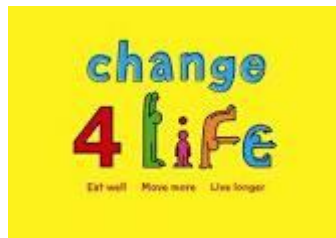




# ST THOMAS MORE RC PRIMARY SCHOOL

# 2023/24

## PHYSICAL EDUCATION POLICY



At St Thomas More School we understand the importance Physical Education and School Sport have in developing the whole child. Our vision is to inspire a generation of children to recognise the importance of living a healthy active lifestyle through a spiritual recognition of the values of teamwork, respect, honesty, determination, passion and self-belief. Our aim is to challenge each child to reach their full potential and a desire for lifelong participation in physical activity or competitive sport.

**St Thomas More Catholic Primary School Oxford Road Kidlington OX5 1EA**

**Headteacher: Mrs Julieann Exley**

**Tel: 01865 373 674**

**Email: [office@stthomas-more.org.uk](mailto:office@stthomas-more.org.uk)**

**Website: [www.st-thomas-more.oxon.sch.uk](http://www.st-thomas-more.oxon.sch.uk)**

## **PHYSICAL EDUCATION POLICY**

**At St Thomas More School, we believe that physical education, experienced in a safe and supportive environment enables pupils to develop qualities of confidence, self-discipline and leadership. It provides opportunities for social interaction, self-expression and using initiative. It contributes to a pupil's well-being, health and fitness.**

In offering a balance of individual and team, co-operative and competitive activities, we aim to cater for pupils' individual needs and abilities. We also promote the understanding of the benefits of exercise. All classes, will have the opportunity to learn about healthy active lifestyles. The PE programme is based on progressive skills learning which combined with flexible and varied teaching styles, endeavour to provide appropriate, stimulating, enjoyable and challenging learning situations for all pupils.

### **Aims**

- To enable children to develop and explore physical skills with increasing control and co-ordination and for all children to acquire fundamental movement skills.
- To develop the whole child through social. Emotional and thinking skills incorporated in every lesson,
- To encourage children to work and play with others in a range of group situations.
- To develop an understanding of how different fundamental skills are performed in a variety of activities.
- To raise awareness of being safe and staying safe during PE lessons, including the need for rules and regulations.
- To show children how to improve the quality and control of their performance with observation and evaluation.
- To teach children to recognise and describe how their bodies feel during exercise and know what happens to our bodies and be able to explain this.
- Develop an appreciation for health and fitness and the benefits of an active life style.
- To develop the children's enjoyment of physical activity through creativity and imagination
- To develop an understanding of how to succeed in a range of physical activities, and how to evaluate their own success.
- To encourage every child to reach their full potential.

### **Objectives**

- To participate in a range of psycho-motor/movement activities in order to develop Personal physical skills. (Practical attainment)
- To be made aware of their body in relation to others and their immediate environment and aim to promote quality of movement. (Kinaesthetic)
- To be made aware of simple physiological changes that occur to their bodies during exercise. (Physiology)
- To be given opportunities to develop imagination and co-operation to achieve shared goals. (Teamwork)
- To be given the opportunities to develop personal characteristics like initiative, self-reliance and self-discipline. (Self-Knowledge)
- To be given opportunities to be stimulated and challenged. (Problem solving)
- To be given opportunities to develop areas of activity of their choice in extra-curricular time.

**St Thomas More Catholic Primary School Oxford Road Kidlington OX5 1EA**

**Headteacher: Mrs Julieann Exley**

**Tel: 01865 373 674**

**Email: [office@stthomas-more.org.uk](mailto:office@stthomas-more.org.uk)**

**Website: [www.st-thomas-more.oxon.sch.uk](http://www.st-thomas-more.oxon.sch.uk)**

## **PHYSICAL EDUCATION POLICY**

### **SCHOOLS SPORTS FUNDING**

Primary schools in England are going to share an extra £150m per year sports funding until 2023. The direct funding scheme for school sport, announced last year, is going to be extended for a further five years. Each year primary schools will continue to receive £8,000, plus £5 per pupil. As well as promoting good health, school sport has an important role in building "confidence and a sense of achievement".

The Department for Education has announced that funding for PE and sport in primary schools has doubled from £160 million to £320 million a year. The money will be delivered through the PE and Sport Premium, which is part of a series of DfE programmes to improve healthy lifestyles among pupils and tackle childhood obesity.

Please refer to our PE funding Action Plan on the School Website to see how St Thomas More are planning to implement the funding throughout the school.

### **Implementation**

All children have access to two high quality PE lessons per week. In addition, there are after school clubs on offer for the children to access.

### **EYFS**

We encourage the physical development of our children in the nursery and reception class as an integral part of their work. As these classes are part of the Foundation Stage of the National Curriculum, we relate the physical development of the children to the objectives set out in the Early Learning Goals, which underpin the curriculum planning for children aged three to five years of age. We encourage the children to develop confidence and control of the way they move, and the way they handle tools and equipment. We give all children the opportunity to undertake activities that offer appropriate physical challenge, both indoors and outdoors, using a wide range of resources to support specific skills.

Key Stage 1 and 2 follow the guideline of the National Curriculum for Physical Education.

### **Curriculum**

The curriculum has been organised to ensure that the children in key stage one and two have access to:

- Games (including striking/fielding, net/wall and invasion skills)
- Gymnastics
- Dance
- Athletic activities
- Outdoor and adventure activities (residential at an outdoor education centre, a visit to Hillend incorporating orienteering –KS2)
- Swimming-(Y4 all year, TOP up swimming in Summer term for Y6)
- Fitness

**St Thomas More Catholic Primary School Oxford Road Kidlington OX5 1EA**

**Headteacher: Mrs Julieann Exley**

**Tel: 01865 373 674**

**Email: [office@stthomas-more.org.uk](mailto:office@stthomas-more.org.uk)**

**Website: [www.st-thomas-more.oxon.sch.uk](http://www.st-thomas-more.oxon.sch.uk)**

## **PHYSICAL EDUCATION POLICY**

### **Teaching and learning**

Our PE lessons are planned using the Get Set 4 PE platform, which aligns with our core values, our whole child approach to PE and the objectives laid out in the National Curriculum. Get Set 4 PE is planned so that progression is built into the scheme which ensures our children are increasingly challenged as they move up through the school. Get Set 4 PE can also be supplemented with individual experience of the teachers and other sport specific teaching resources to allow for a more in-depth and engaging lesson.

The curriculum planning in PE is carried out in three phases from yearly overviews to individual lessons. The long-term plan maps out the PE activities covered in each term during the key stage. The PE subject leader works this out in discussion with teaching colleagues and pupils in each year group. Our medium-term plans give details of each unit of work for each term. These schemes of work provide an overview of the unit, links to other areas of the National Curriculum and assessment criteria for that unit. The short-term lesson plans provide opportunities for children of all abilities to develop their skills, knowledge and understanding in each activity area.

### **Promoting key skills through Physical Education:**

**Social Skills** -The development of vital social skills such as teamwork, communication and leadership.

**Cognitive Skills** -The development of cognitive skills such as decision making and analysis. To recognize the nature of a challenge, think of different ways to approach a task and self-evaluate. To collect and analyse data, using different forms of measurement and Information Technology.

**Physical Skills**- To improve learning and performance, through recognising what they do well and what they need to do better, helping them to observe a good performance and develop the confidence to do something new.

**Knowledge of Health and Fitness**- To develop pupils' knowledge and understanding of healthy lifestyles.

**Each lesson format will include:** -

- warm up at the start of the lesson
- Clear Learning Objectives to increase understanding of what is required during the lesson.
- Plenary-all children should be able to answer the question "What have I learnt in PE today?"
- Cool down at the end of a lesson.

### **Assessment**

Our teachers assess the children's work in PE, both by making informal judgements as they observe them during lessons, and through assessing against the specific objectives set out in the National Curriculum and recorded using the Get Set 4 PE assessment software. We have clear expectations of what the pupils will know, understand and be able to do at the end of each Key Stage. Teachers are supported with resources to know how to prepare children for their next phase of education. These resources include the Get Set 4 PE progression of skills document, progression ladders and knowledge organisers.

**St Thomas More Catholic Primary School Oxford Road Kidlington OX5 1EA**

**Headteacher: Mrs Julieann Exley**

**Tel: 01865 373 674**

**Email: [office@stthomas-more.org.uk](mailto:office@stthomas-more.org.uk)**

**Website: [www.st-thomas-more.oxon.sch.uk](http://www.st-thomas-more.oxon.sch.uk)**

## **PHYSICAL EDUCATION POLICY**

### **Monitoring and Reviewing**

The planning and coordination of the teaching of PE is the responsibility of the subject leader, who:

Supports colleagues in their teaching, providing a strategic lead and direction.

Evaluates the strengths and areas for development in the subject through staff and pupil voice questionnaires.

Reviews evidence of the children's work and observes PE lessons.

The quality of teaching and learning in PE is monitored and evaluated by the subject leader and is overseen by the curriculum leader.

### **Equal Opportunities Statement**

When planning and teaching, staff should set high expectations and provide opportunities for all pupils to achieve as a method of quality first teaching. Each child should have a suitable entry point to the lesson and be able to succeed, no matter their level of need. We are aware that pupils bring to school different experiences, interests and strengths which will influence the way in which they learn. Teachers will plan their approaches to teaching and learning so that all pupils can take part in lessons fully and effectively.

### **Inclusion**

All children will be expected to participate in PE, except where a medical condition prevents them. In these cases, a note from home will be required. PE within our school is inclusive to all and in many cases, the action necessary to respond to an individual's requirements for curriculum access will be met through greater differentiation of tasks and materials. A small number of pupils may need access to specialist equipment and approaches or to alternative or adapted activities. Intervention, advice and support may also be provided by external agencies. Teachers will, where appropriate, work closely with representatives of other agencies, which may be supporting the pupil.

### **Pupils with disabilities**

Not all pupils with disabilities will necessarily have special educational needs. Teachers will act, however, in their planning to ensure that these pupils are enabled to participate fully and effectively as possible within the National Curriculum and the statutory assessment arrangements. Teachers will take specific action to enable to effective participation of pupils with disabilities by:

- a) Planning appropriate amounts of time to allow for the satisfactory completion of tasks
- b) Planning opportunities, where necessary, for the development of skills in practical aspects of the curriculum
- c) Identifying aspects of programmes of study and attainment targets that may present specific difficulties for individuals.



**St Thomas More Catholic Primary School Oxford Road Kidlington OX5 1EA**

**Headteacher: Mrs Julieann Exley**

**Tel: 01865 373 674**

**Email: [office@stthomas-more.org.uk](mailto:office@stthomas-more.org.uk)**

**Website: [www.st-thomas-more.oxon.sch.uk](http://www.st-thomas-more.oxon.sch.uk)**

## **PHYSICAL EDUCATION POLICY**

### **Differentiation and Special Educational Needs**

Within the areas of activity within a lesson, broad task setting allows for differentiation by outcome. Differentiation by task can also be used – here, the more able learner can be challenged by extending the specific task and the less physically able can be encouraged to achieve success by breaking the task down into simple progressive steps. In games, differentiation can be achieved through choice and of use of appropriate apparatus and group sizes / personnel by:

- setting suitable learning challenges
- responding to pupil's diverse needs
- overcoming potential barriers to learning and assessment.

### **Gifted and Talented**

St Thomas More School is committed to providing the best possible learning opportunities for all pupils. Within the context of this broad aim, we strive to provide support for those who are 'Gifted and Talented' in Physical Education (PE) and Sport / Dance by:

- To identify and support Gifted and Talented pupils within Physical Education.
- To set Gifted and Talented pupils targets encouraging them to work to their full potential within school.
- To encourage the expression of talent and empower pupils to recognise the benefits and challenges of being a talented performer.
- To help Gifted and Talented pupils develop the personal qualities which will enable them to maximise their potential.
- To identify and support Gifted and Talented pupils who have the 'potential' to perform at a higher level.

### **Non Participants / Weather provision / Allocation for PE lessons**

- All children must participate in PE lessons. However, if a child has been excused from PE for health reasons they must accompany the class to watch the PE lesson so learning can still take place which will include roles such as umpiring, photography, sports report writing, recording the different and varied ways in which a piece of apparatus is used and peer assessment.
- PE lessons will include one indoor and one outdoor lesson throughout the year. If weather is dangerous for children to be outdoors (ice, snow and heavy rain) then lessons will take place indoors.
- During the Summer term both PE lessons may be outdoors

St Thomas More Catholic Primary School Oxford Road Kidlington OX5 1EA

Headteacher: Mrs Julieann Exley

Tel: 01865 373 674

Email: [office@stthomas-more.org.uk](mailto:office@stthomas-more.org.uk)

Website: [www.st-thomas-more.oxon.sch.uk](http://www.st-thomas-more.oxon.sch.uk)

## PHYSICAL EDUCATION POLICY

### Health and Safety in Physical Education

Children at St Thomas More are expected to behave in a considerate, responsible manner showing respect to other people and equipment at school and when representing the school at sporting events and competitions. The children are taught to be aware of safety implications concerning themselves and others.

The children will be taught:

- a) To recognise hazards, assess consequent risks and take steps
- b) To control the risks to themselves and others
- c) To manage their environment to ensure the health and safety of themselves and others

In the interests of health and safety, it is important that children and staff are dressed appropriately for PE sessions.

### Suitable Clothing

- PE Uniform consists of a pair of royal blue shorts, a St Thomas More Logo polo shirt and trainers.
- trousers and top/hoodie. Gloves with a grip and a bobble hat are also recommended.
- Scarves and hats with ties around the neck may not be worn.
- All jewellery to be removed or taped over and long hair to be tied back. St Thomas More is sensitive to the particular requirements of certain religions, and modifies the dress code in line with the guidelines for each faith.
- Children should have appropriate trainers for working outdoors and fit securely.
- Indoor lessons will be in bare feet. Trainers may be worn for some activities indoors but **ALL** children must wear them or they must all be bare feet.
- For swimming sessions, children are expected to wear a swimsuit or trunks and a hat. Children **may** wear swimming goggles. However, during lessons covering water safety goggles are not permitted.

Children who are not appropriately dressed should not actively participate in the lessons – this is for safety, comfort and hygiene reasons.

All teachers are expected to wear trainers and clothing that allows for easy, quick and safe movement.

On the day children have a PE lesson they may come to school in their PE Uniform-White logo polo shirt/royal blue shorts.

They must also bring their school jumper and school shoes to wear in class throughout the day.

School jumpers and shoes will be removed and replaced with appropriate tracksuit top if required and trainers at the start of their PE lesson.

Safety Precautions for every lesson include: -

**St Thomas More Catholic Primary School Oxford Road Kidlington OX5 1EA**

**Headteacher: Mrs Julieann Exley**

**Tel: 01865 373 674**

**Email: [office@stthomas-more.org.uk](mailto:office@stthomas-more.org.uk)**

**Website: [www.st-thomas-more.oxon.sch.uk](http://www.st-thomas-more.oxon.sch.uk)**

### **PHYSICAL EDUCATION POLICY**

- First aid provision and accidents logged
- Any broken or damaged equipment must be removed and reported to the PE Co-ordinator.
- No PE equipment is used by a pupil without the teacher's consent.
- Children are aware of the safe practices required when using PE Equipment.

### **Training**

Training and advice from the PE Co-ordinator are always available to staff, to ensure that the delivery of curriculum lessons is high. The PE Co-ordinator will aim to keep updated with new initiatives that support the progression of PE within the school.

Local coaches and Secondary school sports co-ordinators are also invited to work along side teachers to raise the standards of teaching in PE throughout the year.

Opportunities for continual professional development in PE are also on offer throughout the year through our membership to the North Oxfordshire School Sports Partnership (NOSSP) and the Youth Sport Trust.

### **Partnership**

The School Sports Partnership are families of schools that have come together to enhance sports opportunities for all. Our North Oxfordshire School Sports Partnership (NOSSP) group involves six local primary schools and one secondary school. Termly meetings allow us to work together with the council and local clubs to promote sport in school, after school clubs, competitions and festivals throughout the year and to develop links for children with these local clubs. The wider partnership includes many primary and secondary schools throughout North Oxfordshire with three annual meetings and training days provided.

The P.E. Coordinator, Mr F. Young is the Primary Link Teacher- providing our school with the link into the partnership.

### **Equipment and resources**

The school has a hall, hard court areas and an outdoor adventure playground. The school hall is timetabled for use by every class for indoor PE lessons and is equipped with a range of gymnastic equipment including large wall apparatus. Outdoor our playground has a MUGA. Basketball nets are also available for the children to use at playtime.

Playground marking will be inspected annually and repainted where needed.

Both Key Stages have a range of small equipment for playtime.

School PE equipment is kept in two areas- the indoor cupboard in the hall and the outdoor shed. All equipment is stored in its correct storage area and should be returned to the correct place after use. Children will learn how to get out and put away equipment in a safe and appropriate manner.

It is the teacher's responsibility to check all equipment before and at the end of each lesson. Any problems with equipment MUST be reported to the PE Co-ordinator immediately.

PE Equipment is audited and checked annually

### **Links with the wider community**



**St Thomas More Catholic Primary School Oxford Road Kidlington OX5 1EA**

**Headteacher: Mrs Julieann Exley**

**Tel: 01865 373 674**

**Email: [office@stthomas-more.org.uk](mailto:office@stthomas-more.org.uk)**

**Website: [www.st-thomas-more.oxon.sch.uk](http://www.st-thomas-more.oxon.sch.uk)**

### **PHYSICAL EDUCATION POLICY**

In conjunction with our school partnership team, we are always looking at fostering links with local clubs using the expertise of local sportsmen and women to help develop and enrich the delivery of the PE curriculum. We participate in sporting events, activities and competitions throughout the year that are organised by the School Sports Partnership. These include football, netball, tag rugby, hockey and cricket tournaments, Indoor athletic meetings, swimming galas, team building, dance and Multiskills festivals.

### **Out-Of-School-Hours-Learning (OSHL)**

As part of the school's sport co-ordinators programme it is our aim to provide a number of after school clubs to give children the opportunity to extend their skills linked with a particular sport. These clubs may be run by teaching staff, local sportsmen/women and AOTTs. The clubs at present include football and multiskills, with other seasonal activities offered through the year.

### **The Role of the PE Co-ordinator.**

- Produce a flexible scheme of work, with lesson ideas to support its implementation
- Supporting colleagues in all aspects of the curriculum
- Maintaining and replacing equipment
- Monitoring the teaching of the subject at school
- Monitoring and Assessment of the pupils' progress.
- Attending meetings and courses which will inform future development of the subject and ensure other staff are aware of courses themselves
- Ensuring that pupils have the opportunity to become involved in extra-curricular clubs to further develop skills and talents
- Ensure school participation in local sporting events
- Action plan appropriate use of the Sports Premium funding to support the development of Physical education, health and fitness and increased opportunities for competition.
- To action plan and strive to achieve the Youth Sport Trust and School Games PE Mark

### **POLICY DEVELOPMENT**

**Date of approval: January 2024**

**Date of review : September 2024**

Mr F Young