



ST.PETER'S R.C. PRIMARY SCHOOL



Physical Activity Policy



Mission Statement



St. Peter's Catholic School Mission is that pupils, parents staff, governors and parish build together a learning community which develops love, concern for each other and forgiveness, by living out the Gospel.

This means our school will be a place which:

- ☺ *To foster knowledge and understanding of the Gospel values and growing in God's love.*
- ☺ *To ensure we care for and respect others, develop an understanding of the world and contribute to society as responsible citizens.*
- ☺ *To promote independence and excellence.*
- ☺ *To encourage us to use our gifts and talents for self-fulfilment and the good of all.*
- ☺ *To appreciate that we are all uniquely created and loved by God.*
- ☺ *To put our trust in God through prayer.*

Rationale

At St Peter's we have a responsibility to help pupils and staff establish and maintain a healthy lifestyle. Regular physical activity is one of the most important ways people can maintain and improve their physical health, mental health and overall well-being. It is important that pupils are given opportunities to participate in a range of enjoyable physical activities at an early age so they are more likely to continue being physically active throughout the rest of their lives. The planned use of the PE and Sport's funding will be extremely effective in improving and sustaining high quality PE and sports provision.

Aims

- To promote the benefits of physical activity to the whole school community
- To improve the self-esteem and confidence of the pupils through participation in physical activity
- To ensure the pupils are aware of the link between physical activity and healthy eating for a healthy lifestyle.
- To promote the celebration of sporting events
- To promote inclusion
- To improve the quality and breadth of PE and Sport
- To encourage children to participate in whole school physical sessions. For example 'The Daily Mile'
- To achieve the Schools Games Mark

Attainment Targets

By the end of each key stage, pupils are expected to know, apply and understand the matters, skills and processes specified in the relevant programme of study.

Early Years

- Copy, repeat and perform simple movement patterns.
- Work with others to control objects in space.
- Explore balancing and managing own body including manipulating small objects.
- Change direction at speed through both choice and instruction.
- Negotiate space and obstacles safely, with consideration for themselves and others.
- Demonstrate strength, balance and co-ordination when playing.
- Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.
- To develop confidence in fundamental movements.
- To develop coordination and gross motor skills.
- Organise and match various items, images, colours and symbols.
- Collect, distinguish and differentiate colours and create a shape as a team.

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, both individually and with others. They should be able to engage in competitive (both against self and others) and cooperative 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 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 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, hockey, football, rounders and tennis) and apply basic principles for defending and attacking.
- Develop flexibility, strength, technique, control and balance through gymnastics and athletics.
- 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.

Definition of Physical Activity

Physical activity is defined as 'any force exerted by skeletal muscle that results in energy expenditure above resting level' and includes 'the full range of human movement, from competitive sport and exercise, to active hobbies, walking and cycling or activities of daily living'.

Delivery

The promotion of physical activity is delivered through:

- Physical education lessons led by members of staff , our PE specialist teacher or swimming teacher
- Cross curricular links in our curriculum – Early years foundation stage programme, PE, PSHE and science

- Extra-curricular clubs run through our after-school clubs
- Lunchtime activities

Planning the Physical Education Programme

PE resource bank schemes of work are used for gymnastics, games, dance and athletics for Years 1 to 6. In the Early Years Foundation Stage, physical activity is planned for from the physical development strand of the early learning goals.

Each year group has the PE Curriculum map 2021-2022 they can use for reference when planning a lesson. The PE co-ordinator is available to assist in any planning with teachers if needed. Plans are monitored by the PE co-ordinator each half term in line with the monitoring policy. Lesson observations will also be carried out to ensure confidence of teachers when delivering PE sessions.

Physical Education Lessons

Every pupil in each year shall participate in regular physical education for the entire school year. We use the playground and hall for PE activities. All pupils participate in physical PE activity each week and Year 5 and 6 children will have an intense catch up programme after COVID for a two week period of a one hour daily lesson.

Allocation of Time

All classes have two hours of PE each week, which includes two areas of physical education.

Non-Participants

PE is a very important part of children's development and each child should participate in the lesson unless excused with a note or medical problem from parents and/or medical professionals for longer term injuries or illness. If children persistently do forget their kit a letter will be sent home reminding parents of the importance of their child's participation in the lessons.

If children are excused they are asked to read a book or watch the lesson and write the main activities in the lesson to keep up with the progress of the class. If it is appropriate the child can be set work whilst observing the lesson. They may also work in a coaching and/or refereeing/umpire capacity, particularly in KS2.

Swimming and Water Safety

Swimming at St. Peter's R.C. Primary School is taught throughout KS2. Children partake in swimming lessons through GLL (Greenwich Leisure Ltd) at the Waterfront Leisure Centre in Woolwich. It is important that the children leave their Primary Education having met the National requirements for swimming.

Year 5 pupils will be receiving intense swimming lessons over a two-week period during the spring term. These will occur daily from 10:00am-11:00am.

Year 6 pupils will also participate in the intense lessons in the summer term after their SAT's tests have finished.

Pupils are taught to:

- Swim confidently, competently and proficiently over 25 metres.
- Use a range of stroke affectively, including front crawl, backstroke and breaststroke.

Extra-Curricular Physical Activity

Pupils have a diverse choice of activities in which they can participate - competitive, non-competitive, structured, unstructured and including some physical activity options such as The Mile, gardening, and various lunchtime events.

All activities shall be supervised by members of staff or qualified coaches or instructors who may or may not be teachers. A member of school staff will be available in case support is required, e.g. an accident.

We are part of a cluster of schools and regularly take part in different festivals and tournaments for pupils of different ages.

We actively encourage pupils to go to local clubs and promote our gifted and talented through outside clubs.

Lunchtime Activities

Our school has playgrounds, playground markings and play equipment for free play. Mid-day supervisors organise and encourage pupils in physical activity at lunchtime. The sports specialist also attends during lunch hour.

Equal Opportunities

All pupils in our school including those with special needs are entitled to a comprehensive programme of physical education which fulfils the statutory National Curriculum requirements and takes into account their individual needs and interests. It may be necessary to amend the activities to meet the needs of individual pupils. We encourage all pupils to participate in extra-curricular activities whatever their levels of ability.

Inclusion

We aim to provide a broad and balanced curriculum for all pupils by:

- Providing the opportunity to learn effectively, without inference and disruption
- Providing access to all aspects of the curriculum
- Setting suitable learning challenges
- Responding to pupils diverse learning needs
- Overcoming potential barriers to learning and assessment for individuals and groups of children
- Monitoring the progress and achievement of different groups of children
- Promoting positive feelings and self-worth, high esteem, confidence and mutual respect
- Building on the knowledge and experience of language that each child brings with them

Differentiation

Physical activity provision within our school is developmentally appropriate and a variety of teaching and learning approaches and organisational management are adopted to ensure that:

- Tasks are matched to pupils of different abilities, needs and interests by balancing challenge with the likelihood of success
- Pupils at different starting points all make progress
- The achievement of all pupils are maximised by providing variations in tasks, resources, support and group structure.

Assessment, Recording , Reporting and Monitoring

An audit of out of school activities is kept to indicate the number of pupils participating in physical activities.

Levels of participation will be monitored with regard to gender and overall levels of interest.

Pupils are monitored during lessons by including assessment criteria in lesson plans, through teacher observation in the lesson and by questioning the pupils to find out what they enjoy/don't enjoy about PE.

We use assessment sheets to link pupils' achievements to National Curriculum level descriptors and use this information to inform parents in the end of year report.

The main method of assessing and gathering evidence of achievement in PE is made through continued teacher observation and questioning. Children are also encouraged to self-assess their own work during each lesson. Progress of children is tracked and monitored termly using the whole school target tracking format.

Staffing

All staff (class teachers) teach one lesson per week to their respective class and our Sport's Coach, Mr McGrath, will teach each class on a Friday.

The PE co-ordinator has the responsibility for completing a PE policy, organising and ordering equipment, making decisions regarding INSET and curriculum mapping. They will also introduce a scheme of work.

Staff Training

Our PE and PSHE attend training and cascade to staff within school.

Our school is part of a local partnership with other Primary and Secondary schools. There are termly meetings to organise tournaments for the pupils to compete against other local primary schools. Health and safety plays a major part in all training for staff.

Resources

- The areas available for PE are one large hall, two playgrounds and an under-cover playground.
- We have fixed and moveable apparatus, benches and mats in the hall.
- We have percussion instruments, computer and a sound system in the hall for dance lessons.
- We have a range of equipment for games including footballs, netballs, rugby balls, tennis rackets and balls, basketballs, volley balls, hockey sticks and balls.
- We have equipment for athletics including batons, hurdles and high jump equipment.
- We have a range of playground markings including a tennis court, football pitch, hopscotch and a number grid which can be used for PE.

Health and Safety Guidelines

Risk assessments are carried out regularly and members of staff continually assess the safety of playground activities.

All guidelines for physical education and games are followed e.g. supervision, behaviour, clothing, jewellery and use of equipment.

All coaches from other organisations must hold suitable qualifications and will be DBS checked- including parent helpers.

- Children must wear suitable clothing for PE. They are to wear well fitted shorts or jogging bottoms with a white polo or t-shirt. Footwear can include black trainers or plimsolls. Staff should wear suitable clothing and footwear, which allow freedom of movement and that are suitable for the environment.
- Long hair should be tied back.
- **Suitable environments should include:**
 - The removal of unnecessary furniture/equipment from the working space
 - A clean, splinter free floor so that bare foot work can take place safely
 - A safe, outdoor surface for playing games
- **Suitable organisation of apparatus**
Easily accessible gymnastics apparatus stored in an organised manner, spread safely around the hall to allow for its safe and efficient handling by children. Games equipment to be stored safely in an allocated space in PE sheds and cupboards.
- **Lifting and carrying equipment**
All equipment should be carried by an adult or two children at a time to ensure that it is safely moved around the school.
- **Risk Assessment**
 - Checks and risk assessments to be carried out by teachers before lessons
 - Annual safety checks and repairs are carried out on gymnastics equipment and these are overseen by our Premises Manager
 - If a potential risk is identified then it is taken out of use immediately

Promoting Physical Activity to the Whole Community

Parents are sent details of physical activity clubs their children may attend.

Parents are welcome to observe or help where possible.

Details of physical activities in the wider community are sent home- especially activities taking place during the school holidays.

School Games Mark

We currently hold a Sainsbury's Sports Bronze award.

Our school works hard to achieve recognised status for physical activity and school sport. We are currently working to achieve the School Games Mark.

Monitoring and Evaluation

The Physical Activity co-ordinator is Miss Reynolds. She is responsible for providing clear leadership and management in developing and monitoring physical activity within school. She works closely with all members of staff and our PE specialist teacher. She monitors levels of participation and makes appropriate adjustments. She consults with pupils and staff to identify barriers to participation, and to ensure there is broad range of activities provided for all pupils to participate in.

St.Peter's Governing Body will review this policy every three years.

Date: October 2021

Review Date: October 2024

Chair of Governors: Mr G Franklin