

St Anne Line Catholic Infant School

part of the wider Christus Trust, Multi Academy Trust

PE Policy



Love Learn Pray

Introduction

“All young people should have the opportunity to live healthy and active lives. As set out in our 2015 cross-government sport strategy Sporting Future, sport and physical activity improve our children’s physical and mental wellbeing, and help them to develop important skills like teamwork and leadership.

A positive experience of sport and physical activity at a young age can build a lifetime habit of participation, and is central to meeting the government’s ambitions for a world- class education system. Physical literacy (building physical competency alongside confidence, enjoyment, knowledge and understanding) and high quality, modern physical education (PE) lessons that engage boys and girls of different backgrounds and abilities should be a fundamental part of every child’s school experience.”

(School sport and Activity action plan - July 2019)

[School sport and activity action plan](#)

Physical Activity is an important part of a healthy lifestyle and recently we have become even more aware of the positive effects sport and regular physical activity can have on mental health. An instilled love of physical activity from an early age will support their development through to adulthood and beyond. At St Anneline infant school we are committed to providing engaging physical activity for physical development and mental development.

Vision

Our PE Vision – Enjoy, Involve, Inspire

- At St Anne Line Catholic Infant School we aim to inspire and engage children’s interest in sporting activities through providing a wide range of opportunities within school and after school.
- We aim to foster children’s interest in physical wellbeing and healthy lifestyles in order to establish long lasting lifestyle messages.
- We aim to promote our Catholic values through sports and positively encourage children to share, respect, support, trust and work together.

Purpose

The purpose of this policy is to share the school values in relation to the teaching and learning of the Physical education Curriculum (2013). This policy will:

- Explore the requirements for the National Curriculum (2013) Programmes of Study for Physical education in Key Stage 1
- Outline our approach to Physical education in the Early Years Foundation Stage
- Demonstrate what teaching and learning looks like in our school
- Establish expectations for all members of the school community
- Inform assessment for/of learning
- Details of our afterschool activities
- Share our sport premium funding

National curriculum for Key stage 1

The aims of the national curriculum are to ensure all pupils;

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives.

[Physical education curriculum key stages one and two - 2013](#)

School aims are;

<p>Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative</p>	<p>Pupils should be taught to:</p> <ul style="list-style-type: none">• master basic movements including running, jumping, throwing and catching,• as well as developing balance, agility and coordination, and begin to apply	<p>Long term plans for year one and Two</p>
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<p>physical activities, in a range of increasingly challenging situations.</p>	<p>these in a range of activities</p> <ul style="list-style-type: none"> • participate in team games, developing simple tactics for attacking and defending • perform dances using simple movement patterns. 	
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Curriculum Planning and Organisation

- Each Year 1 and Year 2 class is timetabled so that they can access the hall at least once a week regularly.
- The playground areas and woodland are used to facilitate activities such as outdoor activities, Forest schools and games.
- Teaching staff deliver high quality PE activities/lessons.
- Outdoor PE and climbing equipment is always available as part of Reception continuous provision.
- We provide additional opportunities for extending the PE curriculum through sports and dance coaches and inspiring talks from sport champions.
- After school sessions include football, multi-skills and dance.

EYFS Physical education

In EYFS physical development involves providing opportunities for young children to be active and interactive; and to develop their co-ordination, control, and movement. Children must also be helped to understand the importance of physical activity, and to make healthy choices in relation to food.

Physical Development overview

Physical activity is vital in children’s all-round development, enabling them to pursue happy, healthy and active lives. Gross and fine motor experiences develop incrementally throughout early childhood, starting with sensory explorations and the development of a child’s strength, co-ordination and positional awareness through tummy time, crawling and play movement with both objects and adults. By creating games and providing opportunities for play both indoors and outdoors, adults can support children to develop their core strength, stability, balance, spatial awareness, co-ordination and agility. Gross motor skills provide the foundation for developing healthy bodies and social and emotional well-being. Fine motor control and precision helps with hand-eye co-ordination, which is later linked to early literacy. Repeated and varied opportunities to explore and play with small world activities, puzzles, arts and crafts and the practice of using small tools, with feedback and support from adults, allow children to develop proficiency, control and confidence.

Early years goals for Physical development

Gross motor	Fine motor
<p style="text-align: center;">Children at the expected level of development will:</p> <ul style="list-style-type: none"> - Negotiate space and obstacles safely, with consideration for themselves and others; - Demonstrate strength, balance and coordination when playing; - Move energetically, such as running, jumping, dancing, hopping, skipping and climbing. 	<p style="text-align: center;">Children at the expected level of development will:</p> <ul style="list-style-type: none"> - Hold a pencil effectively in preparation for fluent writing <ul style="list-style-type: none"> – using the tripod grip in almost all cases; - Use a range of small tools, including scissors, paint brushes and cutlery; - Begin to show accuracy and care when drawing.

Roles and Responsibilities

Head teacher & Governing Body

The Head Teacher and Governing body will provide support by:

- Ensuring teachers are able to deliver the curriculum by having access to appropriate training and resources.
- Providing opportunities for the Physical education Leader to carry out the responsibilities of their role as outlined below.
- Reviewing policies relating to Physical education and any other compliance or legal requirements.

Subject Leader

The Physical education subject leader is responsible for the implementation of physical education across the school. Their role is to:

- Offer help and support to all members of staff in their teaching, planning, assessment and use of resources
- Monitor classroom teaching, planning and assessment
- Monitor children's progression in Physical education
- Manage alongside school finance officer the sports premium budget
- Keep up-to-date with new curriculum and pedagogical developments and communicate these to staff
- Lead or organise staff training
- Continue own professional development in Physical education

Staff

Teachers are responsible for:

- Planning and teaching progressive, creative and engaging PE lessons using resources available in school and the chosen schemes of work.
- Ensure pupils make progress by building on their skills and knowledge, providing additional support where it is needed or enrichment activities to deepen understanding so that all children can achieve the end of key stage objectives.
- Continuing their professional development of skills and knowledge of the PE curriculum to ensure they can confidently deliver the curriculum.
- Support pupils' understanding of healthy lifestyle at an age appropriate level and report any concerns to the designated safeguarding lead.
- Supporting the Physical education Leader in monitoring and assessment by completing the relevant planning and assessment grids.

- Ensure support staff have access to planning and have the knowledge and skills to be able to support and challenge pupils in sports and physical activity tasks.

Parents/Carers

Parents and carers are responsible for taking steps to keep their child healthy. They are responsible for setting a good example for a healthy lifestyle. Parents/Carers are responsible for informing the head teacher as soon as possible of any issues or concerns their child may have/be experiencing with physical activities.

Pupils

We encourage the children to take responsibility for the PE resources in our school by following our careful use guidelines, showing respect and handling equipment in order to keep them and others safe.

Monitoring and evaluation of physical activity

The PE subject leader and senior management are responsible for the overall monitoring of the quality of physical activity provision.

We monitor PE in the curriculum through subject reviews, self-evaluation and improvement planning to provide an accurate perspective on how it is being delivered and can be further improved.

Physical Education is monitored and evaluated through:

- Lesson observations
- Annual PE subject review
- Monitoring of lesson planning
- Monitoring of equipment
- Feedback from staff
- Feedback from governor curriculum group
- Feedback from pupils/school council about PE and general physical activity

When external providers are used to deliver physical activity we will ensure through lesson observations that high quality lessons are delivered consistently.

Equal opportunities and inclusion

We comply with the Equality Act 2010 and are proactive in ensuring that all pupils, including those with special needs or disabilities are provided with a comprehensive programme of physical activity. For pupils with disabilities or health conditions we will adapt activities to suit their individual needs. Where appropriate this may mean

providing specialised equipment, differentiating activities, offering a parallel or separate activity or setting a challenge appropriate to their skill level.

Physical activity outside of the curriculum

After school clubs

As a school we offer a range of after school clubs provided by experts in their field.

Dance with a local dance teacher

Gymnastics, football and multi skills with chelsea

Extra curricular activities

These same providers support extra Physical education during school time to ensure all children have opportunity to participate and learn skills from qualified instructors.

All year groups take part at least one half term during the school year with intensive sessions delivered by our local forest school leader here they learn skills in;

- Experimentation, mistakes, repetition and improvements.
- Risk management.
- Improved speaking, listening and vocabulary.
- Physical mobility and agility.
- Increased self-confidence and awareness of the needs of others.
- Increased knowledge and understanding of the natural world.
- Learn knots, weaving, tool use, fire lighting and working with wood, plants and soil.
- Problem solving and collaboration.
- Increased focus and interest in learning.

Active playtimes

We have provided children with sports equipment and climbing apparatus to promote different types of physical activity and relevant equipment is provided to engage pupils. Pupils are trained as playground buddies to help other children with safe use of equipment.

Sports Day

We organise an annual sports day event at the end of the summer term. Parents and carers are invited to attend and celebrate all children's athletic abilities. We also encourage to be actively involved with staff in our family fun run. We have a wide range of sporting activities on the day to encourage participation from all pupils.

Involving parents and carers

We recognise the important part parents and carers play in encouraging children to participate in physical activity. Information about physical activities and sporting opportunities in the local area are given to parents and carers through the school website, newsletters and notice boards.

Health & Safety

- All staff have due regard for the current Association for Physical Education (AfPE) PE guidance 2012 when preparing and delivering PE lessons:
- Pupils are taught how to improve their own abilities to assess risks.
- First aid equipment is available, and all staff are trained in what action to take, including calling for assistance in the event of an accident.
- Inhalers for pupils suffering from asthma are made readily accessible.
- Children with diabetes are monitored closely throughout and after PE lessons by staff.
- Regular checks are made on all equipment.
- The site manager makes termly visual checks for wear and tear and security of major items, and all staff are responsible for reporting to the site manager if any items show wear and tear.
- Any items constituting a danger are taken out of use immediately.
- Pupils are taught how to move and use apparatus safely under the supervision of a teacher or responsible adult.
- Pupils are made aware of safe practice and understand the need for safety when undertaking any activity. (e.g. not lifting a Hockey stick above the waist, not jumping or running in front of others, etc).
- Pupils are taught to understand the safety risks involved in wearing inappropriate clothing, footwear or jewellery and other body piercings.

- Teachers ensure that no jewellery is worn in lessons and long hair should be tied back. If earrings cannot be taken out then children can not participate in PE lessons.
- If a child has no trainers/pumps for outdoor PE they use their shoes if the activities are on the playground.

School Sports Premium

This is reported in detail on the school's website. We are currently looking to encourage the children to see exercise as something which can be incorporated into their everyday lives. Currently children are taking part in Forest Schools. We will also be using the money to renew sporting equipment. (See website for more details).