
St. Austin's Catholic Primary School
A Policy for Physical Education

Introduction

Our school believes that physical education, experienced in a safe and supportive environment, is vital and unique in its contribution to a pupil's physical and emotional development, health and well-being. The physical education curriculum aims to provide for pupils' increasing self-confidence through an ability to manage themselves successfully in a variety of situations.

A balance of individual, team, co-operative and competitive activities aims to cater for individual pupils' needs and abilities. The scheme of work used is based on progressive learning objectives which, combined with varied and flexible teaching styles, endeavour to provide appropriate, stimulating, challenging and enjoyable learning experiences for all. The scheme also aims to promote an understanding of the many benefits of exercise, through a balanced range of relevant activities. Physical education is considered as a vehicle to facilitate access to cross curricular themes, skills and dimensions, rather than a subject concerned exclusively with the acquisition of motor skills and techniques.

Aims

- To promote positive attitudes towards health, hygiene and fitness
- To foster an appreciation of safe practice
- To develop communication skills, encouraging the use of correct terminology, to promote effective co-operation
- To develop a sense of fair play and sportsmanship
- To develop an ability to plan a range of movement sequences, organise equipment and apparatus, and begin to design and apply simple rules
- To develop an ability to remember, adapt and apply knowledge, practical skills and concepts in a variety of movement based activities
- To foster an enjoyment, and positive attitude to, the subject in school

Objectives

- Children will participate in a range of psycho-motor / movement activities in order to develop personal physical skills (*practical attainment*)
- Children will be made aware of their body in relation to others and their immediate environment and aim to promote quality of movement (*kinaesthetics*)
- Children will be made aware of simple physiological changes that occur in their bodies during exercise (*physiology*)
- Children will be given opportunities to develop imagination and co-operation to achieve shared goals (*teamwork*)
- Children will be given opportunities to develop personal characteristics like, initiative, self-reliance and self-discipline (*self-knowledge*)
- Children will be given opportunities to enjoy and succeed in the subject as well as be stimulated and challenged (*problem-solving*)
- Children will be given the opportunity to develop areas of activity of their choice (extra-curricular)

Organisation

All children in EYFS, Key Stage One and Key Stage Two have access to the curriculum and receive two hours teaching from their class teachers during their weekly timetable. The two school halls are timetabled weekly for use by sports coaches such as LFC Foundation, Harriers and LJMU throughout the school day and before school for breakfast clubs, during lunchtime and after school.

Resources

An extensive range of resources are provided to allow quality teaching both indoor and outdoor. These are utilised throughout the year, to support the schemes of work. Equipment is safety checked yearly and stock replenished accordingly.

Inclusion

All children will be included in all activities provided throughout the school. Any child with special educational needs will be supported during the activity and any modifications necessary will be made.

Health and Safety

No form of jewellery is to be worn by any child during physical education activities. All ear-rings must be removed by the child themselves or their parent, and no provision for covering them or a member of staff removing them on their behalf is provided. No plasters over earrings are allowed. No tights, cardigans, jumpers or any other item of clothing that is not P.E kit to be worn.

Safeguarding

All PE coaches are fully qualified and have obtained the relevant CRB checks.

Assessment / Monitoring

Assessment to record progression is monitored through the scheme of work GetSet4PE throughout the school year which informs end of year statements for Target Tracker. EYFS observations are on-going in Physical Development.

Timetable

All children from Nursery to Year 6 will receive between one and two hours of physical education per week, depending on termly opportunities for additional activities such as swimming, dance or football coaching.

Role of the subject leader

- Supporting colleagues in all aspects of the curriculum.
- Liaising with the various coaches such as LFC Foundation, Harriers.
- Planning and Schemes of work are monitored regularly.
- Ensuring that equipment is available.
- Maintaining and replacing resources.
- Attending meetings and courses.
- Co-ordinate competitions for school entry ie, athletics, cross country etc,
- Ensuring pupils have the opportunity to become involved in extra-curricular activities to further develop skills and talents.
- Monitor the teaching of the subject throughout the school.
- Assist with record keeping and registers.