



PE policy.

St Catherine's C of E Primary School

December 2023

St Catherine's is a nurturing community where differences are celebrated, and caring, happy children flourish. Children embrace their learning and develop skills of wisdom and resilience, enabling them to live life in all its fullness.

"I have come that they may have life, and have it to the full." (John 10:10)

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.1. Values and Aims

Physical Education at St Catherine's aims to encourage all children to enjoy physical activity, understand the importance of physical activity on their well-being and improve their access to learning. In line with our school ethos, we teach children about the importance of fair play and sportsmanship - ultimately supporting the development of key life skills and enabling them to live life in all its fullness. We are always proud of their behaviour at weekly fixtures and during local school sports events.

PE should:

- be inclusive of all children
- promote a healthy and active lifestyle
- enable children to live life in all its fullness
- ensure children are physically active for two hours of curriculum time per week
- give children the opportunity to take part in competition
- promote an enjoyment of physical activity
- develop confidence to participate in a broad range of physical activities
- develop the idea of teamwork and co-operation
- develop the concept of sportsmanship and fairness
- develop a range of physical, social, cognitive, creative and personal skills
- foster self-esteem and promote well-being
- offer all children the opportunity to take part in extra-curricular physical activities.

2. Objectives

2.1 Learning

During PE lessons, pupils should learn through a variety of ways, including:

- interacting with other pupils in small groups, large groups or in whole-class situations
- understanding how to develop their well-being
- designing and exploring own ideas and activities
- adapting games and activities
- developing skills and techniques
- improving their health
- solving problems
- coaching and being coached by both adults and other pupils
- working as a team
- competing.

2.2 Teaching

Staff employ a variety of methods in the teaching of PE to provide opportunities to learn in the ways described above so that children can lead healthy, active and fulfilled lives.

They give pupils time and opportunities to experiment, practise and refine their own ideas and skills.

PE allows a great deal of scope for interaction between pupils and for teamwork and cooperation. Teachers allow plenty of opportunity for this type of activity.

Staff/coaches and skilled pupils demonstrate the correct technique for certain skills. This is particularly necessary when a safety aspect is involved. Certain high-level skills can only be achieved by following specific instructions. Pupils are unlikely to discover certain techniques themselves and need to be shown.

2.3 Assessment

2.4 Planning

2.5 Planning

Some groups are teacher-allocated and some are by free choice. Free choice groups are often formed on a friendship basis or on a perceived skills basis. By working in a range of groupings, children are helped to develop social and emotional skills, which will help them to live life in all its fullness.

Children are given the opportunity to take part in extra-curricular matches, festivals and events for netball, football, tag rugby, tennis, athletics, table tennis, cross country, rapid fire cricket, cricket and multi-skills.

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Teachers are responsible for setting up the wall bars correctly. KS2 children set up and put away the larger apparatus (horse, gym mats) under supervision. Foundation and KS1 staff set up larger equipment but teach children how to safely carry smaller equipment, including benches for KS1.

4. Resources

The equipment is used by all staff and is widely-used. St Catherine's is well-equipped and the PE Co-ordinator is keen that the equipment is well-used and is displayed prominently in the hall.

Each class is given one hall slot per week. Any free hall slots are also allocated but some classes have to go outside for their PE lesson.

The larger apparatus is stored in the hall, though equipment for outside use is kept in the outdoor games shed. The PE shed should be kept tidy by all staff.

Equipment includes:-

Assorted small balls	Hoops	Assorted small bats
Quoits	Ropes	Skittles
Coloured Bands	Bean bags	
Footballs	Cricket equipment	
Netballs	Rounders equipment	
Basketballs	Large and small foam balls	
Tennis equipment	Hockey sticks	
Speed bounce	Small mats	

Large apparatus including:

Ladders	Wall bar complex
Beams	Box
Large mats	Balance beams
	Stools
	Planks

In order to ensure its safety, the equipment is checked regularly by Mr Shepherd and annually by Education Technicians.

5. Presentation

Pupils are often asked to demonstrate to the whole class their movements or particular skills they have learned and this is one way to encourage pride in performance.

Reports and scores of inter-school matches are mentioned in school 'Success Assemblies,' in the school newsletter and on the school website. Many pupils participate in sporting activities outside of school; these are greatly appreciated by the school and are celebrated in assemblies.

There is a KS1 and a KS1 Sports Day each year, usually in June. All pupils are in 1 of 4 Houses and a cup is awarded to the winning House. This is the culmination of the year's physical activities programme

and it takes place within National Sport Week, which St Catherine's celebrates through a range of sporting activities.

6. Coverage/Subject Content

Please refer to our curriculum overview/map which can be found on the website for a yearly overview for each Year group.

6.1 KS1 Content

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, 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. Pupils should be 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

6.2 KS2 Content

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, 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. Pupils should be 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

7. Important information/points to remember for staff

- 7.1 Check apparatus prior to use.
- 7.2 Carry/erect apparatus safely.
- 7.3 Wear footwear for carrying heavier articles.
- 7.4 All staff to wear suitable PE clothing and footwear for teaching PE.
- 7.5 Students, TAs, Parents may take sessions/lead clubs or groups but a teacher must supervise or be in close proximity.
- 7.6 Be aware of all safety aspects.
- 7.7 Put all equipment back at the end of session.

8. Important information/things to remember for children & parents

- 8.1 Long hair to be tied back for PE lessons.
- 8.2 Earrings to be removed on PE days. If your child is unable to remove their earrings, they should be covered with medical/sterile tape.
- 8.1 Ensure pupils erect apparatus safely.
- 8.2 Teachers to ensure pupils carry equipment safely.
- 8.3 Wear footwear for carrying heavier articles.
- 8.4 Appropriate footwear to be worn by all children. Plimsolls or trainers for outdoor PE and Plimsolls/bare feet in the hall.
- 8.5 St. Catherine's PE kit to be worn for all lessons (current uniform policy can be found on the school website).