



Sacred Heart RC Primary School, Battersea

PHYSICAL EDUCATION POLICY

Approved By	Governors
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Introduction

Physical Education is the first stepping stone in primary school for children to start a healthy active lifestyle. PE supports emotional and social well-being and develops children's understanding of competition and the successes and failures it brings. It can be the start of finding talent in individuals.

PE supports pupils' behaviour and attitudes towards classroom learning along with free time on the playground. It is important each and every child gets the opportunity to be physically active at an early age to support the continuation of being active throughout their lifetime.

Aims

The Curriculum 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
- Develop an understanding of how to keep themselves physically active and the importance of this in terms of physical and mental health.
- Lead healthy, active lives.

Intent

To develop a high-quality PE curriculum that inspires all children to succeed to the best of their abilities.

This policy should be read in conjunction with:

- The behaviour policy
- Safeguarding policy
- Health and Safety policy

Implementation

To use the planned curriculum to develop fundamental movement skills, master basic movement and apply/develop a broader range of skills.

Curriculum Organisation

Our curriculum is designed to develop a love of active learning, build confidence and encourage teamwork through sport. The curriculum is made up of six main focuses we believe are crucial for our pupils to build knowledge and skills on throughout their time at primary school. Each unit will contain around twelve planned lessons to ensure the knowledge and skills are embedded and understood to the depth required. In the units, pupils will get the opportunity to build their leadership skills, become creative, and challenge their abilities. Extra support is put in place for any pupils who may struggle with a sport or topic we cover. Below is a list of our main six units:

Areas of Activity

Fitness

Fitness plays an important role in the development of pupils' ability at St Mary's. Fitness helps to tackle obesity and emphasises the importance of 'keeping fit' and 'staying healthy'. Fitness levels impact the performing standards of pupils when playing other sports.

Below are the expectations in each year pupils will follow:

Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Increase heartrate through aerobic exercise.	Increase heartrate through aerobic exercise.	Understand the importance of aerobic exercise.	Improve stamina through repetitive movement and practise.	Improve stamina through repetitive movement and practise.	Improve stamina through repetitive movement and practise.
Understand the changes in my heart beat.	Set an aim and work towards achieving this target.	Increase stamina through repeated practise.	Understand the impact of aerobic exercise.	Understand the different types of exercise and the body parts used.	Understand the importance of a warm up.
	Improve levels of Fitness			Exercising safely.	Understand how to train safely.

Team Building

Team building helps to support children in all aspects of school life. Team building helps pupils to gain confidence, enables them to take the lead, be part of a sports team or solve a problem in a group. It is also supports children at play time to make them aware that they are part of a wider group with expected rules and behaviours.

Below are the expectations in each year pupils will follow:

Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Play games as part of a team.	Work as part of a team.	Develop team work.	Demonstrate on understanding of teamwork and the impact on others.	Work as part of a team.	Show respect to all members of the game.
Begin to understand the purpose of team sports.	Ensure all members of the team are included.	Identify and encourage strategies for team work.	Show mutual respect for all players.	Show respect towards those that win.	Demonstrating fair play at all times.
	Support other team members.	Show support for fellow player.		Respond appropriately and fairly to defeat.	

Movement

Movement helps children to understand their own body and build upon their knowledge of the different ways we can move and control ourselves. Movement teaches children agility, balance, coordination and control.

Below are the expectations in each year pupils will follow:

Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Use different body parts in motion including rolls. Begin to balance using different body parts. Create and perform a short sequence.	Move the body more fluently in time to a rhythm. Balance using equipment. Create and perform a longer sequence using a variety of body parts.	Complete forward and backward rolls as part of a sequence. Use a variety of balances, rolls/jumps in a performance. Evaluate performances.	Perform a sequence from my own ideas. Evaluate/refine mistakes to improve my performances. Move rhythmically to different genres of music.	Balances and roll using a variety of body parts and equipment performing them in a controlled sequence with finesse. To attempt challenging jumps including equipment.	Balance using a variety of body parts and equipment performing them in a controlled sequence with finesse.

Invasion Games

Invasion games supports pupils' ability to work as a team, to understand the concepts of winning and losing in activities or sport. The variety of games also help pupils' confidence in completing tasks that test their ability levels. They support tactical knowledge of 'Attacking' and 'Defending'.

Children learn and understand the rules and discipline of sports.

Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Understand the purpose of attacking. Understand simple rules.	Understand and develop strategies for attacking. Develop simple tactics for attacking and defending.	Begin to understand rules of a small sided game. Understand rules and tactics.	Understand rules of a variety of games. Understand rules and tactics.	Understand rules from a variety of games. Demonstrate understanding of rules and tactics.	Play a range of games using a variety of attacking and defending strategies successfully.
Change directions whilst running.	Participate fairly in games.	Develop strategies for defending and attacking.	Develop strategies for defending and attacking.	Improve strategies for defending and attacking.	

Ball Skills

Ball skills helps to develop pupils’ footwork, throwing and catching skills. This unit covers arange of games and activities that children will experience throughout their education. Ball skills help children to explore different ways they can pass/ handle and deliver. Otherequipment will also be introduced in this unit to develop small sided games.

Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Begin to control different sized balls using hands/feet.	Control a ball using hands and feet.	Stop, catch and pass a ball with control.	Stop, catch and pass a ball with control at speed.	Stop, catch and pass a ball whilst under pressure from another player.	Stop, catch and pass a ball with control whilst under pressure from another player.
Roll/throw underarm with some control.	Throw under/overarm.	Use different passes.	Use different passes whilst moving.	Use a range of passes whilst moving.	Use a range of passes whilst moving at speed.
Begin to aim towards a mark.	Strike a ball with a racket.	Pass a ball to a partner with control.			
	Begin to aim towards a target/pass to a partner.				

Athletics

Athletics is a multi-skilled area that gives children the opportunity to experience a number of different athletic activities and explore their individual and team talents. Athletics helpschildren to challenge each other as well as challenge their own personal best. Athletics willbe put to the test when individuals take part in their sports day event.

Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Throw different sized balls using simple techniques.	Throw different sized balls, with control using simple techniques.	Develop techniques to improve speed of running, height and distance of jumps.	Consider how to and improve tactics within races.	Develop tactics to improve personal performance.	Setup, lead and measure events.
Perform basic movements: Moving, jumping.	Perform running and jumping at speed.		Evaluate and improve techniques.	Challenge self to perform at maximum potential.	Develop skills in a range of events: Running, jumping and throwing.
				Perform a variety of throwing events.	Evaluate own performances.

Swimming

Swimming is delivered by swimming specialists at the Latchmere Leisure Centre. All pupils attend a course of swimming lessons during their time in Key Stage 2.

Staffing

At Sacred Heart there is a specialist PE teacher who teaches all classes from Nursery to Y6, including Hilary House. The PE teacher develops every pupil, encouraging progression. Pupils are signposted to external services when they display talent for a particular skill or sport. External specialist coaches complement PE lessons e.g. Wimbledon tennis, Fulham Football, Surrey Cricket.

As a school we ensure each pupil is receiving a minimum of 2 hours of Physical Education each week. Most lessons are supported by a Teaching Assistant.

Planning

Our planning is designed to meet every child's abilities, it is designed to make children enjoy PE and feel confident at.

Throughout the school academic year planning is adapted to support the needs of the children.

Pupil Assessment

At Sacred Heart we assess pupils on their overall progress and attitude towards learning. Each pupil will be assessed at the end of every unit to ensure all children are at the required stage and to support development of any children who need extra support.

School Leaders

Throughout KS2 children get the opportunity to take on several responsibilities in school to support the development of PE. Children build their own leadership and teamwork skills to apply across the school.

School leaders have the opportunity to be trained up and lead events along with after school clubs.

Extracurricular Provision

- **Breaktimes/ Lunchtime:** During breaks an equipment is available for children to play with. The children are responsible for looking after their equipment (stored in a box) and handing equipment out to their friends
- **After School Clubs:** We offer some free after school clubs for children, or some free places for children. We aim to keep costs as low as possible to encourage as many children to participate as possible. We aim to encourage all pupils to take part in a range of clubs and involve them in deciding the clubs we put on offer. Registers of clubs are kept to identify those who do not take part in (extra) regular exercise.
- **Afterschool care** is offered via The Fruity club which runs daily from 3pm-6:30pm. It offers children initial 30 minutes of quiet study arts and crafts as well as the opportunity to have outdoor free play, with variety of outdoor activities.
- **Competitions:** This introduces children to competitive element of team games and enable children to put into practice the skills they learnt and developed during the PE lessons.

Children take part in a range of intra-school and inter-school competitions and these include:

- Athletics
- Girls football
- Boys football
- Sports day for all pupils each summer term
- Sporting events organised by external groups
- Competitions for pupils with Special Needs
- **School trips:** The school offers a number of outdoor education experiences throughout the year.
- **Active travel:** Children are encouraged to use a form of active travel (walk, cycle, scoot or use public transport). Annually we take part in Walk to School Week to promote the active travel initiative to parents, pupils and staff.

Staff Training

The specialist PE teacher attends specialist training and links to external sports partnerships and groups. Class teachers, particularly in EYFS have the opportunity to observe lessons and the physical progression of pupils in their classes.

All teachers support with Sports Day and are prepared by the PE Teacher.

Health and Safety

Risk assessments are in place to reduce the risk of injury to staff and children. At the start of every PE lesson, club or events the grounds of the area being used are checked to ensure it is safe for participants, spectators and staff. PE equipment is also checked at the start of every lesson to check participants safety.

Correct PE kit is also required every lesson to reduce the risk of harm. Correct footwear must be worn, protective equipment and all jewellery must be removed.

Monitoring and Evaluation

- This policy was developed in consultation with staff, children and governors and will be reviewed annually by Headteacher and PE Coordinator who is responsible for the monitoring of physical activity in the school.
- Monitoring and learning walks will be carried out to assess and review children's PA levels in school.
- This policy will be shared with staff, parents and governors.