

# St Mary's Catholic Primary Academy



## P.E. POLICY

Policy Reviewed: December 2016

Next Review: December 2018

## Introduction

**All children at St. Mary's Catholic Primary Academy will experience excellent physical education, school sport and physical activity that will lead to life-long participation.**

P.E. is a National Curriculum Foundation Subject and an entitlement for all Key Stage 1 and 2 children. It is also an entitlement for children in the Foundation Stage as part of the Physical Development area of learning.

PE is vital for the development of the whole child. It helps children become physically and mentally healthy individuals who can work creatively, communicate effectively and are happy, healthy sociable children, who are having fun.

All children, at St. Mary's will;

**ENJOY, IMPROVE and ACHIEVE!**

## Aims and Objectives

At St. Mary's Catholic Primary Academy we aim to provide a broad and balanced physical education programme and are committed to ensuring a minimum of 2 hours high quality PE and school sport during curriculum time.

Our aims in teaching PE are that all children will:

- Enjoy PE and develop confidence and competence in a range of activities and skills.
- Acquire a positive attitude towards physical activity.
- Engage in competitive sport and activities
- Begin to see physical activity as part of a healthy lifestyle.
- Be able to sustain physical activity for sustained periods of time.
- Learn to work co-operatively with others.
- Learn safe working practises

## Areas of activity

St. Mary's is committed to providing a minimum of 2 hours high quality P.E. and school sport for every child in line with Government targets. P.E. is regarded as of equal importance with other areas of the curriculum.

The children in Key Stage 1 will be taught through three areas of activity:

- Games
- Gymnastics
- Dance

The children in Key Stage 2 will be taught through six areas of activity

- Games
- Gymnastics
- Athletics
- Dance
- Swimming
- Outdoor and adventurous

Children will develop their knowledge and skills socially, creatively, personally, emotionally and physically through high quality teaching and learning.

## Planning

Planning in P.E is a process in which all teachers are involved. Work is planned by individual teachers for each half term in accordance with National Curriculum requirements.

Teachers follow the curriculum map and use the L.C.P. scheme of work to plan for the units appropriate to their age group.

## Assessment

Assessment is an integral part in the process of teaching and learning and is part of every P.E. lesson. The teacher's observation of children's responses to tasks and challenges will provide a means of determining strengths, weaknesses and progress in learning. This will then be used in future planning.

## Clothing

All children are required to wear the correct clothing for P.E.

Ear-rings must not be worn (see uniform policy) or taped over if within 6 weeks of insertion.

Hair must be tied back.

## Indoor P.E

- Blue shorts
- White T-shirt
- Black P.E. shoes

## Outdoor P.E.

- Jogging bottoms/tracksuit bottoms may also be worn

## Swimming

- One piece swimming costumes or trunks
- Swimming goggles should not be worn without a letter of consent from parents/guardians.

## Safety

We follow recommendations given in 'The Safe Practice in Physical Education' published by BAALPE.

## Medical

If a child is fit enough to come to school then they are fit enough for P.E.

Exceptions to this are:

- Certain medical conditions where a Doctor's note is provided.
- Genuine parental concerns e.g. blistered feet, sprained ankle. (A personal note or verbal message is required.)

In this situation the child will be asked to observe and contribute to the lesson where appropriate.

Each member of staff is aware of any medical conditions of any child they teach and how best to deal with them.

### Resources

All P.E. equipment is stored in the P.E cupboard in the hall. All children will be taught how to safely move and handle P.E. equipment and to treat it with respect. Staff will ensure that the equipment is returned to the P.E. store tidily and safely. Children are not allowed access to the P.E. store.

### Out of hours learning

We provide additional physical activities that both enrich and extend the curriculum through out of hours learning.

This includes:

- Zumba
- Football
- Multi-skills
- Outdoor games
- Dance
- Parachute games
- skipping

## Staff Continued Professional Development (CPD)

All staff should take part in professional development to ensure secure subject knowledge and awareness of health and safety procedures. Staff should be comfortable and competent in the area being taught and should indicate where they feel they need guidance so that appropriate support can be given. Support will be given by the subject leader and the School Sports Partnership.

All staff who attend CPD must provide feedback/disseminate the information.

Christine Smith

Subject leader