

St. Paul's C of E Primary School

Documentation Information and Control

Physical Education (PE) Policy

Current Status: Reviewed and revised July 2021, March 2023

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Persons responsible for review: The Governing Body in consultation with the Head Teacher

Reference to other documents: Assessment Policy
Real PE Scheme
The National Curriculum in England 2014
Statutory Framework for the Early Years Foundation Stage, DfE, 2021
Safe Practice in Physical Education, School Sport and Physical activity, Ninth Edition, Association for Physical Education

Physical Education Policy (PE)

1. Rationale

- 1.1 St Paul's School was established in 1862 to serve Almighty God and the community by providing, within a biblical Christian ethos, a broad, balanced, and engaging education and learning experience.
- 1.2 St Paul's School is an inclusive school in which, through the provision of a broad, balanced and engaging curriculum and within a caring and supportive environment, each pupil is motivated to develop and flourish as he or she acquires skills for life and a love of learning.
- 1.3 A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities.
- 1.4 It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness.
- 1.5 Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.
- 1.6 Physical Education contributes to the overall education of young people by assisting them in leading full and valuable lives through participation in purposeful activity.
- 1.7 Physical Education incorporates athletic activities, swimming, dance, gymnastics, outdoor and adventurous activities, and games.

2. Aims

- 2.1. In St Paul's School the teaching of physical education shall seek to ensure that all pupils:
 - (a) develop competence to excel in a broad range of physical activities;
 - (b) are physically active for sustained periods of time;
 - (c) engage in competitive sports and activities; and
 - (d) lead healthy, active lives.
- 2.2 The expectation shall be, by the end of each key stage, that pupils should know, apply and understand the matters, skills and processes specified in the Physical Education programme of study.
- 2.3 The organisation of the Physical Education curriculum in St Paul's School shall be based upon the *Pathways to Sport* programme which provides pupils with pathways into clubs as well as other resources.
- 2.4 The Early Years Foundation Stage (EYFS) Curriculum for pupils shall be taught in the Early Years Unit.
- 2.5 The statutory requirements of the National Curriculum for the programme of study for each Key Stage shall be taught.
- 2.6 Record keeping and assessment of each pupil's capability shall be achieved by planning appropriate curriculum activities in line with the PE Intent document and the school assessment policy.
- 2.7 The spiritual, moral, social and cultural development of pupils shall be promoted through the delivery of this subject (where 'delivery' means the content and the way in which the content is taught).

3. Subject Content

3.1 Key Stage 1

- (a) Pupils shall be taught to develop fundamental movement skills, to become increasingly competent and confident and to access a broad range of opportunities so as to extend their agility, balance and coordination, individually and with others.
- (b) They shall engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.
- (c) Pupils should be taught to:
 - (i) 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;
 - (ii) participate in team games, developing simple tactics for attacking and defending; and
 - (iii) perform dances using simple movement patterns.

3.2 Key Stage 2

- (a) Pupils shall be taught to 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.
- (b) They shall be taught to enjoy communicating, collaborating and competing with each other.
- (c) They shall be taught to develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.
- (d) Pupils shall be taught to:
 - (i) use running, jumping, throwing and catching in isolation and in combination;

- (ii) 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;
- (iii) develop flexibility, strength, technique, control and balance (for example, through athletics and gymnastics);
- (iv) perform dances using a range of movement patterns;
- (v) take part in outdoor and adventurous activity challenges both individually and within a team; and
- (vi) compare their performances with previous ones and demonstrate improvement to achieve their personal best.

3.3 *Swimming and water safety*

- (a) Swimming instruction shall be provided in Key Stage 2.
- (b) Pupils shall be taught to:
 - (i) swim competently, confidently and proficiently over a distance of at least 25 metres;
 - (ii) use a range of strokes effectively (*for example*, front crawl, backstroke and breaststroke); and
 - (iii) perform safe self-rescue in different water-based situations.

3.4 *Physical Education Activities*

- (a) All staff who undertake physical education activities shall be both appropriately trained and competent to carry out such duties.
- (b) The guidance provided by the Association for Physical Education in the *Safe Practice in Physical Education and School Sport* publication shall be followed.
- (c) A visual check of all equipment used for sport will be undertaken by staff before the equipment is used.

4. Resources

4.1 Resources and equipment including large and small apparatus shall be housed in the PE cupboard in the hall or at either side of the back of the hall's main entrance.

4.2 Clothing for PE

(a) *Pupils:*

(i) *Indoor lessons*

A top, a pair of shorts and plimsolls, or bare feet.

(ii) *Outdoor lessons*

A top, a pair of shorts or jogging trousers, and outdoor trainers.

(iii) *Jewellery*

Rings, necklaces, bracelets, watches and earrings (looped variety, excluding studs) shall not be worn during PE lessons because of the possible dangers or injuries that could be sustained both to the wearer and fellow pupils.

(iv) *Headwear*

Headscarves will be removed and sports scarves worn.

(b) *Staff:*

Clothing appropriate to the activity, as agreed by staff and the Head Teacher.

4.3 Assistance

The PE subject leader shall be available to assist by:

(a) demonstrating a lesson;

(b) offering guidance with lesson preparation; and,

(c) providing updated information to colleagues about courses and events.

5. Review

The governors shall review this policy every other year.