



*Holy Rood Catholic
Primary School, Swindon.*



*PE Policy
2022-2023*



School Vision:

Belong

At Holy Rood Catholic Primary School we will provide a nurturing and inclusive environment enthused by the Spirit of Christ to enable everyone to make a positive contribution, both to the school and the wider community. We will show love, compassion and respect for others.

A sense of unity will be created by forming relationships that are based on trust, loyalty, forgiveness and acceptance; we will endeavour to act justly and be peacemakers as Christ's disciples, inspired by the Gospel values.

We will encourage a sense of responsibility and help children learn to appreciate God's world around them through reflection, mission, prayer, healing and peace.

Learn

We resolve to develop a sense of awe and wonder at God's creation for our children - where creativity flourishes and everyone is inspired to learn, demonstrating a curiosity about the world around them.

We will strive to ensure that all of our learners are able to face new challenges with confidence, in a Christian learning environment where informed risk taking and a resilient attitude are welcomed, encouraged and achieved.

Our positive and enthusiastic approach to teaching and learning will motivate every person. Each will know that they are uniquely loved by God. We will continue to enjoy our learning and reflect on our efforts and achievements, inspiring us to always try our best.

Achieve

The children will be determined in their daily challenges, gaining confidence in their own ability, imagining what they could achieve with continued effort and commitment and working to fulfil the exclusive plan God has for each of them.

By fully engaging in all aspects of school, children will go on to accomplish as ambitious and competent individuals, always striving to achieve their full potential and positively participating in God's world.

Children's Mission Statement:



Our Physical Education Vision:

At Holy Rood, we believe that a high-quality physical education (PE) is essential to inspire and challenge our pupils. We believe that all our pupils should be given the opportunities to succeed, excel and compete in both a broad range of physical activity and competitive sports, which support health and fitness alongside our underlying school values. At Holy Rood, we wish to provide children with the confidence to challenge and exceed their physical expectations and develop a love for health, fitness and sport in order to lead active and healthy lives.

In order to achieve this, we provide a wide variety of different physical activities alongside a selection of competitive sports taught within our PE lessons. Pupils will develop fundamental movement skills and learn to use these skills in different ways. Moreover, these skills will engage children to be competitive with themselves and others, develop cooperation in team scenarios and understand how to improve, evaluate and recognise their own success. In addition to this we provide our pupils with opportunities to learn to swim, in addition to extra-curricular sports activities which can subsequently lead to participation in competitive competitions on a local level.

Curriculum Intent

We aim for all pupils in PE to:

- ✓ Develop competence to excel in a broad range of physical activities including fundamental movement skills
- ✓ Be physically active for sustained periods of time
- ✓ Engage in competitive sports and activities
- ✓ Collaborate, communicate and compete with their peers
- ✓ Improve, evaluate and recognise their own success
- ✓ Learn how to swim competently, confidently and proficiently over a distance of at least 25 metres
- ✓ Lead healthy and active lifestyles

Curriculum Implementation

At Holy Rood, we aim to provide children with 2 hours of quality physical activity a week (including lessons, breaktime and lunchtime activities and extra-curricular clubs). PE Passport is the scheme of work we use to deliver our PE teaching. Every PE lesson is teacher-led and is supported by a teaching assistant if necessary. PE Specialists are utilised to support the development of class teachers in delivering high quality PE Lessons. Each lesson follows the pattern of: learning objective, introduction, warm up, main session, game-based learning and conclusions/cool downs. Within every school year, pupils will have access to a range of activities as outlined in the National Curriculum. These include: multi-skills, dance, gymnastics, athletics, invasion games, net and wall games, striking and fielding and other areas including swimming in Key Stage 2.

Teachers will use medium and short term lesson plans outlined in the PE Passport scheme of work which is chosen by the PE Lead. These plans can be accessed electronically on iPads by using the PE Passport app or on the PE Passport website.

Curriculum Impact

As a result of a structured curriculum, effective planning, teaching and assessment, children at Holy Rood have a wide-ranging knowledge and broad exposure to a range of physical activities and skills.

Children have a strong motivation for taking part in physical activity and engage confidently with their peers across a variety of different contexts and sports. Younger children are exposed to the fundamental skills required to be successful in PE and can apply them to a range of essential disciplines including: balance, movement, gymnastics and dance. Older children can apply the skills learned in Key Stage 1 to a broad range of sporting contexts whilst building upon their communication, collaboration and competitive skills.

Through a wide-ranging and progressive scheme of work, children have the opportunity to improve and evaluate their performance in order to be successful. Therefore, enabling children to recognise success in their own performance and in the performance of others within their team.

Throughout their time at Holy Rood, children are able to consistently develop their performance, competitiveness and their teamwork and leaderships skills through persistent exposure to a variety of different disciplines and sports coverage.

Children at Holy Rood are passionate about PE and leave Year 6 with a holistic knowledge, skills and experience required to continue to be successful in secondary school and beyond.

Planning

Medium and short term planning is accessed by using the PE Passport app. Each term consists of 6 weeks' worth of planning, each containing a breakdown of what each lesson entails. Equipment required and learning objectives can also be viewed from the individual lesson plans. Each lesson contains a detailed plan in the structure as listed in 'curriculum implementation'. Teachers will be expected to have prepared sufficiently in order to deliver the lesson effectively. Some lessons will support teachers further by the use of video stimulus and instructions.

A PE timetable is assigned at the beginning of each academic year with input from class teachers to allocate times for hall usage for both KS1 and KS2. Furthermore, this is updated termly if necessary.

Assessment

Children are not assessed using formal summative assessment. Instead, teachers undertake ongoing assessment for learning in order to identify those children who require extra support in this subject and those who demonstrate that they are more able. We identify additional opportunities for more able pupils to develop their skills further, such as external sports competitions for children performing at a greater depth standard and also by providing extra-curricular sports clubs. We provide additional support for those who require it through teacher and additional adult support within lessons and adaptations to lessons plans where appropriate.

PE Monitoring

In order to maintain high standards of PE at Holy Rood, class teachers assume responsibility of the teaching for PE in their class. Teachers' receive regular CPD updates, advice and support from the PE Lead. Pupil voice is undertaken in order to obtain a true reflection of PE from the perspective of the children to understand strengths and weaknesses of PE at Holy Rood and to identify areas that can be improved. Furthermore, lesson monitoring is strategically planned to ensure there is a key focus for individual lesson observations.

Health and Safety in PE

- Risk assessments to be conducted in areas where physical activity takes place.
- Safe and effective procedures are taught and adhered to in PE. These include use of and moving equipment for both adult members of staff and children.
- Equipment should be checked at least annually.
- Equipment should be checked by the teacher before use in lessons and defects should be reported and removed from child access.
- Children with specific disabilities and/or health conditions should be acknowledged and appropriate differentiation (such as modifications to activities where necessary) should be carried out. Similarly, children who require medication (e.g. inhalers) should have this readily available and used as required. Inhalers should be taken to the the area where physical activity is taking place.
- All accidents in PE should be reported in the school's accident report book which is kept in the office.
- Safe, effective and appropriate warm ups and cool downs should be followed.

Expectations in PE

- During any organised physical activity: PE lessons; sports leader sessions; TA/MDSA led sessions at breaktime or lunch time; or extra-curricular sessions; children are expected to behave in line with the school's behaviour policy. Children will show respect and consideration to other people and equipment.
- All children are expected to participate fully in PE lessons (with exception to injury and/or medical condition) and to wear the appropriate kit as outlined in the uniform policy. Blue shorts should be worn with a white T-shirt and appropriate footwear should be kept in their PE bag. Long hair should be tied back and jewellery removed (stud earrings may be covered with tape, if unable to be removed).
- Teachers and teaching assistants involved in leading PE lessons or other sports related activities (extra-curricular clubs) should wear appropriate kit in order to set an example for the children.

Physical Activity at Break and Lunch Times

Both the Upham Road and Groundwell Road sites have an allocated playground for children to use at break and lunchtimes. The Upham Road site also has a large field area which can be used during the summer terms for PE lessons, extra-curricular clubs and for break times (weather permitting).

'Sports Leaders' are assigned in KS2 to help manage and support teachers during PE lessons, to support the PE Lead during Sports Days and other responsibilities throughout the year.

Equipment Storage

Outdoor sports equipment is stored in the PE shed on Upham Road and the indoor cupboard on Groundwell Road. Sports equipment must be stored away in a tidy and safe fashion to avoid injuries. Children should not enter the storage sheds unless accompanied by the class teacher in order to help set up equipment for the PE lessons (this will generally be a role of the Sports Leader). The PE Lead will conduct annual audits in order to assess equipment that may need replaced or restocked.

Extra-Curricular

At Holy Rood, we want to create opportunities for children to participate and succeed in their PE. Therefore, we strive to offer a variety of extra-curricular sporting activities that will subsequently provide opportunities for the children to represent the school in competitions, leagues and festivals in a range of sports teams. Extra-curricular clubs will be managed by the PE Lead and Office Staff and led by a variety of teachers, teaching assistant and external sports providers.

Raising the Profile of PE and Sport

The profile of PE and sport will be raised throughout the school in the following ways:

- Teachers will lead PE using the whole school scheme of work and will be provided training and regular updates when necessary
- Sports Leaders are assigned by the PE Lead and will help to promote and manage sporting activities
- In Key Stage 2, the Golden Mile will take place weekly to encourage a competitive element to their health and fitness where they will compete against other classes with weekly and termly winners. In EYFS and Key Stage 1, Morning Movements will take place daily to encourage and promote a fit and healthy lifestyle on a consistent basis.
- Extra-curricular clubs will provide a variety of different sports and opportunities to compete
- The school will enter local sporting competitions to provide further opportunities for children to participate, compete and excel
- Celebration Assemblies will provide opportunities for children to celebrate their sporting achievements from outside of school as well as in school
- The school website will be regularly updated under the PE tab via 'Key Information/Curriculum Pages) to update parents on how the school is getting on
- The school will work with outside agencies occasionally to provide children with expert coaching in specific sports

Primary PE and Sport Premium

The school will produce an annual report: 'Evidencing the Impact of the Primary PE and Sport Premium' which will be posted on the school website to illustrate how physical education is being promoted and how the funding is being used to meet the '5 Key Indicators' outlined by the Association for Physical Education.

Swimming

At Holy Rood, we aim to enable our children to become confident and competent swimmers that can use a range of strokes effectively. Furthermore, we hope to create a love of swimming in which children may continue to develop their swimming ability alongside a healthy lifestyle in later life.

The National Curriculum states that all children by the end of Key Stage 2 should be able to swim unaided for at least 25 metres, use a broad range of strokes successfully and perform safe-rescues by understanding water safety.

Children will begin to learn to swim through swimming lessons in Year 3 and will continue their swimming development in Year 5. These swimming lessons will be taught by qualified swimming instructors and will take place in local swimming pools (subject to change on a yearly basis).

On the days that children are swimming, they will need to bring the following kit:

- Boys: swimming shorts (not long shorts that fall below the knee)
- Girls: swimming costumes that are one piece not bikinis
- Swimming hat for those with shoulder length hair
- A towel
- A plastic bag for wet clothes/kit

Parents will be contacted and asked to bring in kit before the lesson if the child has not brought it in.

Goggles are permitted as long as permission is given by parents. They must be of good quality and the children need to understand how to put them on and take them off. Please read the manufacturer's instructions to ensure protection of the eyes from impact damage through stretching the eye pieces away from the face with wet fingers. Please note that for some activities your child will be asked to remove their goggles.