**St John the Baptist Primary School**

Statement of Policy: Physical Education

March 2022

*Date for Review: March 2024*

**School Vision Statement 2022**

At our school we recognise the positive outcomes that a high-quality PE and school sport curriculum can achieve in all personal, social, cognitive and physical aspects of a child’s development and well-being. We strive for teaching and learning of PE that promotes confidence, participation, progress and performance in a safe and supportive environment. We aim to embed a culture of PE and school sport participation, enjoyment, academic achievement, and understanding of health and well-being of our pupils that they continue to follow beyond our school. Our PE curriculum is inclusive and we ensure that pupils of all abilities access the range of activities we offer and that they are physically active for sustained periods of time in order to encourage them to lead healthy, active lives. Our school sport programme offers a balance of individual, team, co-operative and competitive activities, including intra and inters school competitions and opportunities for leadership and officiating. Positive values of sports are integrated into the school ethos such as fairness and respect.

**Aims**

Through our PE & Sport provision, we intend to provide every child with the opportunity to gain the knowledge to make informed decisions about their own participation in physical activity - now and in their future. We want all children to experience a wide variety of sports and physical skills which will challenge and promote self-esteem through the development of physical confidence and problem solving. We aim for the positive values of sports to be taught and understood, such as fairness, respect and perseverance: this may happen in lesson, in a competitive game or through exploration of sports in the news (via Picture News / Newsround) which all contribute towards the cultural development of our pupils.

***Physical development*:**

• To develop physical competence and confidence by acquiring and developing a range of fine and gross motor skills

• To have the ability to be physically active for sustained periods of time.

• To develop knowledge, skills and understanding, and the ability to remember, repeat and refine actions with increasing control and accuracy.

• To promote a healthy lifestyle by understanding the effects of exercise on the body and the importance of developing strength, endurance and flexibility.

• To appreciate the value of safe exercising.

***Social and emotional development*:**

• To develop a love of physical exercise.

• To develop the ability to work independently and communicate with and respond appropriately towards others using verbal and non-verbal communication.

• To develop confidence in their own skills and abilities and confidence to teach others.

• To promote an understanding of safe practice, and develop a sense of responsibility towards the safety of themselves and others.

• To realise that the right exercise for you can be fun and will give you energy for other things in life.

• To develop a sense of fair play.

***Cognitive development*:**

• To develop decision making, problem solving and reasoning skills and the ability to make judgements.

• To develop an increasing ability to select, link and apply skills, tactics and compositional ideas.

• To develop the ability to communicate non-verbally with the body

• To improve observational skills, the ability to describe and make simple judgements on their own and others’ work, and to use this knowledge and understanding to improve their own performance based on constructive criticism

• To understand that using the correct technique will improve accuracy and individual performance

***Spiritual, moral and cultural development*:**

• To develop a positive attitude to themselves and others.

• To experience a range of competitive situations individually and as a team at different levels

• To experience a range of differing activities and realise that physical activity doesn’t have to be about winning a competition - doing your best is as important.

• To be able to encourage others and give praise for their achievements so that when children perform they do not fear failure.

• To treat their team, the opposition and the referee with respect.

• To raise self-esteem through opportunities to celebrate sporting success.

**Teaching / Planning**

Our planning follows the National Curriculum, which states:

“A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.”

At St John’s, children receive two hours of PE each week prepared and taught by the Class Teachers and Miss Ryan (Corbet Secondary School Specialist PE Teacher). We aim to meet the ‘five hour offer’ where all children are provided with two hours of curriculum PE per week plus the opportunity of three hours extra-curricular activity. Activities and topics are carefully selected and sequenced, covering: games, dance, gymnastics, athletics, striker / field sports, outdoor and adventurous activities and swimming. Forest Schools is also part of our PE provision. In planning and teaching, we have a constant goal that the children will know more and do more: motor competence, rules, strategies and tactics and healthy participation underpin teaching and learning. Teachers aim to provide progression through a breadth of experience which will enable pupils to develop competency within the national curriculum. The PE day for each class is clearly timetabled and children spend their day in PE kits to ensure maximum learning and activity time during lessons. A range of extra-curricular activities are also in place to complement and enrich the PE curriculum. The importance of a healthy, active lifestyle and the benefits of this are a regular part of PE at St John’s, supplemented by Science and PSHE learning. Achievements in PE are a high priority and pupil successes are celebrated in assemblies, newsletters and on the school website and sports notice board.

**Swimming:** All children from Reception to Year 6 receive 5 hours of swimming lessons every Summer Term: this enables our children to achieve fantastic success in swimming. We strive to promote equality in swimming opportunities by providing target-children with 10 weeks of swimming where they need further teaching to achieve swimming and water- safety competence according to the National Curriculum expectations.

Our school sport programme offers a balance of individual, team, co-operative and competitive activities, including intra and inter-school competitions and opportunities for leadership and officiating when competency is achieved. Local competitions are frequently entered (frequently in conjunction with our feeder-secondary, The Corbet School) where our pupils experience opportunities to represent our school in a range of disciplines including tennis, tag-rugby, athletics, New-Age Kurling and swimming. Year 6 pupils visit Arthog Outdoor Activity Centre in North Wales each summer to experience outdoor and adventurous activities.

Foundation Stage / KS1 Children should:

• Develop fundamental movement skills, becoming increasing competent and confident in a broad range of opportunities.

• Regularly engage in competition – against themselves and against others.

• Develop an understanding of safe practice when using equipment and working with others.

• Take part in cooperative activities with increasingly challenging situations.

• Participate in team games, developing simple tactics for attacking and defending

• Apply skills of running, jumping, throwing and catching, as well as developing balance, agility and coordination, to different activities and scenarios.

• Where possible be able to link skills to real life examples where they need them.

• Be physically exerted in PE to help lead a fitter, more active lifestyle.

KS2: Children should:

• Build on KS1 skills and objectives.

• Enjoy collaboration, communication and competition with each other.

• Develop an understanding of how to evaluate and recognise their own success and work towards improving their own PBs (personal bests).

• Understand what they need to do to improve their own performance.

• Play competitive games and apply the principles of attacking / defending.

• Be physically exerted in PE to help lead a fitter, more active lifestyle.

• Develop their skills in the planning and organisation of activities, including leadership, officiating and coaching.

• Promote sport by sharing experiences in assemblies, newsletters and match reports as part of a School Sports Team.

**Non Participation in P.E. Lessons**

Children should only miss P.E. lessons on health grounds if this is requested by their parents or guardian either by direct contact with the school or in a note to the teacher. The teacher will find an alternative role for the pupil such as team manager, score counter, equipment manager, recording supervisor or lesson report writer.

Where kits are persistently forgotten, support will be given and spare clothing is available at school.

**Health & Safety**

Physical Education is by its very nature a challenge to growing children. Pupils will be placed in situations where risk of an accident or injury is ever present. Therefore it is important for teachers to be aware of the importance of safety and to plan it in their work so as to minimise the risk of accidents to both pupils and teachers. The following list is a general outline of safe practice in P.E. more detailed, subject specific guidelines can be found in the ‘Safe Practice in Physical Education and School Sport’ document.

* All forms of physical activity should be preceded by an appropriate warm-up.
* The pupils must be given tasks which are challenging, but within the scope of their ability.
* Teachers must carry out a risk assessment of all equipment before use and give pupils disciplined strategies for safe handling of the equipment whilst the work is in progress and safe storage when the work is complete.
* Appropriate levels of lighting must exist to facilitate a safe working environment.
* The surface that the pupils are expected to work on should be clean and free of litter or other hazards that could cause an accident. The teacher should pay special attention to the suitability of the surface, after the floor has been polished in the hall and after rain on the playground or on the grass as this may make the area too slippery to be safe.
* All jewellery, watches and religious symbols should be removed.
* Long hair should be secured as appropriate to the activity at all times.
* Appropriate clothing must be worn by pupils and staff.
* The teacher must ensure the preservation of body heat after hard physical exercise and use good methods to cool down pupils after such exercise.
* The teacher must be aware of any medical condition which may affect physical ability (e.g. diabetes or asthma) and make the appropriate adjustments in planning and implementation of the lesson to allow pupils who suffer from any conditions to take part actively but safely.
* For Health and safety reasons, teachers may physically guide children during lessons in order to develop their skills. E.g. correcting a child’s position during a gymnastics lesson.
* Staff should have a working knowledge of First Aid and know when and how to summon qualified First Aid assistance.

**Inclement weather**

Where weather renders an outdoor lesson non-viable, every effort is made to move the lesson into the hall. The lesson maybe adapted or suitable indoor games played instead.

**Safeguarding**

All adults working with children in school are to be checked for appropriate DBS clearance. This includes coaches working for a term at a time as well as staff working on a one off basis or with clubs. Boys and girls in Year 5 and 6 are not expected to change together and must close classroom blinds when changing in allocated rooms. However, children are now asked to come in to school wearing PE kits which also reduces safeguarding risks.

**Equality**

All aspects of PE are taught in such a way as to include all children regardless of their gender, background, culture or physical ability. Learning objectives are set in line with our Special Needs and Equality Policies. A well-balanced and planned P.E. programme should meet the physical and social needs of all pupils thus allowing all children across the ability spectrum to succeed.

Inclusion and challenge are very important within lessons and at St John the Baptist we ensure PE lessons are differentiated for all abilities and all pupils are challenged to achieve their very best, including pupils with SEND who are carefully planned for. Lessons build on knowledge and skills whilst next steps are shared with the pupils so they know how to improve further. By setting suitable learning challenges, responding to pupils’ diverse learning needs and overcoming potential barriers to learning, teachers aim to create a positive and achievement-orientated learning environment.

**Assessment / monitoring**

Assessment in PE is ongoing and formative. Children will receive feedback and support during the lessons. Assessment in P.E should provide opportunities for pupils to assess their own performance through talk and observation of peers. They should be encouraged to recognise ways of improving skills and make positive comments on their own and others work.

**Resources**

We have fantastic facilities for sport at our school including: two large fields (marked for football, rounders, cricket and athletics – dependent on season), a gym with apparatus and ropes (the children are expected to help set up and put away this equipment as part of their work and by so doing, the children learn to handle equipment safely), a large playground plus access to a Tennis Court and also our Forest Schools site which is used for outdoor and adventurous activities. We have a dedicated ‘PE Store’ stocked with equipment and resources. Oswestry Leisure Centre is used for swimming lessons and specialist coaches employed.

**Extra-Curricular Clubs:**

We strive to provide a multitude of different sporting after school clubs across the school year which give all children an opportunity to join in with team games, individual sports and a range of competition within our area. Specialist coaches help deliver these clubs and links are fostered with local sports clubs. Registers are kept and staff aim to ensure all children are encouraged to attend a club where physical activity is a focus in the week.

**Dress Code for Pupils**

It is expected that children have the appropriate PE kit during lessons: blue / white t-shirt, tracksuit top, black / blue shorts and jogging bottoms and a change of socks plus plimsolls or trainers. The pupils can work with bare feet indoors during gymnastics. Tights must not be worn. Pupils must meet the ‘Health and Safety’ requirements listed above.

**Risk Assessment**

Regular checks and risk assessments are made by all staff involved in delivering the P.E. curriculum, these checks are ongoing including the use of sporting equipment and facilities. Risk assessments should also be carried out on any facilities that are used for sporting activities outside of the school grounds.

Annual safety checks and repairs are carried out on gymnastic equipment and staff should check apparatus when it is being taken out for use in lessons. If a potential hazard is identified it is immediately taken out of use and reported to the office.

**Competition**

At St John’s provision is made for a healthy level of competition for all participants.
Competition occurs at the intra-school and inter-school level as well as on a less formal, social basis and is conducted at a level that is appropriate for the age and experience of the students.

Coaches, teachers and any other members of the school community involved in the school physical activity program need to ensure all students participating in the sport program are aware that, although everyone likes to win, participating is equally as important.

Medals and trophies won will be celebrated and placed in prominent positions, in order to share these achievements with the whole school community.

**Monitoring and Evaluation**

The monitoring and evaluation of the P.E. curriculum will be carried out in the following ways:-

* By the school leaders, teaching staff, coaches and P.E. co-ordinator discussing plans and matching them against the P.E. schemes of work.
* Supporting colleagues in the teaching of P.E. by being informed about current developments in the subject.
* By evaluating the strengths and weaknesses of the subject and identifying areas that need further development.
* By carrying out lessons observations.
* Annual renewal of School Games Kitemark.

**Sports Pupil Premium Funding**

The government has provided additional funding to improve the provision of physical education (PE) and sport in primary schools. The funding – provided jointly by the Departments for Education, Health and Culture, Media and Sport – was allocated to primary school headteachers. This funding is ring-fenced and therefore can only be spent on provision of PE and sport in schools.

See our website for full details of how our school has spent the Sports Premium funding.

March 2022