



# Christ The King Federation

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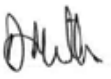


## PHYSICAL EDUCATION POLICY

### FEDERATION MISSION STATEMENT

*Christ The King Federation is a community called by God to work collaboratively for the common good; providing an environment that nurtures and inspires pupils to realise their potential, as we journey together.*

*This federation is committed to safeguarding and promoting the welfare of children and young people and expects all staff and volunteers to share in this commitment*

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## **Rationale:**

'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.' DfE National Curriculum

This document lays out the aims and implementation of Physical Education across the Christ the King Federation.

## Curriculum Statement

### Intent:

Across the Christ the King Federation, we aim to instill in all pupils a passion for PE and sports and for every child to have the opportunity to develop their skills and perform to the best of their ability in their PE lessons, sport and during active playtimes. Through physical education and sport we aim to teach our pupils new skills and enable them to improve them in a fun, safe and stimulating environment. By providing a broad and balanced PE Curriculum (**see curriculum map, appendix 1**) , we hope our pupils will become healthy, confident and active young people that have the resilience and strength of character needed for the next stage of their lives. We strive to give all pupils the opportunity to take part in competitions both within school and against other schools, promoting the values of determination, respect, friendship, courage, equality and teamwork.

### Implementation:

At Christ the King Federation, PE lessons are taught by Class Teachers and/or a specialist PE teacher. Each class is taught 2 hours of PE a week. Each lesson is carefully planned to ensure a broad and full range of skills and activities are taught.

#### **Pupils are taught to:**

- Develop their physical literacy - 'the motivation, confidence, physical competence, knowledge and understanding that provides children with the movement foundation for lifelong participation in physical activity' (Youth Sport Trust)
- Develop their fundamental movement skills (running, jumping, throwing, catching, balance, agility and coordination)
- Participate in a range of different sports and understand the rules of each at an age appropriate level
- Understand the importance that exercise and physical activity plays in living a healthy lifestyle
- Take part in a range of sporting competitions
- Develop their team work and leadership skills
- Challenge themselves and attempt things that are outside of their comfort zone

- Recognise the importance of their mental health and take part in activities that can help them if they are ever feeling anxious or upset (meditation, yoga, breathing techniques etc...)

### **Impact:**

Our PE curriculum aims to meet the needs of all pupils so that they can participate in a range of sports, develop their skills and begin to understand the important role exercise and sport plays in living a healthy lifestyle.

Year group specific assessment criteria for each aspect of PE has been developed, in line with national curriculum aims, to enable teachers to assess the progress of children after each PE topic/unit. ensuring that children are supported and challenged as appropriate. This data is analysed on a termly basis, and measures taken to address any identified gaps.

All pupils are provided with opportunities to experience different sports, particularly during National School Sports Week. They are also given frequent opportunities to take part in competitions whether this involves representing our schools at external sporting events or representing their house team during their weekly PE lessons.

Pupils are encouraged to develop their leadership skills in a range of ways including; being Playleaders, organising structured games for younger children on the playground. Sports Captains and House Captains also help the PE subject leader to organise a variety of intra-school competitions throughout the school year.

### **Teaching and Learning**

The Federation's Physical Education programme follows the guidelines set out in the National Curriculum 2014 with both schools adhering to the Government recommendations for all primary aged school children to receive a minimum of two hours of PE per week.

Class teachers across the Federation use the Rising Stars Champions Scheme of work as a basis for planning and delivering lessons. This ensures that all pupils receive a broad PE Curriculum that includes; games, gymnastics, dance and athletics. The Scheme of Work also contains detailed lesson plans relating to health and wellbeing that are taught alongside the two hours of physical PE each week.

## **EYFS Expectations - Development Matters**

### **Physical Development**

- Children will be given opportunities to develop and refine their fundamental movement skills (rolling, crawling, walking, jumping, running, hopping, skipping and climbing).
- Children will develop their overall body strength, co-ordination, balance and agility needed to engage in further PE sessions including dance and gymnastics
- Children will build their core muscle strength to achieve good posture when sitting at a table or on the floor
- Children will develop their small motor skills
- Children will begin to combine different movements with ease and fluency
- Children will begin to confidently and safely use a range of large and small apparatus inside and outside, alone and in a group
- Children will further develop a range of ball skills (throwing, catching, kicking, passing, batting and aiming)
- Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball

### **Personal, Social and Emotional Development**

- Show resilience and perseverance in the face of challenge
- Know and talk about the different factors that support their overall health and wellbeing (regular physical activity, healthy eating etc...)

### **KS1 Expectations**

- To develop basic movement skills - running, jumping, throwing and catching
- To develop balance, agility and coordination
- To participate in team games and develop simple tactics for attacking and defending
- To perform simple dances using a range of movements

### **KS2 Expectations**

- To use running, jumping, throwing and catching in isolation and in combination
- To play a range of competitive games e.g. badminton, basketball, cricket, football, netball, rounders and tennis
- To apply basic principals for attacking and defending

- To develop flexibility, strength, technique, control and balance
- To perform dances using a range of movement patterns
- To take part in a range of outdoor and adventurous activities
- To compare their performances with previous ones and demonstrate improvement

**All pupils will be taught to swim and should competently and confidently swim at least 25m.**

### **Structure of PE lessons**

All PE lessons should include the following:

- A suitable warm up and appropriate stretches
- Skill acquisition/development
- Opportunities to apply their skills in games
- A suitable cool down/warm down

**It is an expectation that all pupils will be active for a large majority of their PE lessons - if waiting to complete a task/activity, children should be encouraged to run on the spot, complete star jumps etc...**

### **The Children's Health Project**

The Children's Health Project has been designed to provide a more holistic approach to PE. It provides detailed and progressive lesson plans that cover the following four key areas; healthy movement, healthy eating, healthy habits and healthy mindset. These lessons are designed to be taught alongside and in addition to the Champions PE lessons.

### **Swimming**

Both schools provide pupils with swimming lessons delivered by qualified Swimming Teachers. St. Joseph's provide lessons for pupils from Years 2-6 while St. Francis provide swimming lessons for Year 3 and Year Five pupils. **All members of staff that accompany children to the swimming pool should be suitably dressed. They should be on poolside throughout the swimming lesson to aid the swimming teacher with behaviour management.**

Any medication needed by children must also be taken to the swimming pool and be held by the Class Teacher. Parent helpers that are assisting with swimming lessons should not be on the poolside during the lesson but should be sat in the viewing gallery.

Children will only be excused from swimming if they have a letter from their parent/caregiver or a medical professional. Spare swimming kits are available from both school offices if a child has forgotten theirs. Class teachers are expected to speak to parents/caregivers if a child is consistently forgetting their kit.

### **Assessment of PE**

Assessment of PE is regularly undertaken by class teachers throughout PE lessons, with lesson plans being annotated accordingly. Teachers are also to assess children at the end of each unit of PE using the year group specific assessment grids (**see appendix 2, these assessment grids will enable teachers to assess whether children are working below, above or at the expected level at the end of each unit**).

### **Opportunities for Competition**

**Intra School Competitions** - Pupils have the opportunity to compete in intra school competitions on at least a half termly basis (this is usually done in house teams) and involves a range of different sports.

**Inter School Competitions** - Pupils take part in a range of sporting activities against other local primary schools on a regular basis.

### **Mile a Day**

In addition to their two hours of PE a week, all pupils across the Federation take part in Mile a Day (a minimum of three times a week for KS2 and twice a week for KS1), an initiative advocated by the Youth Sport Trust. Pupils are encouraged to run or walk for 10 minutes a day around a given route with the aim of completing at least a mile each time. **Staff members supervise Mile a Day for their individual classes and are expected to participate fully and lead by example.**

### **Sports Premium Funding**

Each school in the Federation have been given Sports Premium Funding. This funding has been used to broaden our PE Curriculum, provide staff members with CPD and purchase new equipment and resources. **A more detailed breakdown of how each school has spent their funding can be found on the Federation website.**

## **SMSC**

All PE lessons provide opportunities for their spiritual, moral, social and cultural development as it teaches pupils the rules of different sports and the importance of following rules. PE lessons also encourage teamwork and collaboration and the development of mutual respect for each other.

## **William de Ferrers School Sports Partnership (St. Joseph's only)**

St. Joseph's school is part of the William de Ferrers School Sports Partnership. This partnership provides varied opportunities for pupils to compete in a range of sporting competitions against other local primary schools. The Partnership can also provide training for staff and expert coaching sessions for pupils in a range of sports.

## **Gifted and Talented Provision**

Pupils identified by staff as being gifted and talented in PE will be added to the PE Gifted and Talented Register which is updated annually. A letter will be sent to all parents at the start of each academic year so that the achievements of pupils in sport outside of school can be established and the Gifted and Talented Register will be updated accordingly.

## **SEND Provision**

Children with special educational needs will participate in PE lessons with appropriate differentiation and support. Extra Opportunities for these children will be made available when possible to enrich their PE experience. Please also refer to the schools equality and SEND policies.

## **Resources**

The following resources are available to aid the teaching of PE in Christ the King Federation schools:

- Rising Stars Champions Schemes of Work
- Val Sabin Scheme of Work (particularly dance and gymnastics)
- Range of gymnastics equipment in both school halls
- Range of sports equipment for outdoor games and athletics



- A selection of scarves and ribbons for use in dance lessons
- Access to additional sports equipment on loan from William de Ferrers School Sports Partnership (St. Joseph's only)

### School PE Kit

School PE kit and suitable footwear should be worn during all lessons and when representing either school at sporting events as detailed below:

#### P.E. Kit - Boys & Girls (St. Joseph's)

Sky blue polo shirt	Maroon school hoody	Navy blue tracksuit bottoms
Maroon shorts	Running trainers	Drawstring P.E bag
Black/navy swimsuit/trunks	School swimming hat or white swimming hat	

#### P.E. Kit - Boys & Girls (St. Francis)

Plain navy PE shorts	Light blue polo shirt with logo
Plain navy tracksuit top and bottoms	Trainers for outdoor games
School PE bag	

All jewellery must be removed before the PE lesson begins. Earrings are not to be worn and cannot be taped as it provides inadequate protection from the earring piercing the small bone at the back of the ear. Girls should also have a spare pair of socks in their PE bag to change into in the winter months. **Participation in PE lessons whilst wearing tights is not permitted for hygiene reasons.**

If a child does not have the appropriate PE kit in school, every effort should be made to find them a spare kit. Spare PE kit will be held in a central location in the school hall.

### Health and Safety

Guidance provided by Essex County Council and the Association for Physical Education (AfPE) to be followed by all Class Teachers.

Regular checks are made on all equipment. This includes annual Health and Safety checks of all fixed items of equipment conducted by the LA and internal Health and Safety checks conducted by the Headteacher, site manager and H & S governor.

The subject leader makes termly visual checks for wear and tear and security of major items, and all staff are responsible for reporting to the subject leader if any items show wear and tear, any items constituting a danger are to be taken out of use immediately.

Pupils are taught how to move and use apparatus safely under the supervision of a teacher or responsible adult.

**There is an expectation that all staff members will be suitably dressed when teaching PE lessons.**

### **The Home/School Partnership**

Christ the King Federation Schools value the role of parents/guardians, and actively seek to develop the Home/School Partnership. Parents are kept fully informed of sporting events, results and successes via the weekly Friday Flyer. Parents/guardians are also invited to attend Sports Day each year.

### **Role of the subject leaders**

The coordination and planning of the PE curriculum are the responsibility of the Federation subject leaders, who will also:

- Update Federation teaching colleagues and governors with regards to the latest ideas and initiatives to promote best practice and the outcomes of any courses/CPD they have attended
- discuss progress with the executive Head Teacher and/or Head of School, and monitor/evaluate strengths and weaknesses in PE
- Select sports teams to represent each school at competitions
- Provide regular updates for parents/guardians following sporting events
- Organise Sports Day and other sporting events throughout the year; including during National School Sports Week and when international sporting events are taking place (Olympics/Paralympics, Football World Cup, Commonwealth Games, Tour de France etc...)
- Ensure necessary risk assessments are completed and regularly reviewed
- Complete pupil perception surveys

- Liaise with sports captains/house captains and prefects to organise intra house competitions

The subject leaders are also available for advice and ideas when teaches are planning if needed and team teaching alongside new teachers can also be arranged if necessary.

**Other policies this policy links with:** Team selection policy, PSHEE policy, Food in School Policy

K Banks - PE subject leader