

St Anne's R.C.  
Nursery and Primary School

## PE Policy 2022-2023

“To help every person here to **achieve** his or her best in **work** and in **play**.

To **celebrate** whatever is **good** and to **follow** in the footsteps of **Jesus** by supporting and forgiving each other,

For the honour and glory of God.”

## **Overview**

This document is a statement of the aims, principles and strategies for the teaching and learning of PE at St Anne's Catholic Nursery and Primary School. It contributes to the school's philosophy of teaching and learning as expressed through our Mission Statement.

It has been revised in September 2022 in light of our school priorities.

## **Intent**

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St Anne's R.C. Primary and Nursery School believes that Physical Education, experienced in a safe and supportive environment, is essential to ensure children attain optimum physical and emotional development and good health. We intend to deliver high-quality teaching and learning opportunities that inspire all children to succeed in physical education and in developing life skills. We want to teach children skills to keep them safe such as being able to swim. We also want to teach children how to cooperate and collaborate with others as part of an effective team, understanding fairness and equality of play to embed life-long values. Our curriculum aims to improve the wellbeing and fitness of all children at St Anne's, not only through the sporting skills taught, but through the underpinning values and disciplines PE promotes.

By following our PE curriculum, we aim to:

- Guarantee a high quality of Physical Education Curriculum for pupils to succeed and excel in competitive sports and other physically demanding activities,
- Provide opportunities for pupils to become physically confident in a way which supports their health and fitness,
- Give opportunities to compete in sport and other activities which build character and help to embed values such as fairness and respect,
- Develop competency to excel in a broad range of physical activities,
- Keep physically active for sustained periods of time,
- Engage in competitive sports and activities,
- Lead a healthy, active life.

## **Implementation**

PE at St Anne's R.C. Primary and Nursery School provides challenging and enjoyable learning through a range of sporting activities, including specialist training and delivery from the P.E and Sports Hub. We deliver a curriculum which covers invasion games, net & wall games, strike & field games, gymnastics, dance and in addition, swimming in Key Stage Two.

All long-term, medium-term, and short-term planning are located within the PE Passport app which is our chosen PE scheme at St Anne's R.C Primary and Nursery School. The PE Passport allows the class teacher to suitably assess children each lesson with their specific learning objective. At St Anne's R.C Primary and Nursery School, we chose PE Passport as their planning shows that there is clear skills progression from EYFS through to Upper Key Stage 2. The long-term plan sets out the PE units which are to be taught throughout the year and ensures that the requirements of the National Curriculum are fully met. Pupils participate in two high quality PE lessons each week (one led by the Sports Hub coach and one session led by the class teacher), following our whole school curriculum plan.

In addition, children are encouraged to participate in the varied range of extracurricular activities and children can attend after school sport clubs, including street dance, netball, Irish Dancing and football. Children are invited to attend competitive sporting events, organised with our cluster schools and other outside competitions. This is an inclusive approach which endeavours to encourage not only physical development but also mental well-being. These events also develop teamwork and leadership skills and are very much enjoyed by the children.

Each year a group of Year 5 and 6 children are invited to become JPLAs (Junior Playground Leaders). They are trained every Friday by our specialist sports coach to lead sporting activities for the younger children at lunchtimes. They develop into sporting role models for the younger children, assisting with lunch-time clubs, our annual sports day and any other sporting activities.

Children in Year 5 swim once a week for the whole academic year. We repeat the course for the last term of Year 6 to ensure that any children who are still unable to swim have further opportunity to grasp this life skill.

We additionally ensure that all children participate in PE lessons even if they are unable to due to injuries or additional circumstances. If a child is unable to participate in a PE lesson physically, that children will have a choice of 6 so they are engaged still in the lessons. These roles are a manager, a time-keeper, a coach, a sports analyst, an official or a journalist. Each role is explained to the child and gives them instructions of how they will participate in that PE lesson.

**The National Curriculum Programmes of Study are followed: By the end of each key stage, pupils are expected to know, apply and understand the matters, skills and processes specified in the relevant programme of study:**

#### Key Stage One

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.

#### Key Stage Two

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

## Swimming and Water Safety

In particular, pupils should be taught to:

- Swim competently, confidently and proficiently over a distance of at least 25 metres
- Use a range of strokes effectively (for example, front crawl, backstroke and breaststroke)
- Perform safe self-rescue in different water-based situations

## **Intended Impact**

Our Physical Education curriculum is constantly being monitored, reviewed and evaluated to ensure we are delivering the best content available, and the needs of our children are being met. The subject leader is informed of progress within PE using evidence submitted through the PE Passport, regular pupil voice is conducted with each class and lesson observations.

We help motivate children to participate in a variety of sports through quality teaching that is engaging and fun. From our lessons, our children learn to take responsibility for their own health and fitness, many of whom also enjoy the success of competitive sports. We equip our children with the necessary skills and a love for sport.

With our carefully designed curriculum and commitment to sport, we hope that our children at St Anne's R.C. Primary and Nursery school will grow up to live happy and healthy lives, utilising the skills and knowledge acquired through PE.