

LONDON BOROUGH OF HAVERING



**ST. URSULA'S  
CATHOLIC PRIMARY SCHOOL**

**PHYSICAL EDUCATION POLICY**

*“With God at the heart of our St Ursula’s family, we welcome all as we learn and grow together”*

**Autumn 2020**

# St Ursula's Catholic Primary School

## Physical Education Policy

### **Rationale**

St. Ursula's Catholic Primary School believes that physical education, experienced in a safe and supportive environment, is a unique and vital contributor to a pupil's physical, cognitive, social and emotional development. St Ursula's also recognise the vital contribution of physical education to a pupil's a child's spiritual, moral and cultural development.

St. Ursula's Catholic Primary School provides a broad and balanced physical education curriculum that promotes increasing self-confidence in children's ability to manage themselves and their bodies within a variety of movement situations. Progressive learning objectives, combined with sympathetic and varied teaching approaches, endeavour to provide stimulating, enjoyable, satisfying and appropriately challenging learning experiences for all pupils. Through the selection of suitably differentiated tasks, it is intended that pupils enjoy success and be motivated to further develop their individual potential.

St. Ursula's Catholic Primary School provides opportunities for children to experience a balance of individual, paired and group activities through co-operative, collaborative and competitive situations during school P.E. lessons and in extra-curricular activities. Such activities, experienced within a range of areas of activity, aim to promote a broad base of movement knowledge, skills and understanding.

The activities offered and the teaching approaches adopted seek to provide pupils with opportunities to develop their creative and expressive abilities, through improvisation and problem solving. Pupils are encouraged to appreciate the importance of a healthy and fit body, and begin to understand those factors that affect health and fitness. This work is closely aligned with the school's policy on Health and Safety.

Physical education also has considerable potential to contribute to a much wider areas of learning. Therefore, it is considered good practice in St. Ursula's Catholic Primary School that physical education, whenever possible, is integrated into other subject areas of the curriculum. We offer outdoor education opportunities for children throughout the school. Different experiences for different age groups ensure all will get a range of appropriate challenges as they move through the school. More recently, we have been including what we have learned from our Wellbeing lessons into our Physical Education lessons. As a school, we promote physical exercise as a method of improving one's mental health and wellbeing. This year, we have signed up to work with the charity Stormbreak; a charity whose aim is to support mental health through movement.

St Ursula's aspires to be a leading school in promoting healthy living. Children are taught to appreciate the importance of a healthy and fit body, and begin to understand

those factors which affect health and fitness. This work is closely aligned with our links with Healthy schools London and the Havering collective.

Through the Government Funding for sport, where possible, the school will provide opportunities for all pupils to work with PE specialists. The funding will support PE training by providing opportunities for teachers to work alongside specialist teachers.

### **Aims - School**

St. Ursula's Catholic Primary School aims to;

- Provide opportunities for children to develop competence to excel in a broad range of physical activities
- 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
- Develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.
- Ensure children are physically active for sustained periods of time
- Provide children with opportunities to take part in a wide range of physical activities
- Engage children in competitive sports and activities
- Promote a healthy and fulfilling lifestyle by encouraging children to lead healthy, active lives.
- Provide a PE curriculum that allows children to enjoy communicating, collaborating and competing with each other.
- Educate children on the positive impact physical exercise can have on one's health, both mental and physical.

### **Aims – Pupil**

Through physical education in St. Ursula's pupils should aims 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.

- Develop resilience, good conduct and respect for those participating and monitoring the activities.

## Curriculum

Teacher taught:

Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<u>Reception</u>	Dance	Gymnastics	Benchball	Tennis	Throwing and catching	Running and jumping
<u>Year 1</u>	Dance	Gymnastics	Benchball	Tennis	Rounders	Athletics
<u>Year 3</u>	Hockey	Football	Netball	Benchball	Rounders	Athletics
<u>Year 4</u>	Football	Basketball	Netball	Benchball	Rounders	Athletics
<u>Year 5</u>	Hockey	Football	Basketball	Handball	Cricket/ Rounders	Athletics
<u>Year 6</u>	Hockey	Football	Basketball	Handball	Cricket/ Rounders	Athletics

Superstar Sports:

Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<u>Year 2</u>	Rugby	Hockey / Gymnastics	Dance	Gymnastics	Rounders	Athletics
<u>Year 3</u>	Rugby	Hockey/ Gymnastics	Tennis	Badminton	Athletics (Throwing)	Athletics (Running)
<u>Year 4</u>	Rugby	Hockey/ Gymnastics	Tennis	Badminton	Athletics (Throwing)	Athletics (Running)
<u>Year 5</u>	Rugby	Football/ Gymnastics	Tennis	Badminton	Athletics (Throwing)	Athletics (Running)
<u>Year 6</u>	Rugby	Football/ Gymnastics	Badminton	Basketball	Athletics (Throwing)	Athletics (Running)

\*Swimming lessons are taught by trained instructors at the local leisure centre – Year 3 and 4.

## Planning/Assessment

Throughout the school, PE is taught twice a week in one hour sessions, either in the school hall, on the playground, on the astro turf or school field. The PE coordinator and class teachers must ensure adequate coverage of the National Curriculum's activity areas during the year. PE is planned and structured to ensure clear progression and understanding of skills through KS2.

Individual lesson plans may be taken directly from available resources and adapted to suit the class. If the class teacher is confident he/she may choose to plan the lessons in their entirety. This is, in many ways, preferable, but teachers should ensure they plan to the weekly learning intentions of the unit of work. This will ensure logical progression throughout the unit of work and means skills will not be taught in isolation and there is a clear end objective.

With guidance from the PE coordinator, each class teacher will assess each student for every curriculum activity, using the schools PE assessment sheet. The participation in extra-curricular activities will also be monitored to ensure those less likely to attend clubs will have an opportunity. The PE Curriculum Framework will serve as a record of the broad topics covered in each activity area for subsequent teachers to refer to. In line with overall school policy, teachers should make notes of significant achievement.

### **Monitoring PE teaching – Staff development**

PE is monitored annually. The Subject Leader looks at planning and observes lessons. When appropriate it is also possible that the PE Subject Leader will seek the support of a specialist teacher in a secondary school to evaluate particular areas of the curriculum such as gymnastics.

Each member of the teaching staff has responsibility for the teaching and learning within their own class. There are eight class teachers and each take their own class for P.E. lessons. In addition, Superstar Sport PE specialist teachers also teach each class once a week from year 2 to year 6. As part of their own personal development, teachers are encouraged to observe the specialists to gain expertise and ideas.

### **Differentiation - Inclusion**

PE at St. Ursula's aims to give every child the opportunity to succeed and learn. The teacher achieves this through differentiation of work, tasks and outcomes, in an effort to allow children to learn in a way that is most beneficial to them. Teachers at St Ursula's take a flexible approach to learning and may incorporate work from an earlier key stage in order to provide successful, purposeful learning for those children who fall significantly below expected levels of attainment.

When planning, all teachers set high expectations of children, regardless of their ability. Teachers provide the same opportunities for girls and boys, pupils with S.E.N, and those with disabilities or from different social or cultural backgrounds to access the P.E. Curriculum. Teachers at St Ursula's provide an effective learning environment that allows children to work with motivation and concentration. Teaching using the Visual, Auditory and Kinaesthetic (VAK) approaches ensures that all learners are catered for. Teachers set specific targets for all learners and use assessment to inform planning and differentiation. When required, teachers make provision for individuals or groups through greater differentiation of both tasks and materials.

Individuals will be given access to the curriculum through specialist equipment and alternative or adapted activities (that still conform to the learning objectives set out for the class) in circumstances such as a child with a statement of S.E.N. Teachers will

remove barrier to learning by; providing help with communication and literacy, adapting planning to incorporate VAK learners, provide support for those with behaviour problems and so ensure that a safe environment for working is maintained. Teachers will adapt planning and ensure that children with physical disabilities are able to participate fully alongside their peers.

For children who exceed levels of attainment, differentiation will again be used to ensure that work is challenging. Teachers may draw on materials from later key stages or higher levels of study to extend the breadth and depth of study. The Harold Hill Schools Partnership also provides opportunities for Gifted and Talented, tournaments and festivals. Extra-curricular clubs are also offered as an opportunity for Gifted and Talented children to participate in. Children are encouraged to join local clubs to enhance their skills.

### **Resources**

There is a wide range of resources to support PE across the school. All indoor and outdoor resources (gymnastics equipment and soft balls etc.) are kept in the PE storeroom. CDs and other literature related to PE are kept in the PE storeroom. Any new PE equipment that is needed can be ordered through the PE Coordinator.

There are TWO main areas where P.E. equipment and apparatus is stored:

- The P.E. Store – small equipment. E.g. bats, balls, rackets, hockey sticks
- The Hall – large apparatus (wall bars, ropes), mats and agility benches

### **Health and Safety**

When engaged in Physical Education children are expected to behave in a considerate, responsible manner showing respect for other people and equipment. During Physical Education, children will be encouraged to discuss safety implications concerning themselves and others.

The safe use of equipment will be encouraged at all times and children will be trained to move and store equipment in a safe manner. Adults must always check the gymnastics equipment once it's in position to ensure it is safe for use. KS2 children are trained to collect and return equipment with the permission of the teacher. All adults working at the school have a responsibility to report any defects in equipment to the PE Coordinator.

Children must walk to the hall wearing PE shoes and it is the teacher's decision whether the PE lesson is completed in bare feet or indoor shoes. If a child has an infectious skin condition on their foot/feet, such as a verruca, they must wear PE shoes at all times and during swimming must wear a suitable waterproof sock.

### **Extra-curricular**

St Ursula's is fully committed to providing extra-curricular sporting opportunities. These will include:

- Clubs (lunch-time and after-school) available to all age groups and in a range of activities.
- Competition against other primary schools in a wide range of sports through the Havering Sports collective and Harold Hill collective – both leagues and tournaments.
- Friendly matches against other schools/groups.

### **Other agencies**

These include:

- Participation in local sports leagues Harold - Hill Cluster.
- Visits and liaison with, outdoor education centres and agencies.
- Involvement with Stormbreak <https://www.stormbreak.org.uk/>
- Liaison with the local School Sport Co-ordinator.



## **MONITORING AND REVIEW OF POLICY**

**Policy Name:** \_\_\_\_\_

All policies will be monitored and amended in line with the Equality and Diversity Statement and include an impact assessment, as appropriate every year, but all policies will be fully reviewed and updated as appropriate.

**Signed:**

Executive Headteacher: \_\_\_\_\_

Governor: \_\_\_\_\_

Date: \_\_\_\_\_

Date for review: \_\_\_\_\_

**Impact of this policy:**

**Signed:**

Executive Headteacher: \_\_\_\_\_

Governor: \_\_\_\_\_

Date: \_\_\_\_\_

Date for review: \_\_\_\_\_