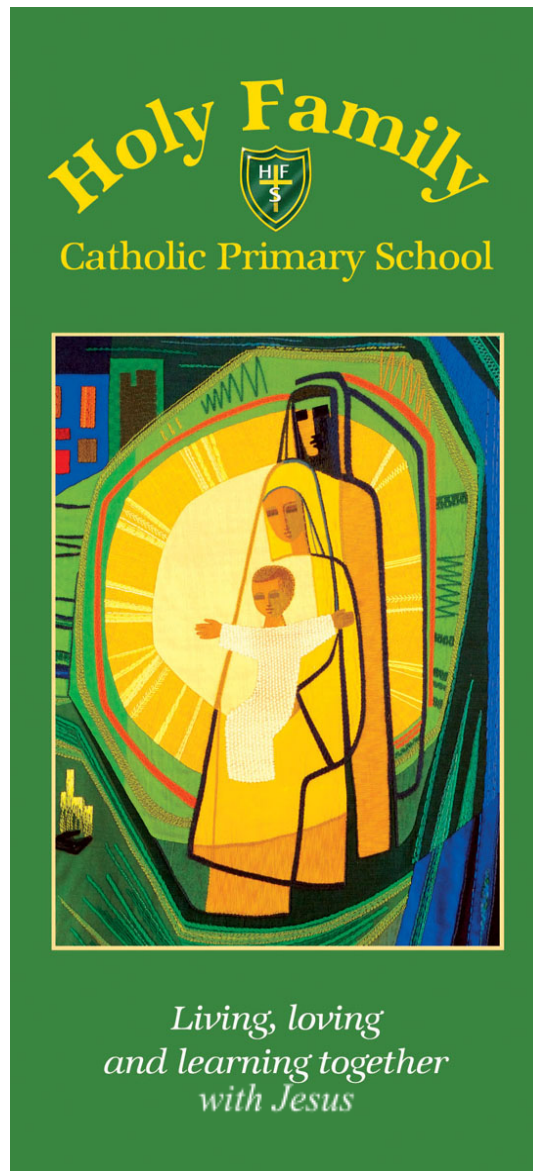


Holy Family Catholic Primary School

The Rosary Trust



Physical Education Policy



PHYSICAL EDUCATION POLICY

Mission Statement

This policy has been written in line with the School's Mission Statement.

*'In our Catholic School, with God at the centre of our lives,
we offer every child a high standard of education.
We meet individual needs, in a caring and loving community,
which celebrates our faith'.*

.....Living, Loving, Learning, Together with Jesus.....

1. Intent

Holy Family School recognises the value of Physical Education (PE). We fully adhere to the aims of the national curriculum for physical education to ensure that all children 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 and lead healthy active lives. Using our Sports Premium allocation, we have our own dedicated, highly-qualified sports coach – who works with every child in the school and draws the very best out of each and every one of them - and through an engaging and enjoyable PE curriculum, we aim to ensure that all of our pupils develop a love of sports and develop resilience in competition – giving them the skills to show good sportsmanship, whether they win, lose or draw.

2. Implementation

PE is taught at Holy Family School as an area of learning as well as integrated where possible with other curriculum areas. It is taught at a minimum of one PE session a week, and two sessions per week wherever possible.

We teach lessons so that children:

- Have fun and experience success in sport.
- Have the opportunity to participate in P.E at their own level of development.
- Secure and build on a range of skills.
- Develop good sporting attitudes.
- Understand basic rules.
- Experience positive competition.
- Learn in a safe environment.
- Have a foundation for lifelong physical activity, leaving primary school as physically active.

3. Impact

PE is taught as a basis for lifelong learning, where the children have access to a wide range of activities in the belief that if taught well and the children are allowed to succeed, then they will continue to have a physically active life. A high-quality physical education curriculum inspires all children to succeed and excel in competitive sport and other physically demanding activities. At Holy Family School, we provide opportunities for children 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.

4. PE Curriculum

We currently plan a variety of sports and activities during the year including swimming (Years 3-5), dance, gymnastics and games (which includes athletics). The programme ensures continuity and progression within each year group and across the key stages.

PE is studied mainly as a discrete subject, especially in the development of skills. Where links can be made with other areas of the curriculum, these are done so appropriately, such as PSHE, Science and Mathematics topics. The PE programme incorporates the opportunity to share experiences of other cultures mainly through dance.

We welcome coaches from community clubs, local secondary schools or the LEA to support and enhance the curriculum whenever these opportunities are available. Swimming is taught to years 3, 4 and 5 at the local leisure centre by qualified instructors, in line with National Curriculum requirements. We compete in local school competitions which are organised by the WASSA (Witham Area School Sports Association).

5. Inclusion

All pupils in our school are entitled to a PE curriculum that takes their individual needs into account.

The curriculum is progressive and allows for a range of teaching and learning approaches to be used. This is to ensure that tasks are matched to pupil ability, needs and interest and so pupils make progress regardless of their starting point.

The achievements of all pupils are maximised by providing variation in the following: tasks, resources, support, grouping (size, ability, etc.) and pupil activity (pace, time limit, roles and responsibility).

Children with specific disabilities in PE are provided with adapted tasks agreed by class teacher and outside agencies and where appropriate are supported by a teaching assistant.

6. Sports Premium Funding

The Sports Premium funding is used effectively by paying towards our membership of WASSA and for a Sports Coach who works with staff during lessons to up-skill and support in focused areas, such as games or gymnastics. An audit of staff needs is carried out at regular intervals by the PE subject leaders so that support can be tailored and adapted to the needs of the school and relevant training and CPD opportunities can be provided when available.

The Sports Coach is also responsible for attending any training linked to sport and new initiatives and feeds back to staff. Also, children are taken to competitions by the Sports Coach, as well as him leading some of the competitions agreed by WASSA.

7. Monitoring and Assessment

The PE subject leaders monitor the teaching and learning throughout the school through regular reviews and audits of staff confidence and competence as well as feedback from Pupil Perceptions often carried out by a school governor.

Every child from Year 1 to Year 6 completes a Fitness Test to measure progress of fitness levels as they move through the year groups.

8. **Extra-Curricular Activities**

We aim to provide a range of activities across the year groups and include both competitive and non-competitive clubs. External coaches offer a variety of sports which parents can pay for.

We participate in a variety of festivals and competitions, such as the Tag Rugby festival, Football League, Kwik Cricket, District Sports, Cross Country, Basketball and Hi 5 Netball tournaments.

Children with a particular ability or interest in a sport are encouraged to join extra-curricular activities or clubs known within the area.

9. **Health and Safety: Kit**

Pupils should be appropriately prepared for PE and extra-curricular clubs for their own and others' safety. This includes:

- Tucked in plain white t-shirt or with school logo, plain black shorts (cycling shorts acceptable), plain black track suit bottoms or leggings for warming up or cold days outdoors, green sweatshirts, black soft rubber soled plimsolls, or trainers for outdoor games.
- Having long hair tied back with soft bands – hard head bands and decorative head clips need to be removed when working on apparatus.
- All jewellery removed – the wearing of rings, earrings, watches, bracelets and other personal adornments constitute a hazard if worn for physical activity and must be removed before the physical education lesson, with no exception. No tape is put over ears.

(Extract from Holy Family School Prospectus)

Earrings

Children are allowed to wear studs only. Earrings are not to be worn during PE. If newly pierced ears have not healed, participation in PE lessons will not be allowed until the earrings can be removed. Class teachers give details of PE lessons at the start of an academic year so that earrings can be removed at home and not worn on that day if your child is unable to take them out for themselves.

- Appropriate footwear worn – bare feet indoors or plimsolls; trainers for outside.
- Children with verrucae participate with bare feet except if the wound is open.

Staff are appropriately prepared as they are acting as role models for the pupils.

10. **Health and Safety: Swimming**

Children should be encouraged to use the toilet before swimming. No jewellery must be worn by anyone entering the water. Children must follow the rules for appropriate swim

wear recommended by the swimming coaches (boys to wear fitted shorts or trunks, girls to wear all-in-one costumes).

11. **Health and Safety: Apparatus**

Children are taught the safe carrying of equipment and the importance of straight back and bent knees when doing so. There should always be the appropriate number of pupils to lift equipment.

Safety checks of County equipment are made annually by Universal Services.

Individual teachers are responsible for the safety of the equipment they use and always supervise movement of equipment. Apparatus must be placed with due regard to all activities in the room and dangerous obstacles, e.g.: chairs, doors, radiators.

Report any unsafe equipment to PE subject leaders immediately.

Basic rules on use of apparatus must be established:

- Appropriate handling – where possible, apparatus should not be carried, children who must handle apparatus must be instructed in safe handling techniques and organisation of team lifts (e.g. reduction of individual capacities, appointing someone to give instructions, agreeing instructions and how the task is to be performed).
- Number who may use the equipment at any time.
- Height restrictions.

Further advice on safe handling techniques can be found in the Essex LA guidance booklet: 'Health and Safety in Primary Schools – Code of Practice No. 25.' which is available on request. Staff should follow this Code of Practice and the guidance in the BAALPE 'Safe Practice in Physical Education' book to ensure risks during physical education are adequately controlled.

Risk assessments for attendance at sporting events are undertaken by the member of staff leading the event and are submitted to the Evolve online portal.

Risk assessments for walking down to the swimming pool are undertaken by relevant class teachers. Trained swimming instructors employed by the Sports Centre are hired to lead the swimming lessons. The Sports Centre undertake all necessary risk assessments and training of their staff.

PE Subject Leader
Submitted: Spring 2025
Review : Spring 2028