timing. In other activities, basic numeracy skills will be developed by the understanding of scoring systems.

**ICT:** Use of smart board technology, Ipads, videos,

**Science:** Our curriculum teaches children about the physical changes in the body, the positive effects of exercise on the heart and to how to eat a balanced diet.

**Problem Solving:** Through an open-ended approach and team games, pupils will develop their ability to find ways of answering questions.

**Literacy and Communication Skills:** This area will be developed by discussion in lessons and by communicating ideas through movement. There are links to Literacy in the dance scheme of work.

**Personal and Social:** Children interacting with each other and in a group situation will promote personal and social skills. They will also be promoted by cooperation, tolerance, respect of the individual and group, self-respect and self-discipline. Children learn about the benefits of exercise and healthy eating and how to make informed choices.

**Behaviour and Attendance:** Achievement in physical activity whether in or outside the curriculum can help improve attendance, behaviour and therefore attainment. Teaching and learning in PE supports the whole school behaviour policy.

#### 4d. Sports Premium Funding

The 'PE and Sport Premium' is designed to help primary schools improve the quality of the PE and sport activities they offer their pupils. It is used to support the school to meet the objectives laid out in our action plan, and school development plan. It enables us to affiliate with our School Games Organiser, who provide our school with curricular support, competitive opportunities, extra-curricular activities and training for staff.

Information about the school's funding allocation and how it is spent each year is published on the St Thomas's CE Primary School website under 'PE and Sport Premium.'

## 5. Assessment

Assessment of PE is an ongoing process. As each lesson progresses, the teacher carefully observes and assesses, intervening as necessary, to ensure that each child makes the full progress of which they are capable.

In EYFS, children are assessed termly against the Birth to 5 matters document. All children work towards achieving the Physical Development Early Learning Goal by the end of their Reception year.

In Key Stages 1 and 2, the assessment of PE at St Thomas's is in accordance with the National Curriculum attainment target for each key stage.

Individual lessons and units of work are planned to align directly and enable progress to these:

### Key Stage 1

Gymnastic Movements	Games	Dance
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.

### Key Stage 2

Gymnastics	Games	Dance	Athletics	Outdoor and Adventurous Activity	Evaluate
Develop flexibility, strength, technique, control and balance.	Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending	Perform dances using a range of movement patterns.	Use running, jumping, throwing and catching in isolation and in combination.	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.

## 6. PE Uniform and Dress Code

All children come to school on their PE day wearing their PE uniform. Correct and appropriate clothing should be worn for PE activities.

### Indoor clothing

- Blue St Thomas's PE T-Shirt
- Navy shorts
- Appropriate footwear (trainers)
- Children must have bare feet for gymnastics unless they have medical reasons not to.

### Outdoor clothing

- Blue St Thomas's PE T-Shirt
- Blue St Thomas's hoody
- Navy shorts or navy tracksuit bottoms
- Appropriate footwear (trainers). Indoor pumps are **not** suitable as the grip is insubstantial.

### Staff Dress

It is expected that teachers also come to school dressed appropriately, for the safe delivery of a PE lesson. Staff are provided with a polo shirt and hoody as part of PE uniform.

## 7. Accident Procedure

For school based activities, staff should follow the guidelines in the Health and Safety Policy.

For offsite activities, staff must familiarise themselves with the individual facility procedures.

Risk assessments must be in place for any off site visits. For swimming sessions, all staff should familiarise themselves with pool procedures.

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.
- PE equipment is stored in the PE Cupboard.
- 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.
- 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.
- Long hair must be tied back and all jewellery must be removed. Earrings can be taped if they cannot be removed.

## 8. Professional Development

Professional Development is ongoing, bespoke and continuous. A skills audit is conducted yearly with all teaching staff, to establish a programme of professional development. The programme sets out to reflect the needs of staff in order to up-skill, and develop confidence and competence in delivering the requirements of the National Curriculum for PE. Where possible St Thomas's Primary encourages school based professional development, to ensure that any training and support reflects the individual teachers learning environment.

St Thomas's Primary also encourages teachers who have benefited from a training or mentoring opportunity, to disseminate new practise with colleagues where it is appropriate.

## 9. Extended Sports Provision

St. Thomas's Primary offers a wide variety of lunchtime and after school clubs, which include a range of sporting and recreational activities (these may vary based on pupil interest and access to provision).

After school activities are about enrichment and reflect pupils' interests. These clubs run free of charge (or a nominal fee that goes back to the school to help support the maintenance and upkeep of equipment, and professional development) for our children with the aim to enhance our school provision and improve the skills and teamwork of our children.

## 10. Competition

At St Thomas's Primary, provision is made for a healthy level of competition for all pupils. Competition occurs at the intra-school and inter-school level as well as on a less formal, social basis and is conducted at a level that is appropriate for the age and experience of the pupils.

Teachers, coaches and other members of the school community involved in the delivery of PE and School Sport need to ensure all pupils participating in the sport programme are aware that, although everyone likes to win, participating is equally as important.

St John's Primary has established links with South Lakes School Games, who centrally organise a programme of sporting inter school festivals, tournaments and events. The programme involves both participation (just taking part) and performance (leading to knock out) events, to ensure a varied and appropriate range of participation and competition for all levels of ability.

A calendar of events is scheduled yearly and communicated with schools across the South Lakes. Medals and trophies won will be celebrated and placed in prominent positions, in order to share these achievements with the whole school community.

## 11. Role of the PE Subject Leader

The PE subject lead maintains and develops the subject within school. They are responsible for assuring quality and standards in the subject by:

- Providing support and training for staff in-house, including the planning, teaching, assessing, and evaluating of the P.E. curriculum.
- Ensuring the PE curriculum resources available to teachers are of a good standard and a quantity.
- Promoting PE and Sport across the school, encouraging children's participation and celebrating both involvement and success.
- Acting as a consultant to colleagues on resources, competition opportunities, curriculum changes, classroom teaching ideas and CPD.
- Monitoring and evaluating pupils' work, colleagues' planning and classroom teaching.
- Conducting Pupil voice and staff questionnaires/discussions.
- Monitoring and analysing assessment data, identifying gaps in learning and developing strategies to overcome this.

## 12. Inclusion

PE at St Thomas's C of E complies with the three basic principles for inclusion:

- Set suitable learning challenges
- Respond to pupils' diverse learning needs
- Strive to overcome potential barriers to learning and assessment for individuals and groups of pupils

Working towards equal opportunities requires that teachers should treat all children as individuals with their own abilities, difficulties and attitudes, as stated in the school inclusion policy. Children will have their own individual gifts to contribute, which can be used to enrich the experience of others. The overriding aim should always be to create an environment in which, from the earliest age, children and their teachers learn to respect each other.

The P.E. curriculum should enable all children to benefit. There will be no barriers to access or opportunity based on race, sex, religion, ethnic group, culture or ability. Consideration will be given to those with special educational needs, whether they have disabilities or a particular talent. The action necessary to respond to an individual's requirements for curriculum access will be met through greater differentiation of tasks and materials.

## 13. Safeguarding

In all areas of PE safety guidelines should be strictly adhered to, in order to promote safe practice and fulfil the safety requirements of the National Curriculum. We follow the safety guidelines 'Safe Practice in PE and School Sport' guidance provided by the Association for Physical Education.

A copy of the document is kept with the PE display board. Health and safety is an integral part of pupils' learning in PE and they are taught to recognise and take some level of responsibility for their own safety. They are taught to recognise and be aware of hazards that are present from an early age.

## 14. Monitoring and review

The Head teacher and PE Subject Leader will monitor the effectiveness of this policy on a regular basis. The Head teacher and PE Subject Leader will report to the governing body on the effectiveness of the policy and, if necessary, makes recommendations for further improvements. This is a working document and as such will be reviewed as and when needed.