

Diocese of Nottingham
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The Our Lady of Lourdes Catholic Trust

St Philip Neri with St Bede Catholic Voluntary Academy
Policy Document



Physical Education

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Physical Education Policy

Context

Physical Education (PE) provides pupils with the opportunities to engage in physical activity, participate in competitive sports and become physically confident individuals whilst promoting health and fitness. These opportunities allow pupils to develop skills and knowledge that can be applied throughout education and embed values such as fairness and respect.

The National Curriculum 2014 for Physical Education states that pupils should have opportunities to become physically confident in ways which support their health and fitness. To achieve this, we have created a long term plan using the *Get Set 4 PE* planning and assessment resources, which ensure that learning is sequential and progressive for pupils from Foundation Stage to Year 6.

PE enables pupils to apply a number of skills and techniques into a range of team and individual sports, building on their ability to communicate, work cooperatively and be critical of their own performance. Learning is made enjoyable and memorable by the range of activities that are available to teach the essential skills.

Purpose

Research suggests that when pupils engage in PE, this can improve behaviour which contributes positively to other subjects. Additionally, there are numerous health benefits that physical activity can offer pupils, from increasing their self-esteem, to developing their cognitive ability (Bailey, 2006; DfE, 2014). Primary education is seen to be a critical period in developing pupils to lead healthy active lifestyles and behaviours.

Positive physical activities and sports experiences as a child can benefit and contribute to lifelong enjoyment. With this in mind, it is vital that pupils engage in regular physical activity. During lesson pupils develop the knowledge, skills and techniques for individual sports, while break and lunch times allow for pupils to apply their learning and own sporting knowledge. Regular physical activity can increase an individual's mental health. Other physical benefits include the reduced risk of illnesses occurring later in life (NHS, 2018). PE can support pupils to make these healthier active choices by engaging in regular PE lessons.

INTENT

At St. Philip Neri with St. Bede Catholic Voluntary Academy, our aim is to develop the knowledge, skills and capabilities necessary for mental, social, emotional and physical wellbeing in our pupils now and for their future. Aiming to achieve this through a broad and balanced curriculum focusing on the development of the whole person. We aim to deliver high quality teaching and learning opportunities that inspire all pupils to succeed in physical activities. In line with the delivery of 'British Values', teachers and coaches will demonstrate how pupils can collaborate with others, as part of a team, understanding fairness and equity of play to embed life-long values.

Coverage is ensured through a whole school Long Term Plan (our PE Intent), which follows the statutory requirements of the National Curriculum. This is compiled by all teaching staff overseen by the subject leader (See Appendix 1).

IMPLEMENTATION

At St Philip Neri with St Bede Catholic Voluntary Academy, all students receive a broad and balanced PE curriculum regardless of year group or ability. Our priority is the holistic development of all and as such each pupil has access to a wide variety of activities in our curriculum, with specific adaptations tailored to individual needs for an inclusive learning environment. With the guidance from *Get Set 4 PE*, teachers plan PE with clear progression of skills and knowledge that we have devised as part of our curriculum. This offers all pupils access at an age-appropriate level.

Pupils at St. Philip Neri with St. Bede Catholic Voluntary Academy participate in weekly, high-quality PE and sporting activities all underpinned by the notion of 'physical literacy'. PE is further supplemented in all year groups by the use of the 'daily mile' track. All pupils from Foundation Stage to Year 6 have at least 2 hours' worth of planned physical exercise each week. Pupils in Year 3 participate in at least 15 weeks of swimming lessons to enable them to swim competently, confidently and proficiently over a distance of at least 25 meters and develop the skills to be able to perform a safe self-rescue in different water-based situations. With the support of the *Get Set 4 PE* scheme of work that is used throughout school, staff have access to a gradually developing sequence of lessons. The *Get Set* scheme also supports and develops teachers' confidence and knowledge to deliver a high quality, effective PE curriculum.

Skills and knowledge are taught across the different aspects within the curriculum so that pupils have opportunity to develop and apply their skills taught on a regular basis. Each lesson will consist of an introduction to the activity followed by a warm-up. A skills focus activity will

recap previously taught skills and allow pupils to apply this knowledge later on into the main part of the lesson. To ensure that pupils consolidate their learning, pupils may be asked why specific skills have been taught and applied as part of a plenary. This allows pupils to be reflective of their own skills and knowledge.

Pupils will have opportunities to develop prior taught skills and apply these broader range of skills such as running, jumping, throwing and catching. These skills are incorporated into competitive games, performances using movement patterns and evaluations of their own and others' work. Pupils communicate and collaborate with each other and develop an understanding of how to improve in physical activities and maintain physically active.

Pupils also have chance to engage in additional sporting opportunities including sports clubs that run after school.

IMPACT

The impact of our PE curriculum is assessed throughout each lesson across all year groups. Teachers will make assessments based on a child's physical literacy motor skills alongside their sporting knowledge, creativity, aesthetic appreciation, leadership and character. Summative assessments are recorded termly.

The Role of the PE Subject Leader

Miss Alice Nicholls is the PE subject Leader. She is responsible for:

- ensuring teachers and sports coaches feel supported in their delivery of PE;
- endeavouring to provide both staff and pupils with a range of sporting opportunities that will develop their confidence and physical ability;
- ensuring CPD opportunities will be available to staff as a way of developing their confidence and PE knowledge;
- ensuring that CPD opportunities are valued, all teaching staff will engage in a short questionnaire to understand their confidence, competence, enthusiasm and areas of development within the subject. This will allow for most effective support to be implemented;
- Working alongside staff to offer advice as well as the use of the school's Sports Apprentice TA. This opportunity allows pupils to develop a secure relationship in lessons, but during the range of lunch and after school activities that are available throughout the school.

Appendix 1 - Physical Education Intent (Long Term Plan) 2025-2026

	Advent 1	Advent 2	Lent 1	Lent 2	Pentecost 1	Pentecost 2
FS1	Introducing PE 1	Fundamentals 1	Gymnastics 1	Dance 1	Ball Skills 1	Games 1/ Athletics
FS2	Introducing PE 2	Fundamentals 2	Gymnastics 2	Dance 2	Ball Skills 2	Games 2/ Athletics
FS2	Forest Schools	Forest Schools	Forest Schools	Forest Schools	Forest Schools	Forest Schools
Year 1	Fundamental	Gymnastics	Dance	Invasion	Yoga	Striking and fielding
Year 1	Forest School	Team building	Target Games	Sending and receiving	Ball skills	Athletics
Year 2	Fundamental	Gymnastics	Invasion	Dance	Yoga	Striking and fielding
Year 2	Team building	Forest School	Target games	Sending and receiving	Ball skills	Athletics
Year 3	Fundamental	Gymnastics	Basketball	Swimming		
Year 3	Ball skills	Football	Forest School			
Year 4	Fundamentals	Target games	Gymnastics	Dance	Fitness	Cricket
Year 4	Hockey	Netball	Tag Rugby	Forest School	Tennis	Athletics
Year 5	Gymnastics	Yoga	Badminton	Dance	Tennis	Rounders
Year 5	Fitness	Football	Basketball	Hockey	Forest School	Athletics
Year 6	Gymnastics	Netball	Dance	Yoga	Cricket	Athletics
Year 6	Tag Rugby	Badminton	Hockey	SATS PREP	Tennis	Forest School