

OUR LADY'S CATHOLIC PRIMARY SCHOOL



We ASPIRE that through the love of Jesus everyone
should
"have life and have it to the full".
John 10:10

Physical Education at Our Lady's

Intent

At Our Lady's Physical Education forms an important part of the education of each pupil. We aim to promote an active, healthy and enjoyable lifestyle and encourage all of our pupils to have the motivation, confidence, physical and social competence, knowledge and understanding to maintain physical activity throughout life once they have left primary school.

P.E. is about introducing children to the world of an active lifestyle through teaching them the knowledge and skills to play a range of sports and showing a range of active activities, which, combined with enjoyment, will provide the foundations for a healthier, active lifestyle.

At Our Lady's we intend for Physical Education for every pupil to:

- Promote positive attitudes towards physical activity.
- Develop social co-operation and positive attitudes towards others and to compete with a sense of fair play.
- Show a willingness to practise skills in a wide range of different activities and situations to achieve higher levels of performance.
- Promote physical activity, physical skills development and ways to live a healthy lifestyle.
- Show the ability to remain physically active for sustained periods of time and an understanding of the importance of this in promoting long-term health and wellbeing.
- Exhibit the ability to take the initiative and become excellent young leaders, organising and officiating, and evaluating what needs to be done to improve.
- Show exceptional levels of originality, imagination and creativity in their techniques, tactics and choreography, knowledge of how to improve their own and others' performance and the ability to work independently for extended periods of time.
- Have age appropriate activities introducing the children to understand the need for rules in games.
- Display a willingness to participate eagerly in every lesson, showing highly positive attitudes and the ability to make informed choices about engaging fully in extra-curricular sport.
- Have the ability to swim at least 25 metres before the end of Year 6 and knowledge of how to remain safe in and around water.
- Provide equal opportunities for all children regardless of their race, gender, background or ability, thus providing a programme of study that is inclusive.
- Provide equal opportunities for all children to achieve their full potential, through curricular and extra-curricular sessions.

Implementation

At Our Lady's we have a clear long-term plan for each year group mapping out the teaching and learning, knowledge and skills through each topic. PE at Our Lady's Catholic Primary School is currently being taught through the trialling of the scheme of work GetSet4PE. This

scheme of work ensures that all lessons are progressive, and skills are developed from EYFS through KS1 until the end of KS2. During EYFS and KS1, the focus is on teaching fundamental skills and then these are then continuously built upon each year. In KS2, the focus is then on applying these skills and using them in sport situations and sport specific situations.

We aim to ensure that our PE lessons are engaging, allowing children time to discover, play and spend time on a task when learning a new skill, as well as being progressive in order to challenge every pupil to fulfil their unique potential. It is essential children go through the process of attempting, failing and succeeding to build resilience and determination to achieve personal challenges.

Children in from Year 1 to 6 also access swimming lessons coached by pool staff at Hereford Leisure Pool to ensure they meet the minimum requirement at the end of KS2.

Our curriculum is further enriched through children taking part in PE events and sports competitions, which take place in a host of different locations around our local area. These opportunities allow children from different year groups to attend competitions across the year. There are competitive competitions for those children who are gifted and talented but also opportunities for our SEND children to attend competitions, adapted to their needs, and also competitions for children, who feel less confident when taking part in sports, where the focus is on demonstrating the school games values. The school games values are the 6 values taught alongside our curriculum throughout the year, and evident at all sporting competitions, to encourage our children to become well-rounded sports people.

At break and lunchtimes, we also promote physical activity through the use of our outside gym equipment and adventure playground. In addition, at lunchtimes, we also have a playtime leader who provide a range of sporting activities for the children to join in with each day.

During our Summer Term each year, we hold a KS1 and KS2 Sports Day, where families and carers are invited to share and celebrate the success of our children and their talents in sport.

Impact

Pupils at Our Lady's School are:

- physically confident and skilful across a range of activities
- fluent in fundamental movement skills
- able to make connections between techniques, tactics, and fitness
- able to think, adapt, and solve problems in physical activities
- able to explain their thinking using appropriate PE and sporting language
- able to apply skills confidently in different activities and contexts

Assessment

We use a range of formative assessment tools and strategies within our PE curriculum and believe wholly that self and peer assessment during lessons is just as, if not more, effective. Allowing children to reflect upon their own performance and solve problems for themselves is key to their independence and growth. Peer assessment provides children the opportunity

to appraise one another and suggest constructive feedback for each other's work. Children's progression is evidenced through photographs and videos as well as regular oral feedback.

Safeguarding in PE

In all areas of PE safety guidelines should be strictly adhered to, in order to promote safe practice and fulfil the safety requirements of the National Curriculum. Health and safety is an integral part of pupils' learning in PE and they are taught to recognise and take some level of responsibility for their own safety. They are taught to recognise and be aware of hazards that are present from an early age.

PE Changing

When changing for PE, KS1 pupils will change together in their classrooms where as KS2 pupils will change at home before school. Staff must be present during changing times, in both areas, to ensure children are safe at all times. After changing for PE children should place their school clothing into their PE bag.

School PE Kit

In the interest of health and safety appropriate kit should be worn for P.E. activities. Acceptable kit is that which presents no risk of injury to the wearer or other children and details of our policy are outlined below.

Indoor clothing

- Plain white T-shirt,
- Dark shorts
- Children must have bare feet for gymnastics unless they have medical reasons not to.

Outdoor clothing

- Plain white t-shirt
- Dark leggings/ shorts/ tracksuit bottoms
- Trainers
- A hoody or school jumper may also be worn at the discretion of the teacher.
- Trainers must be worn outside. Indoor pumps are not suitable as the grip is insubstantial

Staff Dress

- It is expected that teachers change for P.E, or come to school dressed appropriately, for the safe delivery of a PE lesson. This should include suitable footwear. If possible jewellery should be removed to set a good example.

Accident Procedure

For school based activities staff should follow the guidelines in the Health and Safety Policy. For offsite activities, staff must familiarise themselves with the individual facility procedures. Risk assessments must be in place for any off site visits. For swimming sessions, all staff should familiarise themselves with pool procedures, e.g. the fire and drown alarm. They must know the location of rescue and survival equipment and have the ability to use an emergency drill. There should be frequent practices involving the children

As a school we ensure the safety of all pupils and staff through the following codes of practice:

Safe storage of all equipment – all equipment to be stored safely and tidily in its appropriate place after use, so easy access and availability are ready for the next group. PE equipment is stored in a number of places including, the hall and PE Cupboard. These areas will be monitored by members of the PE team.

The school office will arrange for an annual safety equipment check (gym equipment) by a recommended maintenance contractor.

Children are taught to manage and use apparatus safely and effectively.

Equipment will be checked at the beginning and end of use. All unsafe, damaged or lost equipment to be reported to a member of the PE team.

Staff are aware of First Aiders within the School and there are several members of staff first aid trained across school.

Staff have knowledge of the environment in which learning is taking place. They must check areas for hazards before any activity takes place.

Risk Assessment

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.

Handling Apparatus

- Apparatus should be stored consistently and always returned to the same place.
- Apparatus needs to be easily accessible for all children.
- Children are taught how to lift apparatus correctly. They should know:
 - never to touch apparatus unless instructed to do so by the teacher
 - how many children should be holding it
 - where they have to grip the apparatus
- To carry apparatus – never drag it across the floor
- To have knees bent, back straight and head up ready to lift. They must walk when carrying the apparatus
- Only to lift when everyone is ready. When ready lead child to say 'one, two, three lift' and when it is in place 'one, two, three down'
- When the apparatus has been positioned, children must sit on the floor to await instructions
- Use the apparatus floor cards to indicate where apparatus should be placed.
- Always have plenty of children lifting the apparatus.
- Avoid walking backwards when carrying the apparatus. The apparatus should be pointed in the direction of its destination and children should carry it facing in the same direction.
- Mats should be put out last and put away first; this will avoid children tripping over the mats as they carry the apparatus.

- As a general guideline, children should only use apparatus which they can move themselves.
- Finally when ready to use the apparatus, teachers should complete a risk management of the equipment with the children.

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.
- By evaluating the strengths and weaknesses of the subject and identifying areas that need further development.
- By carrying out lesson observations.