

Our Lady of Peace Catholic Primary and Nursery School

'With Christ in our hearts, together we grow'.



PHYSICAL EDUCATION GUIDANCE

Approved by the Governing Body of Our Lady of Peace Primary School and Nursery

This guidance was implemented April 2016

Date implemented: April 2016
Reviewed: April 2017

To be reviewed: April 2019

The school has a commitment to safeguarding and promoting the welfare of children.

Aims and Objectives

At Our Lady of Peace Primary and Nursery School Physical Education forms an important part of the curriculum.

P.E. is about introducing children to the world of sport, which, combined with an enjoyment of exercise, will provide the foundations for a healthy, active lifestyle.

Evidence suggests that sports participation is associated with psychological benefits in young people by improving their control over symptoms of anxiety and depression, and can assist in the social development of young people (World Health Organisation).

The aims of Physical Education at Our Lady of Peace Primary and Nursery School are:

- To promote positive attitudes towards physical activity.
- To develop social co-operation and positive attitudes towards others and to compete with a sense of fair play.
- To promote physical activity, physical skills development and a healthy lifestyle.
- To show an awareness, knowledge and understanding of safety when participating in physical activity.
- To encourage lifelong involvement in physical activity.
- To develop fair play through cooperation, collaboration and competition and manage to varying levels of success in competitive and co-operative situations and retain a proper sense of perspective in competition.
- To always try to achieve personal best.
- To have age appropriate activities.
- To understand the need for rules in games.
- To provide equal opportunities for all children regardless of their race, gender, background or ability, thus providing a programme of study that is inclusive.
- To provide equal opportunities for all children to achieve their full potential, through curricular and extra-curricular sessions.

Curriculum

Early Years; We promote the physical development, both fine and gross motor, of our children in the Nursery and Reception classes as an integral part of their school day. We offer children the opportunity to take part in activities that offer appropriate physical challenge, both indoors and out.

Key stage 1 and Key stage 2; Each year group has an afternoon allocated to PE curriculum time. The teaching of the Physical Education curriculum is broken into the following areas of activity:

- Dance
- Gymnastics
- Invasion Games
- Net and Wall Games

- Striking and Fielding
- Athletics
- Swimming

In accordance with the National Curriculum, children in year 4 will have swimming lessons. Participation is compulsory. All pupils are required to learn how to swim.

Year 1 will work with a professional sports coach to support and develop the teaching of PE.

Equal Opportunities

The Governing Body will ensure compliance with current legislation regarding Equal Opportunities.

All pupils at Our Lady of Peace Primary and Nursery School will be given equal opportunities to access the P.E. curriculum regardless of race, sex, religion, ethnic group, culture or ability (including more and less able pupils).

A well-balanced and planned P.E. programme should meet the physical and social needs of all pupils thus allowing all children across the ability spectrum to succeed.

By setting suitable learning challenges, responding to pupils' diverse learning needs and overcoming potential barriers to learning and assessment, teachers will create a positive and achievement orientated learning environment.

Assessment

Assessment in PE is ongoing and formative. Children will receive feedback and support during the lessons. Assessment in P.E should provide opportunities for pupils to assess their own performance through talk and observation of peers. They should be encouraged to recognise ways of improving skills and make positive comments on their own and others work.

Dress Code For Pupils

It is expected that children will wear the school PE kit during lessons.
This includes:

- White T shirt
- Black shorts
- Trainers
- Tracksuit.

The pupils can work with bare feet indoors during gymnastics. Tights must not be worn. During outdoor P.E lessons, when it is cold, tracksuits may be worn. No hats, gloves or scarves.

- All jewellery, watches should be removed. Earrings studs must be covered with tape.
- Long hair should be secured as appropriate to the activity at all times.

Dress code for Staff

Staff will change into appropriate PE clothing before teaching a lesson.

Use and Storage of Apparatus

Large apparatus is stored in the hall (Lower and Upper school) and the children are taught how to move and lift the apparatus safely. Games equipment is stored in the outdoor P.E cupboards.

Extra-Curricular Activities

We are committed to recognising the importance of physical activity of children outside the curriculum. We believe that links with local sporting clubs and organisations and the provision of extracurricular activities organised by the school is a positive experience.

We also have links to various inter and intra school clubs that operate after school hours. Students are encouraged to participate in these clubs, where possible, to further promote an awareness of the value of physical activity.

Risk Assessment

The P.E. Co-ordinator is responsible for carrying out a thorough risk assessment of sporting equipment and facilities. Regular checks and risk assessments are made by all staff involved in delivering the P.E. curriculum, these checks are ongoing. Risk assessments should also be carried out on any facilities that are used for sporting activities outside of the school grounds.

Annual safety checks and repairs are carried out on gymnastic equipment and staff should check apparatus when it is being taken out for use in lessons. If a potential hazard is identified it is immediately taken out of use and reported to the P.E. coordinator.

Monitoring and Evaluation

The monitoring and evaluation of the P.E. curriculum will be carried out in the following ways:-

- By the P.E. co-ordinator meeting with year group leaders/teachers and external coaches to discuss their plans and match them against the P.E. schemes of work.
- Supporting colleagues in the teaching of P.E. by being informed about current developments in the subject and to identify any training requirements.
- By evaluating the strengths and weaknesses of the subject and identifying areas that need further development.
- By carrying out lessons observations