



**Our Lady of Pity Primary School**

**Physical Education Policy**

**Reviewed September 2023**

## **Aims and Objectives**

### **PE at OLOP**

Our Lady of Pity Catholic Primary School understands the importance of high quality Physical Education and the impact it can have on children's health and well-being, academic achievement and lifelong involvement in sport and activity. We aim to provide children with a broad and balanced curriculum so they can find an activity which they can continue with in later life. Physical Education also develops key life skills such as teamwork, resilience, respect and sportsmanship which children will need wherever their future takes them. We promote competition, challenge and sporting excellence whilst simultaneously creating opportunities for all children to participate in sport.

We aim to deliver a high-quality Physical Education curriculum that:

- develops the skills required to excel in a broad range of physical activities and competitive sports
- helps children's ability to select, link and apply tactics and techniques, and evaluate performance
- improves personal fitness levels, through sustained physical activity
- promotes fair play, teamwork, resilience and respect
- increases confidence and self esteem
- encourages children to lead healthy, active lives

## **The PE National Curriculum**

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 cooperative physical activities, in a range of increasingly challenging situations.

### **Key stage 1**

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 physical activities, in a range of increasingly challenging situations. Pupils should be taught to:

- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
- participate in team games, developing simple tactics for attacking and defending
- perform dances using simple movement patterns.

### **Key stage 2**

Pupils should continue to 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. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success. Pupils should be taught 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.

## **Early Years**

In the Foundation Stage, the curriculum is planned using the EYFS revised curriculum, following the Early Learning Goals:

### **Moving and Handling**

- Children show good control and coordination in large and small movements.
- They move confidently in a range of ways, safely negotiating space

### **Health and Self-care**

Children know the importance of good health, physical exercise, a healthy diet, and talk about ways to keep healthy and stay safe

Lessons and activities are designed to develop the key fundamental skills

- Running
- Throwing
- Catching
- Kicking
- Striking
- Agility
- Balance
- Coordination
- Flexibility
- Strength

## **Swimming and Water Safety**

At Our Lady of Pity Catholic Primary School, great importance is placed upon achieving the required National Curriculum standard. Over the last two years, the amount of swimming time children receive has significantly increased, which has consequently increased the percentage of children achieving the required standard.

In Year 3, all children receive 10 hours of swimming lessons.

In Year 4, all children receive 10 hours of swimming lessons.

In Year 5, children who have not achieved the required standard receive an additional 5 – 10 hours of swimming lessons.

Our pupils are taught to:

- swim competently, confidently and proficiently over a distance of at least 25 metres
- use a range of strokes effectively such as front crawl, backstroke and breaststroke
- use a range of floating survival techniques, and answer questions about safety in different water-based situations

## **Physical, Social, Emotional and Mental Well-being**

Targeting children's physical fitness and increasing their activity levels has been a priority over the last few years. However, due to the demands of the world we live in today and the needs of our children, our focus has developed to encompass all aspects of Health and Well-being. Children need to understand that being healthy is not just about diet and exercise. Therefore, within PE lessons, we address Physical, Social, Emotional and Mental Health.

### **Physical Health**

Physical health is defined as the condition of your body, taking into consideration everything from the absence of disease to fitness level.

Physical health is critical for overall well-being, and can be affected by:

- Lifestyle: diet, level of physical activity, and behaviour
- Human biology: a person's genetics and physiology may make it easier or harder to achieve good physical health;
- Environment: our surroundings and exposure to factors such as sunlight or toxic substances;
- Healthcare service: good healthcare can help prevent illness, as well as detect and treat illness.

In PE, we aim to:

- Improve different aspects of fitness e.g. stamina, endurance, core strength and flexibility
- Increase children's understanding of how the body works
- Develops the skills required to excel in a broad range of physical activities and competitive sports
- Develop knowledge of how good physical health can prevent disease and illness
- Promote opportunities for children to participate in the school outside of the curriculum.

### **Social Health**

Social health refers to the relationships we have and how we interact with others. PE provides a natural environment to target and improve relationships and the key character values which children can then use in all areas of life.

The character values we aim to promote during PE lessons are:

- Teamwork
- Resilience
- Communication
- Collaboration

- o Respect
- o Honesty
- o Fair Play
- o Kindness
- o Self-discipline

## **Emotional Health**

Emotional health is about how we think and feel. It is about our sense of wellbeing, our ability to cope with life events and how we acknowledge our own emotions as well as those of others. It doesn't mean being happy all of the time.

We aim to:

- Discuss what we have learnt, produced or created and how we feel about our work.
- Identify how changes can be made so we are happier with the outcome
- Discuss winning and losing strategies
- Recognise others feelings and emotions during competition and performance

## **Mental Health**

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices.

We want children to have positive mental health so that they can realize their full potential, cope with the stresses of life, work and learn productively and make meaningful contributions to school life.

In PE, we aim to:

- Teach children how exercise and activity can relieve stress and clear the mind
- Show children that sport and activity provides an opportunity to build relationships and interact with others reducing feelings of loneliness
- Provide children with opportunities to work together and help each other to succeed
- Develop strategies for coping with disappointment or defeat
- Have fun so that children's mood improves
- Provide a sense of belonging and self-worth through participating in competitions and festivals.

## **Active 30 minutes per day**

In order to increase the amount of physical activity children receive and to achieve the Governments recommendation of an additional 30 minutes per day, all class teachers are expected to deliver a daily fitness intervention session. These sessions can be based on skipping, running, games, dance or team work challenges. The aim of these sessions is to raise energy levels, relieve stress and increase oxygen delivery to the brain so that children are able to focus and concentrate better on their return to class.

## **Active Playground**

The school has invested in the Active Playground Scheme, which is offered to all children at Key Stage 1 and 2 at lunchtimes. Staff have received training and a sport specific lunchtime coach has been appointed to help co-ordinate and run the scheme. The programme offers a wide range of games, equipment and activities which promote physical activity, fun, teamwork and competition.

## **Extra-curricular Clubs**

Our Lady of Pity offers an extensive extra-curricular programme. Clubs are delivered both before and after school in a wide variety of activities. Each half term, new clubs are introduced into the programme, often as a result of pupil voice. All children at Key Stage 1 and Key Stage 2, particularly the less active, are encouraged to participate in at least one extra-curricular club per week. Pupil Premium and Free School Meal children are able to attend two clubs per week at no cost.

## **Competitions and Festivals**

We aim to provide all children with the opportunity to compete in a variety of sports competitions and festivals. Each half term, every group will have an Intra-class competition in the sport they have been working on during lesson time.

We also enter a range of locally organized competitions such as:

- Wirral School Games
- Houlihan Cup
- Corgi Cup
- Edsential Competitions programme
- Premier League Tournament

- TRFC tournament
- Birkenhead Park Rugby Club tournaments

Children who attend the after school clubs are given priority for team selection, which has promoted the values of commitment and teamwork.

## Health and Safety

At Our Lady of Pity Primary School, we ensure safe practice standards are applied consistently by staff and visitors, to offer PE within a well-managed, safe context.

The outcomes of establishing and applying safe practice standards in PE are to enable children to participate in physical activities that provide an appropriate challenge with acceptable risk, and to educate children about risk management and responsibility, so that they can participate independently later in life.

### Equipment and Resources

Children should have access to a range of appropriate equipment for a task. Teachers will ensure that all resources are available when they are needed.

PE resources are stored and available from the PE store cupboard in the hall and returned after use. Children should not use the PE cupboard unaccompanied by an adult. Teachers will notify the PE Subject Leader of damaged resources.

We believe that with the right organisation and training, children should be able to move equipment and apparatus quickly, efficiently and safely, without significantly interrupting the flow of the lesson.

Apparatus can be moved and used successfully from the age of 4, and they must be taught slowly and carefully the rules of lifting and placing apparatus. It is important children should team up when lifting, with the number of children reflective of their age.

### For lifting benches:

- Children up to upper KS2 should be spaced along the side of the bench, not at the ends, and walk in the direction it is going, to avoid walking backwards
- As many children as necessary on each side of the bench
- Children in Y5 and Y6 can carry with one on each end of the bench, and walk in that direction
- They should follow the guidance “bend knees, back straight, head up, hold the bench firmly with both hands”, and lift together on the count of three.
- It should also be lowered down carefully on the count of three.



### **For lifting mats:**

- Mats should be carried by 4 children in KS1, with two on each side (not corners)
- In KS2 depending on the size of the children the teacher can decide whether 2 children are sufficient to safely carry a mat
- All children should walk forward when carrying a mat

Teachers must ensure the safety of all children by checking the work space and equipment before use and during lessons must carefully position themselves to maximise observation of the whole group.

They must use discipline, control, behaviour and group management skills to organise and maintain a safe learning environment for all.

Continuing training and development is offered to staff teaching PE.

### **Medical Conditions and Accidents**

It is the responsibility of the class teacher to ensure any adult delivering PE be made aware of any relevant medical information when setting objectives for the children. All sessions must include a warm up, technical development and cool down.

For minor injuries such as bruises and bumps, children should be encouraged to continue, or sit and watch if necessary.

For small cuts or grazes, the injured pupil should be accompanied by a friend or a teaching assistant to the school office for medical attention.

For more serious accidents (head injuries, serious cuts or suspected fractures) the teacher should stay with the child and send a responsible child to inform the school office. After the incident, an accident form should be completed.

Any PE / Sports events or visits must have suitable risk assessments carried out beforehand and will consider the school's current Emergency Plan.

Playground incident forms are regularly monitored and analysed periodically for common causes of injury.

### **Appropriate Dress**

We expect children to change for PE into the agreed clothing. We expect the teachers to set a good example by wearing appropriate clothing and footwear when teaching PE. Children are expected to wear the following school PE kit in order to ensure safe participation during lessons:

- White T-shirt
- Navy Blue shorts or jogging bottoms
- Navy Blue jumper or hooded jumper
- Trainers
- Bare feet for gymnastics

Should a child not have their PE kit in school, each class has a spare set of shorts and T-shirts, as well as a variety of shoes to use.

If a child is physically unable to take part in the PE lesson, they will be encouraged to still be involved and engaged in the learning of the lesson, acting as an observer to feed back to children, or to record performances using an I-pad.

Jewellery should not be worn during PE and children are required to remove items such as earrings, necklaces, watches and rings etc. Items such as earrings, which the child may be unable to remove, should be covered by tape or plasters.