



# Physical Education Policy

## **STATEMENT OF INTENT**

At Saint Joseph's School we aim to ensure that the curriculum provides an opportunity for growth through the acquisition of skills and knowledge in a Catholic setting. We aim to create a school environment, which nurtures the whole child, allowing for the development of each individual's potential, providing a framework for living where sound relationships can be established and the dignity of the individual is nurtured and valued.

This policy is a statement of the aims, principles and strategies for teaching and learning of Physical Education in Saint Joseph's School. It has been devised through consultation with governors and members of staff. As with all our other documentation it must be read in conjunction with our School Mission Statement and School Aims.

It will be reviewed annually as an integral part of the School Improvement Plan.

***Love One another as I have loved You***

***John 13:34***

## Rationale

Physical Education develops pupils' physical competence and confidence and their ability to use these to perform in a range of activities. It promotes skilfulness, physical development and knowledge of the body in action. Physical Education provides opportunities for pupils to be creative, competitive, co-operative and face up to different challenges as individuals and in groups and teams. It promotes positive attitudes toward healthy and active lifestyles.

*Pupils learn how to think in different ways to suit a wide variety of creative, competitive, cooperative and challenging activities. They learn how to plan, perform and evaluate actions, ideas and performances to improve their aptitudes, abilities, preferences and make choices about how to get involved in lifelong physical activity.*

**National Curriculum for England and Wales; Physical Education; p15**

At St. Joseph's we seek to provide a full, varied and interesting Physical Education curriculum which challenges, engages and excites staff and pupils alike. We see Physical Education as a vital part of the education experience as a whole. Through physical effort and activity we celebrate and enjoy the gifts of our bodies, a wonderful gift from God. All activities are inclusive, and we prize achievement at every level, although we also seek to identify and nurture excellence (gifted and talented). Our policy reflects our belief that PE and sport in school are an integral part of the healthy school we aspire to be.

## Aims

1. Stimulate and maintain pupil interest and enjoyment in PE and to promote health and fitness for current and future lifestyles.
2. Enable pupils to be familiar with a body of knowledge, principles and vocabulary to relate to PE. To enable pupils to:
  - i. Understand and use safe practice and to appreciate its importance in PE.
  - ii. Understand the short and long term effects of exercise on the body.
  - iii. Understand the role of exercise in a fit and healthy lifestyle.
3. Enable pupils to develop a range of desirable personal qualities such as safety, awareness, politeness, perseverance, concern for others, initiative and independence.
4. Enable pupils to work independently and as part of a group or team in varied activities so as PE contributes to the development of core skills such as communication by speech.
5. Employ teaching methods and resources that will allow all pupils to have equal access to PE and to experience success and enjoyment in their PE work.
6. Develop an awareness in pupils, the implications of sport and physical activity (past and present) for the individual and local, national and international communities.

## Objectives

To achieve these aims, we have identified the following objectives:

- Staff should provide a variety of experiences and activities during the course of study and during a PE lesson if possible and appropriate, for example:  
Indoor and Outdoor activities  
Individual and group activities  
Problem Solving  
Communicating PE ideas to others by means such as speaking, listening and appraising.  
Practising and refining skills  
Using repetition in order to improve
- National Curriculum Key Stages 1 and 2 guidelines should be used as the basic core skills for the Schemes of Work. Rules, vocabulary and games skills such as attack, defence and fielding will be taught. Staff should encourage pupils to recall and apply their knowledge and skills in familiar and unfamiliar situations.
- Staff should refer to work in other curriculum areas when appropriate:
- Pupils should follow written and verbal instructions accurately.
- Safety is further enhanced by emphasis on the following:  
The need to wear correct clothes/equipment.  
The need to follow rules.  
How to lift, carry, move and place heavy equipment.  
The need for warm-up and recovery period when exercising.  
General safety rules when engaged in Outdoor Education.
- Lessons should be conducted in a secure, supportive and disciplined manner that demonstrates mutual respect. Pupils should learn the rules, etiquette, laws and codes for various activities. Planning should identify opportunities for pupils to develop a range of desirable personal qualities.
- There should be opportunities for individual and/or group activities so as pupils can express their feelings verbally and learn how to work cooperatively as well as on their own.
- Staff should encourage pupils to improve in a particular sport or skill over a period of time.
- Staff should adhere to the school reward systems in order to encourage pupils to achieve their full potential and experience a feeling of achievement.
- PE should be assessed, and this assessment fed into future planning. Planning should reflect an awareness of the need to provide for progression in key skills in the PE curriculum.

## **Health and safety**

Measures for ensuring that PE is carried out in a safe manner include:

- The identification of possible hazards - where necessary (especially when travelling to another venue) risk assessments will be carried out.  
The wearing of appropriate kit, especially footwear.
- Reporting accidents and ensuring that inhalers, first aid kits etc. are to hand.
- The maintenance of all PE equipment. The safe use of all equipment is to be demonstrated and children supervised in activities likely to be harmful if not properly carried out.

The enjoyment of and pursuit of excellence in sport is a key feature of the curriculum and school life as a whole. At St. Joseph's we seek to ensure that every child has access to a full and stimulating PE curriculum. We actively seek out opportunities, within the Middlesbrough Schools and Trinity Sports Partnership, and the wider area to meet with other schools in a spirit of friendly competition. Our young athletes give us cause to feel proud and are rightly proud of themselves as representatives of our school.

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